

BRITISH SPEARFISHING ASSOCIATION
SAFETY GUIDE

1. Always make sure someone knows where exactly you are going diving and that you give this person a time you plan to return. Take a mobile phone so concerned family or friends can contact you if you're late.
2. Before leaving home seek advice about the local conditions and regulations. If appropriate, have the correct chart and tide tables for the area to be dived. Check the weather forecast.
3. Think personal safety use obvious footpaths, pathways to get access to sea. Watch out for big sea swells and deep storm beaches. Pay attention to the tide times especially when they change access to and from the sea.
4. Always take a surface marker buoy/float, body board with a diver's flag so other sea user can see you. Even if you are diving from a small boat/kayak unless you can tow the small boat/kayak flying a divers flag.
5. Only ever load your gun when it's in your hand and you are submerge in water, never leave guns loaded on buoys, floats, body boards or in boats.
6. Your buoy/float, body board or small boat/kayak should have strong a line and anchor to hold in strong currents.
7. Always take a divers knife in case of getting snagged in nets and lines. Never wear steel or wire fish stringers/keeps on your person in case they get snagged.
8. Make sure you always know what the tides are doing and which way the currents are running and how strong they will be running. Be aware that the wind can effect the direction and speed of currents. Beware that certain headlands can make currents run out to sea.
9. Make sure your fit enough for the planned dive when swimming long distances and swimming strong currents for long periods of time. If you get affected by muscle cramps get your anchor in and rest on your float and stretch until your able get to shore. If not stay with your anchored buoy/float and call out for help.
10. Be aware of the danger of diving in poor visibility to avoided head collisions.
11. Be aware of the danger of diving to close to a swell wave brake
12. Be aware of the danger of diving in rough seas.
13. Be aware of the danger of being run over by power boats, jet skis remember sailing boats or wind surfers don't make any sound.
14. Be aware of the danger of diving in lighting storms.
15. Be aware of the dangers of catching large fish, this is a specialised field with special break away gear go with someone who has local knowledge and experience.
16. Be aware of the danger of diving in areas occupied by dangerous marine creatures, dive with a partner and boat cover, never keep caught fish on a body stringer or keep, get caught fish out of the sea in a container as soon as possible, use deterrents.
17. Remember ships have not got brakes, so avoid diving in fairways or areas of heavy surface traffic and observe the 'International Regulations for the Prevention of Collisions at Sea.
18. Always fly the diving flag when diving from a boat, but not when on the way to, or from, the dive site.
19. Be aware of the danger of deep free diving i.e. asphyxiation by high co2 tolerance and shallow water blackout, dive in pairs in deep water.
20. Be aware of the danger of spearfishing after a SCUBA dive especially if there where decompression stops
21. Remember a fish is not worth a life.