

# SOLO DIVING KNOWLEDGE QUEST

Name: \_\_\_\_\_

## Chapter 1

1. What reason would a diver have to be self-sufficient?

\_\_\_\_\_

2. What conditions constitute a low-risk dive?

\_\_\_\_\_

3. What conditions constitute a moderate-risk dive?

\_\_\_\_\_

4. What conditions constitute a high-risk dive?

\_\_\_\_\_

## Chapter 2

5. What has to happen for self-evaluation to be successful?

\_\_\_\_\_

6. What is meant by self-regulation?

\_\_\_\_\_

## Chapter 3

7. What two exercises provide the best conditioning for scuba diving? \_\_\_\_\_ and \_\_\_\_\_

8. What is the minimal amount of time that a diver must keep their heart rate up at 80% in order to receive benefit from exercise? \_\_\_\_\_ minutes

## Chapter 4

9. One the two "unknown rules" state that you should "never dive deeper than..."

\_\_\_\_\_

10. A diver's underwater distance from the point of \_\_\_\_\_ should not \_\_\_\_\_ the distance that he/she can \_\_\_\_\_ and \_\_\_\_\_ swim, equipped with full scuba gear, on the \_\_\_\_\_.

11. If you dive to 80 feet solo, how much air should you have to begin your ascent? \_\_\_\_\_ psi

12. What five factors effect air consumption?

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

13. If a diver spends 30 minutes at 50 feet and uses 1500 psi of air, what is their SAC? \_\_\_\_\_ psi/min

## Chapter 5

14. What is the procedure for cold and/or strenuous dives?

\_\_\_\_\_

15. What is the best choice in a redundant air system for solo diving? What is the environment for your choice of redundancy?

Environment — \_\_\_\_\_



# Solo Diving Liability Release And Assumption Of Risk Agreement

18 Elm Street, Topsham, Maine 04086  
Phone: (207) 729-4201 Fax: (207) 729-4453

**THIS IS A RELEASE OF YOUR RIGHTS TO SUE!  
READ IT CAREFULLY. FILL IN ALL BLANKS.  
INITIAL EACH PARAGRAPH BEFORE SIGNING.**

I, \_\_\_\_\_, hereby affirm that I have been advised of the inherent hazards of solo scuba diving. Further, I understand that such diving involves certain inherent risks including, but not limited to, drowning, decompression sickness, embolism, oxygen toxicity, inert gas narcosis, marine life injuries and other types of barotrauma and/or hyperbaric injuries. I further understand that by diving alone, I may not have a dive buddy to assist me should any of these, or any other, diving malady or accident occur while I am solo diving.

I, \_\_\_\_\_, understand and agree that neither my instructor(s): \_\_\_\_\_, the facility \_\_\_\_\_ through which I receive my instruction, nor SDI, Inc, nor any of their respective employees, officers, agents or assignees, nor the dive vessel, nor the dive operation through which I am granted the privilege of solo diving, nor my dive buddy, nor other participants in this solo diving activity (hereinafter referred to as Released Parties) may be held liable or responsible in any way for any injury, death or other damages to me or my family, heirs or assignees that may occur as a result of my participation in solo diving as a result of the negligence of any party, including the Released Parties, whether passive or active.

I, \_\_\_\_\_, in consideration for being allowed to solo dive, hereby personally assume all risks in connection with this activity for any harm, injury, or damage that may befall me while I am solo diving, including all risks connected therewith, whether foreseen or unforeseen, even if caused by the negligence of the Released Parties.

I, \_\_\_\_\_, further save and hold harmless the Released Parties from any claim or lawsuit by me, my family, estate, heirs or assignees arising out of my enrollment and participation in solo diving, including all claims arising before, during, and after this solo diving activity, even if caused by the negligence of the Released Parties.

I, \_\_\_\_\_, further state that I am already a certified diver and have been truthful in stating my qualifications as a certified scuba diver, and have the following certifications from the following training agencies: \_\_\_\_\_ that I am aware of the required certification for solo scuba diving, and that I meet all requirements. I have been a certified scuba diver since: \_\_\_\_\_, and have been diving for: \_\_\_\_\_ years for a total of: \_\_\_\_\_ dives to a maximum depth of: \_\_\_\_\_ feet/meters (Circle either feet or meters).

