



Watersportvereniging Ouderkerkerplas (WVOP) Freediving Rules & Regulations

Let's take a closer look at the *Who, What, When, Where, Why* and *How* (5W1H) of being a freediving member at the WVOP!

So, who can become a freediving member at the WVOP?

- Any freediver who has passed a basic open-water certification course from an accredited and internationally recognised training organisation, for example AIDA, Apnea Academy, CMAS, Molchanovs Wave, PADI, SSI ...
- And you can provide proof and/or a copy of your certification
- And you agree to follow these *Rules & Regulations*

Applying these Rules & Regulations ...

- These *Rules & Regulations* apply to all WVOP freediving members (and guest freedivers) when freediving in the *Ouderkerkerplas* from the WVOP's clubhouse and grounds
- They supplement the existing WVOP Clubhouse and WVOP General Rules & Regulations, which take precedence if there is any conflict between different sets of rules and regulations

Taking personal responsibility for ...

NB: The WVOP does not accept any liability whatsoever for any of the following aspects of your freediving activities nor for the consequences of failing to take personal responsibility.

- **safety** – it's your personal responsibility to make sure you follow your training organisation's (AIDA, Apnea Academy, CMAS, Molchanovs Wave, PADI, SSI ...) minimum safety guidelines
- **equipment** – it's your personal responsibility to make sure your equipment is safe, well-maintained, in good working order and suitable for the type of freediving you'll be performing
- **emergency response** – it's highly recommended that you have basic lifesaving and reanimation course (BLS/AED) certification specific to diving-related incidents
- **health** – it's your personal responsibility to make sure you're fit and healthy enough to freedive *in general* and on any *specific day in particular*. Determining your general level of fitness and health could include one of the following two options:
 - a [self-certification form](#) [PDF]
 - a copy of a doctor's medical certificate
- **insurance** – it's your personal responsibility to make sure you have adequate insurance cover for your freediving activities. This could include any one or more of the following:
 - basic/supplementary medical assurance [*basis-/aanvullende zorgverzekering*]
 - annual travel & leisure insurance [*doorlopende reis- & vrijetijdsverzekering*]
 - dive insurance, for example [Aquamed](#), [DAN Europe](#) or [NOB](#)

Organising dive sessions ...

- **WHEN** – you can organise dive sessions:
 - during the Ouderkerkerplas open season: 15 April – 13 October 2024
 - Monday to Sunday except when the dive area is inaccessible or diving is inadvisable due to other [WVOP events](#), for example children's sailing lessons [*Lessen jeugd*] on most Sundays

Initials _____

continued ...

- **WHO** – the freediver organising a dive session takes on the role of **Dive Coordinator** [*duikcoördinator*] and the lead freediver on each buoy (if *sport¹ freediving*) takes on the role of **Buoy Captain**. You may be both if freediving on just one buoy!

As a **Dive Coordinator**:

- you're at least a 'Level 2' freediver, for example AIDA 3*, PADI Advanced, SSI Level 2 or equivalent
- you've got current basic lifesaving & reanimation (BLS/AED) certification
- you're familiar with the emergency response plan and how to act in the event of a dive-related incident
- you're familiar with our *Buoy-Buddy Protocol* (BBP) if *sport freediving* (see **HOW** below)

As a **Buoy Captain** when *sport freediving*:

- you're at least a 'Level 2' freediver, for example AIDA 3*, PADI Advanced, SSI Level 2 or equivalent
- you're familiar with our *Buoy-Buddy Protocol* (BBP) (see **HOW** below)

- **WHAT** – this depends on your role as either a *Dive Coordinator* or *Buoy Captain* and whether you're *sport¹* or *adventure² freediving*.

As a **Dive Coordinator**, you're responsible for the following:

- coordinating activities with sailing/windsurf instructors/members on the lake at the same time as your freedivers
- making sure sailors and windsurfers understand the blue-white Alpha flag and the need to maintain a safe distance between sailboats/windsurfers and freedivers/freediving buoy(s)
- making sure your freedivers follow these *Rules & Regulations*
- checking equipment before the dive
- appointing a *Buoy Captain* to each buoy if *sport freediving*
- holding a pre-dive briefing to address issues such as weather conditions, potential hazards, other water sport activities, *Buoy-Buddy Protocol* (BBP), etc.
- holding a post-dive debriefing to discuss positive and negative aspects of the dive and what to improve in the future

As a **Buoy Captain**, you're responsible for:

- implementing the *Buoy-Buddy Protocol* (BBP) on your assigned buoy if *sport freediving* (see **HOW** below)

- **HOW** – by following our ***Buoy-Buddy Protocol (BBP)*** applicable to all dives deeper than 10 metres:

- at least one main buoy + blue-white Alpha flag (anchored/tethered to prevent drift)
- one *Buoy Captain* per buoy
- at least three freedivers (inc. *Buoy Captain*) per buoy with assigned rotating roles:
 - **#1:** diver
 - **#2:** next diver (on breathe-up) + windsurfer/sailboat lookout duty + back-up buddy
 - **#3:** buddy to **#1** (diver)
- secondary buoy(s) tethered to main buoy by 5-metre surface line (bottom plates / lanyard stops set to target depths)
- use of lanyards (mandatory)

I agree to abide by the *WVOP Freediving Rules & Regulations*:

Name: _____

Date: _____

Place: _____

Signature

¹ **sport freediving:** >10 metres (FIM/CNF/CWT/CWTB/VWT) min. 3 divers per buoy + BBP

² **adventure freediving:** <10 metres (snorkelling XL/fish spotting/etc.) tandem buddying with or without buoy