

Freediving with Deep Zen, Kosho Loïc Vuillemin

Risk Acceptance Charter

Introduction

Freediving is a dangerous activity that involves serious risks that can lead to severe injuries, drowning or even death. By participating in our courses, you acknowledge having read and understood this charter and agree to behave responsibly.

You acknowledge being vigilant, listening to yourself and you agree to notify your instructor of any persistent concerns or discomfort. You acknowledge being in full possession of your physical and mental state and being fit to practice freediving. You have completed and signed a medical questionnaire and/or given your instructor a certificate of fitness issued by an approved doctor. You acknowledge that there is therefore no contraindication to the practice of this sport concerning you and that you are able to understand the risks inherent in the practice of freediving.

Associated Risks

Physical Risks: Freediving is physically demanding and can lead to accidents and serious health problems such as barotrauma (pressure injuries), pulmonary edema, syncope (loss of consciousness), or other injuries related to physical exertion or immersion in wild (open water) or confined (swimming pool, classroom) environments.

Risk of Drowning or Death: There is a real risk of drowning or death when practicing freediving, particularly in the event of loss of consciousness underwater or heart failure.

Environment: Dives may take place in natural environments far from medical facilities, which may delay emergency treatment.

Equipment: Although we use appropriate equipment, malfunctions can occur.

Underwater Flora and Fauna: The waters of the Red Sea are home to flora and fauna that can potentially be dangerous.

Commitments

Health and Physical Condition: I agree to maintain good physical and mental condition to practice freediving. I will not dive under the influence of substances that could impair my judgment or physical abilities. I will ensure my hydration, my diet and take rest. I am aware that in the event of an accident or persistent discomfort, I will have to interrupt my training and will only be able to continue it after the approval of a doctor.

Knowledge and Training: I agree to scrupulously follow the instructors' instructions and to respect the limits of my training and experience. I also agree to never dive alone and to exit the water once the sessions are over.

Equipment and Safety: I agree to use the equipment provided correctly and to follow the

established safety protocols. I am responsible for the equipment I take into the water.

Insurance: I acknowledge that I have made insurance arrangements and have informed my instructor. I certify that my loved ones are aware of my participation in this training, aware of the risks I take with it and in agreement with my decisions.

Liability Waiver

By signing below, I release the organizer, instructors, and all parties involved in the training program from any liability for any injury, drowning, death, or damage that may occur during or after the course.

Signature

I, _____, have read and understand this charter. I am fully aware of the extreme risks associated with freediving, including the risk of drowning or death, and I choose to participate in this program at my own risk.

Signature: _____

Date: _____

Important Notes

If you are a minor, this charter must be signed by a parent or guardian.