

FREEDIVING SAFETY RULES

- 01** | **One up, one down**
Always dive with an attentive buddy watching from the surface.
- 02** | **Stay close**
Be close enough to assist immediately if needed.
- 03** | **Ask: "Are you OK?"**
Check on your buddy after every dive.
- 04** | **Watch them for 30 seconds**
Wait for the diver to recover before you start your dive.
- 05** | **Never dive with too much weight**
Excess weight increases risk of sinking out of sight.
- 06** | **Spit out the snorkel**
Remove the snorkel from your mouth before diving to help protect the airway.

Always be ready to protect the airway.

