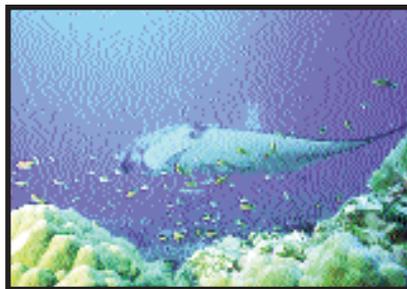




# THE MALDIVES GENERAL INFORMATION



Maldives Scuba Tours Ltd  
Innovation House, Boldero Road, Bury St Edmunds, Suffolk IP32 7BS  
Tel: 01284 748010 Fax: 01284 748011  
e-mail: [info@scubascuba.com](mailto:info@scubascuba.com) website: [www.scubascuba.com](http://www.scubascuba.com)



### **MALDIVES SCUBA TOURS**

Maldives Scuba Tours are recognised as the leading experts on diving holidays in the Maldives. Our reputation has been built on the intimate knowledge gained from many years operating our liveaboard dive boats, the Sea Queen, Sea Spirit and Sea Quest.

Our dedicated team of staff, both here in the UK and in the Maldives, are here to do their utmost to ensure that you have a great holiday.

### **SCUBA TOURS WORLDWIDE**

This is a subsidiary company and we specialise in arranging tailor-made dive travel throughout the world. If you would like information, please ask for our brochure or details of our dedicated trips.

We run a number of dedicated charters each year to really exciting dive destinations. Please check our website for details or call our Sales Team who will be more than happy to assist you.

Regular trips run to:-

Cocos Island  
Galapagos Islands  
Indonesia  
Seychelles/Aldabra  
Truck/Bikini/Palau

# An Introduction to the Maldives

The Republic of the Maldives is a chain of around 1200 islands stretching 750km across the Indian Ocean with the northernmost island at 7° 06" N and the southernmost island just crossing the Equator at 04° 42" S. The exact number of islands varies according to the season and method of classification - islands come and go with the wind, waves and currents!

The tiny islands are geographically grouped into ring shaped reefs called "atolls" and there are 26 of these atoll formations. An atoll encloses a central lagoon with a flat, sandy bottom at a relatively shallow depth of 40-100m. The outer reef, which forms many of the islands, is often broken by deep channels that allow oceanic water to flow into and out of the central lagoon. Inside the atoll there are numerous smaller ring shaped reefs and tillas.

Of the 1200 islands only 200 are inhabited by local Maldivian people, over 90 islands have been developed as tourist resorts and the remaining islands are uninhabited. Inhabited islands are either tourist resorts or inhabited by locals and it is a Government ruling that there can be no combination of the two.

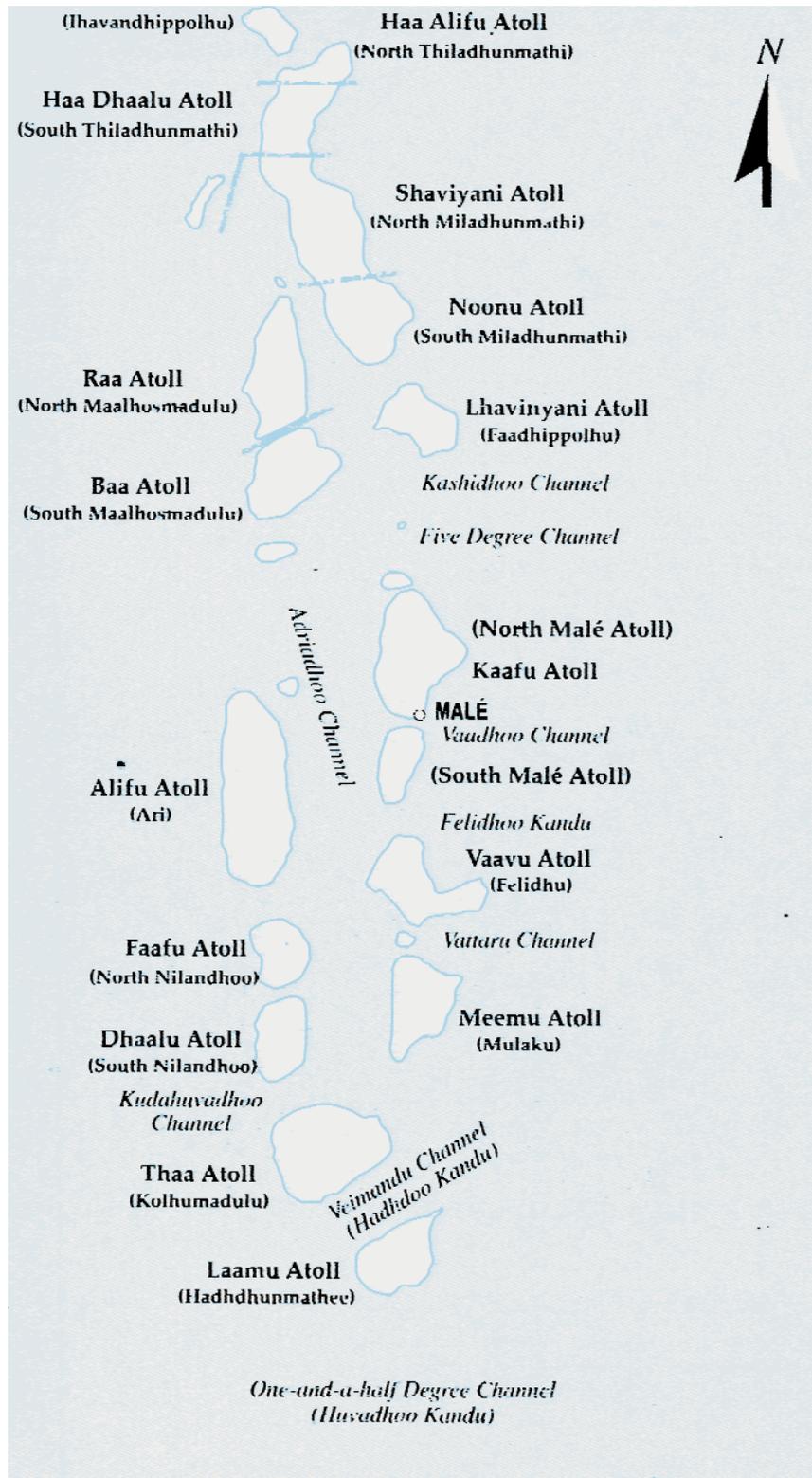
In recent years the government has granted new licenses to islands throughout the Maldives. Many of these new resorts are under construction and we can expect to see an additional 30 new resort islands over the coming two to three years. Maldives Scuba Tours will gain first hand knowledge and experience of these islands in order to offer expert travel advice.

While there are 26 geographical atolls, tourists are most likely to see just six of these as the Maldivian Government has taken steps to restrict the impact of tourism on the local community. Tourists can only be accommodated on registered tourist islands with quite strict regulations governing tourist visits to uninhabited and fishing islands.

The Maldives has been a crossroads for sea traders for many centuries and the origin of the people of the country is mixed. Not much is known of the early history of the island people but the language and some archaeological finds of Buddhist relics indicate that the early settlers were from the southern Indian continent and the Buddhist Singalese from Sri Lanka. Now, of course, the Maldives population of 240,000 is entirely Muslim.

Being in the monsoon belt of the Indian Ocean, the Maldives experience quite a complex weather pattern although the temperature remains fairly constant. There are two seasons, the North East season running from mid December to May and the wetter south west season running from May to November. The North East season is dryer and winds and currents come from the North East. The South West season sees more rainfall with winds and currents from the South West.

# The Republic of the Maldives

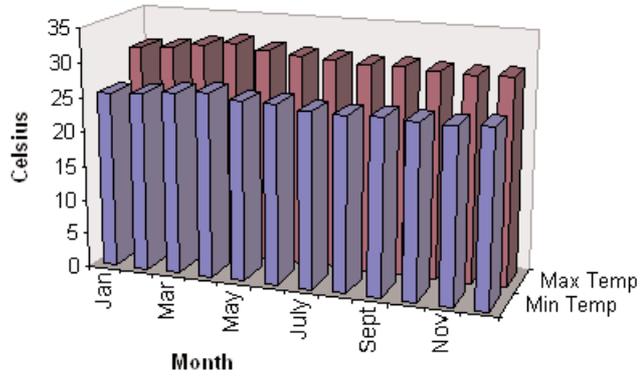


# A History of the Maldives

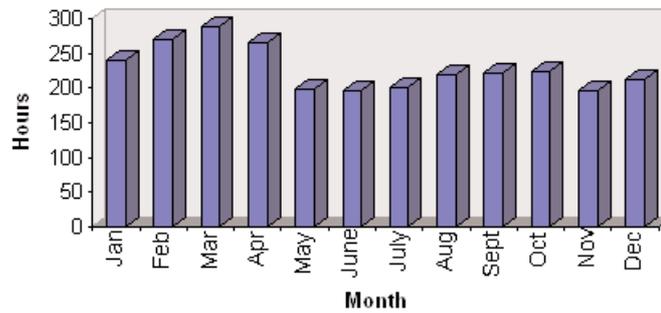
- 1153 Islam was adopted after the visit of a Muslim saint.
- 1513 Male attacked by the Portuguese from their colony in Goa, India; They built a fort in 1518. The Portuguese were thrown out shortly afterwards.
- 1558 Male captured again by the Portuguese who remained there until they were all killed by the Maldivian Hero, Muhammad Takurufanu.
- 1609 Male was attacked by pirates who killed the Sultan and caused considerable damage.
- 1631 The Portuguese attempted to storm Male but failed and were driven off with great losses.
- 1649 Further attempt to take Male by Portuguese, driven off by heavy cannon fire from the fort.
- 1752 Male attacked by the Ali Raja of Malabar in a fleet of ships. After setting fire to many of the buildings and ransacking the palace, the pirates stayed for a few months until the Maldivians under the leadership of Hassan Manikufanu threw them out. The Ali Raja continued to lay siege to Male until eventually driven away with the help of a fleet of French Men O'War under the command of Monsieur Termellier. He was known with affection by the Maldivians as Moustri Mili and is buried on Male.
- 1761 A further assault by the fleet of Ali Raja which was beaten off by a brave attack using "dhonis".
- 1818-19 A great famine occurred all over the islands and a massive tornado struck devastating many islands, homes and boats.
- 1835 The first survey of the islands was undertaken by the British Admiralty under the command of Robert Moresby.
- 1887 The Maldives and Great Britain signed an agreement which gave the country the status of a protected state.
- 1932 The first written constitution of the Maldives was proclaimed.
- 1953 First Republic declared.
- 1953 Republic dissolved and the Sultanate re-established.
- 1965 End of British agreement. Independence and entry into the United Nations.
- 1968 Declaration of second republic.
- 1976 British complete withdrawal of all forces from the South of the country.

# Climate of the Maldives

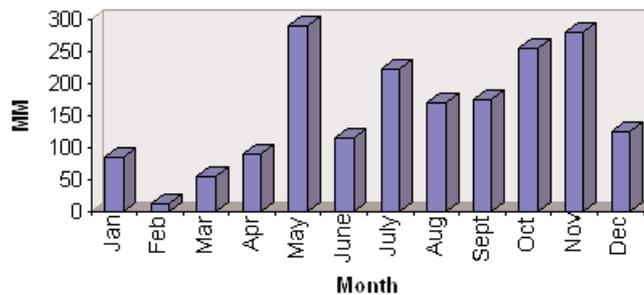
### MAXIMUM & MINIMUM TEMP



### DURATION OF SUNSHINE BY MONTH



### RAINFALL BY MONTH



# Travel Information

## Passports

Please make sure you have a full passport with a minimum of 6 months validity.

## Visas

Visas are not required in advance for entry to the Maldives. On arrival at the airport you will be issued with a 30 day visa - if you wish to extend your stay please ask our representative for details of how to renew your permit!

UK passport holders do not require a visa to transit Dubai or Abu Dhabi. If you are extending your stay in Dubai or Abu Dhabi, then UK passport holders will be issued a visa on arrival - as long as there is still six months left on your passport. Other nationalities should check well ahead of travelling.

## Immunisations & Malaria

We recommend that you contact your own doctor for the most up-to-date advice a few weeks prior to travel (or the NHS website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)). The following information is for guidance only:-

Maldives: the following courses or boosters are usually advised - tetanus, polio, hepatitis A and typhoid. Malaria prevention is not required.

Sri Lanka: the following courses or boosters are usually advised - tetanus, polio and hepatitis A. Depending on the area you visit, you may need antimalarial tablets - ask your doctor!

Dubai: the following courses or boosters are usually advised - tetanus, polio and hepatitis A. Malaria prevention is not required.

## Check-In

We recommend that you plan to check-in three hours prior to departure.

**Emirates Airlines:** London Heathrow Terminal 3  
Manchester Terminal 1  
Birmingham Main Terminal  
Gatwick North Terminal  
Newcastle Main Terminal

**Sri Lankan Airlines:** London Heathrow Terminal 4  
**Etihad Airways:** London Heathrow Terminal 4  
Manchester Terminal 1

## Baggage

Emirates have a standard economy class check-in allowance of 30kgs.

Sri Lankan Airlines have an economy class baggage allowance of 20kgs per person and, in addition to this, they give you an extra 10kg allowance for your separate dive bag, making a total of 30kgs check-in baggage per person. Your ticket will only show 20kgs - this is quite normal and if there are any queries at check-in please make the check-in staff aware that you are carrying scuba equipment and are, therefore, entitled to the extra 10kgs - you may need to show your certification card. Excess baggage is very expensive so you are best advised to pack within the weight allowance. We will provide you with two luggage labels for your check-in baggage. Please be sure to mark all your bags with your name and destination.

Etihad Airways have a standard economy class check-in allowance of 23kgs. However, scuba divers will get 30kgs (you may be asked to show your cert card at check-in).

The check-in baggage allowance for the Maldivian air taxi service is 20kgs per person so if you are transferring to a resort island please bear this in mind (excess baggage is approx US\$2 per kilo - although it is very unusual that this charge is enforced). On rare occasions, if there is a lot of excess baggage for a particular flight and the sea plane is over-weight, then some of the bags may

follow on the next flight. Please note that due to limited space only small items of hand luggage are allowed on the sea plane (small ladies handbag/laptop/briefcase) – all other luggage must be checked-in.

For the latest information regarding cabin baggage and **restrictions on liquids/gels**, we recommend that you check the airline website prior to your departure for the most up-to-date information:-

Emirates Airlines	<a href="http://www.emirates.com">www.emirates.com</a>
Sri Lankan Airlines	<a href="http://www.srilankan.aero">www.srilankan.aero</a>
Etihad Airways	<a href="http://www.ethiadairways.com">www.ethiadairways.com</a>

The same restrictions apply when you leave Male.

### **Airport Parking**

Secure airport parking can be arranged in advance with preferential rates by quoting the code given below. BCP offers a "meet and greet" service where they will collect your car from the departure terminal and return it to you at the terminal when you get back. We love this service!

BCP (Promotional Code: 4410): Tel: 0871 360 2993 or [www.parkbcp.co.uk](http://www.parkbcp.co.uk)

### **Food and Special Diets**

Most airlines offer a variety of special meals to meet customers dietary and religious needs - including a selection of childrens meals. These do need to be booked with the airline in advance - please allow a minimum of 24 hours notice. When we send you your tickets we will provide you with the relevant phone numbers so you can ring the airline and make any requests.

### **Seating Requests**

If you are a member of "Skywards", the Emirates Airlines or "SmiLes", the Sri Lankan Airlines frequent flyer programmes, you can pre-book your seats for your Economy class travel. However, please don't contact them until you have received your tickets (we hold group allocations with the airlines and they require us to submit names around 6 weeks prior to departure - so if you phone them too soon, they might not have your name on their system!). If you are not a member of the frequent flyer programmes, you can join on line at [www.skywards.com](http://www.skywards.com) or [www.flysmiles.com](http://www.flysmiles.com). We will give you more information with your tickets.

**Please note that "extra leg room" seats (ie. emergency exit and bulk head seats) cannot be pre-booked even if you are a frequent flyer member!**

If you are travelling First Class or Business Class, please let us have your seating preferences and we will make the necessary arrangements with the airline now.

### **Upgrading with your frequent flyer points**

If you wish to upgrade your travel using your points, then please note that we must be in receipt of full payment and it can take up to 7 days for the tickets to be issued. For your benefit, if you are planning to do this then please plan this well in advance.

### **Insurance & Diving Insurance**

We recommend that you take out an insurance policy with full cancellation and travel cover. If you are participating in any scuba diving you **MUST** have insurance cover for this activity. MGTIS Ltd can quote for your travel and dive insurance – please ring them on 0844 544 9910 and quote "Maldives Scuba Tours". Please remember to take your policy documents with you - especially if you are diving (you will not be allowed to dive if you cannot show that you are properly insured) and make sure you are aware of the diving depth limit on your policy. The Maldives operates a maximum depth of 30m.

### **What NOT to take - NEW CUSTOMS REGULATIONS!**

The Maldives is a Muslim country and under Islamic law the importation of alcohol, pork products,

religious materials offensive to Islam, pornographic material and all recreational drugs are strictly prohibited. In the past, passengers found carrying alcohol and pig products were allowed to store them at customs for collection prior to their departing flight, but there is now a new "Drop Box" for any prohibited items and any items confiscated will not be returned to you.

Note: alcohol is available on the boats and resort islands.

### **Arrival in the Maldives**

Once you have passed through immigration and collected your luggage, you will be required to clear customs. All your bags will be X-rayed and may be checked. Don't forget to have any keys ready to unlock your bags. You will be met either by the Cruise Director from your boat or our handling agent (Voyages Maldives) outside the terminal and you will be assisted with the transfer to your safari boat or island.

If you have any problems at the airport please contact Voyages Maldives at Counter No 7 & 8 or:-

<b>Sea Queen</b>	<b>Tel: (+960) 777 1360</b>
<b>Sea Spirit</b>	<b>Tel: (+960) 777 3841</b>
<b>Sea Quest</b>	<b>Tel: (+960) 783 7454</b>

<b>Voyages Maldives</b>	<b>Office hours: 08:30-17:00 Sun-Thu, Closed Fri, 09:00-13:30 Sat</b>
	<b>Tel: (+960) 332 3617 (or 332 2019 or 332 3017)</b>

**After office hours:**  
**777 2685 (Duty Mobile)**  
**777 4065 (Mr Ahmed Neevin, Ground Handling Manager)**  
**779 6440 (Mr Mohamed Jinan, Customer Relations Manager)**  
**773 9222 (Shardha, Reservations Department)**

### **Reconfirmation**

Your airline ticket will be taken from you on arrival by either the Cruise Director from your boat or by our handling agents (Voyages Maldives). Reconfirmation will be made, if required by the airline, and the ticket returned to you on departure. This is not applicable if you are travelling on an e-ticket (electronic ticket).

### **Helpful Travelling Tips**

A lot of diving equipment uses "O" ring seals for water-proofing. These can often become reversed and dislodged due to the pressure difference when in the hold of an aeroplane. Make sure you remove "O" rings, check and refit before using any equipment.

If you wish to take a pony cylinder with you, we recommend that this is packed in your check-in luggage and it should be empty with the valve removed. It is up to the security officer on duty at the time - not the airline - whether such an item can be carried. If the valve is in place our experience is that carriage will be refused. We cannot accept any responsibility for this.

If you are staying on one of our liveaboards, we will be happy to fill your pony cylinder at the beginning of the trip. However, if you need more than 12ltrs of air, you should arrange to hire a 15ltr tank prior to departure (your pony cylinder should be for emergency use only).

# General Information

## **Drinks**

Alcoholic drinks are available on all resort islands and our liveaboards. You may not import alcohol into the Maldives.

## **Money**

The local unit of currency is the Maldivian Rufia. However, the US Dollar is used for all transactions by foreign visitors and we recommend that you do not change any money into Rufia. We recommend that you take US\$200 cash. All major resorts, dive centres and liveaboards accept credit cards (although a handling fee will probably apply - typically 3-4%).

## **Medical Facilities**

Public hospital facilities in the Maldives are very limited and it is essential that you have adequate medical insurance cover within your travel insurance policy. There are a number of private clinics that offer a good standard of health care within the resources available, such as the ADK Private Hospital / Tel: +960 313 553. However, they are very expensive so please make sure you are adequately insured.

It is a good idea to take a basic first aid kit with you. The islands and liveaboards carry a reasonable supply of medical items so if you do fall ill please speak to the receptionist at your island or your Cruise Director for assistance. If you are staying on an island and need further help, please contact our representative in Male, Voyages Maldives, on Tel: 332 3617.

## **Mobile Phones**

Most types of dual band mobile phone will work in the Maldives. Calls back to the UK are expensive and if you are planning to use your phone a lot, it can be a good idea to ring your provider to see if you can agree a contract rate for the period of your holiday. Texting is much cheaper! Please be considerate in the use of your phone - remember that the people around you are on holiday and don't want to hear your conversation with the office!

## **Sunburn**

Please be aware that the Maldives is right on the equator - you will not get closer to the sun on this planet! Even on a cloudy day the sun's damaging ultraviolet rays are present. You should take great care not to expose yourself to too much direct sunlight and if you do sunbathe please apply appropriate high factor sun blocks. Please be aware that you will become abnormally dehydrated if you sunbathe so please drink lots of water. It is also very common to get badly burnt on the back of your legs and shoulders when snorkeling so please take care not to snorkel for long periods without applying sun block or wearing protective clothing - even in overcast conditions.

## **Cuts and Scratches**

Any small cuts and scratches become infected very quickly in tropical waters. Be sure to wash any cuts with fresh water after diving/swimming and apply antiseptic.

# A Guide to Diving in the Maldives

## Types of Dive Site

There are a number of different types of dive sites in the Maldives. The most commonly dives are kandus, thilas and giris.

Kandus are channels or breaks in the reef which forms the atoll rim. The kandus allow the flow of water from the ocean into or out of the atoll. This nutrient rich water attracts many pelagic and schooling fish, sharks, rays and more, and often leads to a very exciting dive. However, strong currents flow in these passes - follow the instructions of the Dive Masters as they are there to help you get the best from your dive.

A thila is the name given to a reef inside of the atoll or in the middle of a kandu. Many are small and can easily be circled in one dive, whilst others are quite large and need several dives to see everything. The top of thilas are usually found between 8 to 16 metres, with the bottoms dropping off to the atoll plate. On many thilas the place to be to view the action is at the 'current point': the side of the thila which the current hits as it passes over. When currents are running, the easiest way to keep yourself in position is to use a reef hook as, despite their name, they cause no damage to the reef and allow you to effortlessly watch the action. If you haven't used one before just ask your Cruise Directors for some helpful tips. Reef hooks are available for purchase on board.

A giri is similar to a thila but the top will be only just below the surface. These often make great night dives with many small creatures hidden away.

Maldivians will tell you that the way to distinguish between a thila and a giri is simply whether it is possible to safely drive a dhoni over the top: yes, it's a thila, no, it's a giri.

## Currents

Currents are what make the Maldives a very special place to dive. The nutrient rich waters attract huge numbers of fish and other marine life and really bring a dive site alive.

There is a very small tidal range in the Maldives, yet underwater the currents can be disproportionately strong and very difficult to predict. For this reason, your dive guide will always check the current strength and direction on each dive site before the dive. They will do their best to judge the strength and direction, but please be aware that it is not a science and sometimes they can be wrong! Current patterns differ from day to day and are not predictable. Currents can flow in the same channel in different directions at different depths.

## Diving in Currents

Diving in strong currents can be challenging even for the most experienced diver, however it is a technique that is easily learned. Regardless of your level of experience, there are a few techniques that you can use to maximise your enjoyment of the currents:

- o Make sure you are properly weighted. You should be neutrally buoyant without any air in your BCD at 5m. If you want advice ask the dive staff and remember the salinity and water temperature of Maldivian waters is very different to the UK, Mediterranean, Red Sea, etc. Your buoyancy will be different.
- o Stay close to the reef. Ideally you should be within arms reach as here the current is usually weaker than at 2m or 3m off the reef.
- o Move slowly. When moving into a current, move very slowly and pace yourself. Just like wind, currents underwater will gust, so time it so that you move during a lull.
- o Follow your guide and watch the way they move as they are accustomed to diving in currents and generally take the path of least resistance.
- o Be aware of up and down currents, particularly around caves. If you swim close to the reef these are minimal and you can always stabilise yourself by holding onto a rock.
- o If you find yourself pushed off the reef, complete a safety stop and surface immediately.
- o Use reef hooks and steady sticks rather than holding the coral reefs.

Generally, when the currents are particularly strong or you are not accustomed to current diving, it is advisable to stay close to the dive guide and follow their lead.

### **Medical Statement & Diving Disclaimer**

Before booking any diving holiday, you should first determine whether you are medically fit to participate. It is your responsibility to declare yourself medically fit to dive. If you are in any doubt, you should run through the PADI Medical Statement (shown at the end of this section). If you answer "yes" to any of the questions, it does not mean you can't dive - but you should seek specialist advice from your doctor to determine that you are fit to dive.

If you are taking any kind of prescription drugs (other than the contraceptive pill), please take medical advice prior to departure about the suitability to dive whilst on the medication. You should bring a "fit to dive" certification.

A copy of the Maldives Scuba Tours Disclaimer (divers on our boats will be asked to complete this on arrival) is also enclosed at the end of this section, for your information. If you are visiting other boats or islands, you may be asked to complete a similar document before being allowed to dive.

### **Dive Centres and Diver Training**

The dive centres on the islands are often run by separate companies operating under a franchise from the main resort. As you might expect, the style and the systems which the dive centres operate under do vary from island to island but all dive schools offer PADI training and some offer SSI, CMAS and NAUI instruction. It is possible to pay for your diving in advance on most of the islands offered by Maldives Scuba Tours - but this is not essential. However, if you wish to undertake any diver training, then it is best to book this in advance to ensure your start date.

### **Depth Limit and Decompression**

The majority of the dive centres in the Maldives operate a maximum depth of 30m. They will always insist that you dive with a buddy and that you have an alternative air source, ie octopus. It is policy that no decompression diving is allowed and each diver must dive with their own dive computer.

### **Dehydration**

It is very important that people who dive stay properly hydrated at all times. You should aim to drink at least 3ltrs of water every day. Please be aware that after a long plane journey your body becomes dehydrated and you may also be suffering the effects of jet lag. It is important that you do not dive until you are properly re-hydrated and feel properly fit to do so. We provide free water drinking water on our liveaboards in the Maldives.

### **Ear Infections**

Divers are highly susceptible to ear infections and we would **STRONGLY RECOMMEND** that you take with you some ear drops to dry your ears and that you use them after every dive. Drops can be purchased from all good sports shops. Equalise your ears by blowing gently.

# Safety in Brief

- o Listen to the dive briefing and respect the advice of the dive guides.
- o Dive with a buddy at all times.
- o Always dive with your own computer.
- o Be equipped with an alternate air source: 'octopus', air 2 or pony bottle.
- o Check your air frequently.
- o Be on the surface with an absolute minimum of 30 bar after all dives.
- o Complete a safety stop at 5m for at least 3 minutes on every dive.
- o Avoid all decompression diving.
- o Be aware that in strong currents you will drift during your decompression/safety stops which may make it difficult for the cover boat to locate you. Always try and keep the reef in sight.
- o Dive only to depths within your training and experience. We recommend a maximum of 30m.
- o Check your insurance with regard to depth restrictions!
- o Avoid reverse profile dives: always make your deepest dive of the day first.
- o Wait for the OK signal before entering the water and be aware of the position of the boat during your descent.
- o Look and listen carefully for boats before surfacing. Use a delayed SMB if you have one.
- o On the surface do not hesitate to use your dive flag to signal to the cover boat.
- o If you cannot see the boat upon surfacing, raise your dive flag and attempt to stay as close to the dive site as possible.
- o Dive within your own limitations.
- o In line with international regulations, allow a surface interval of at least 24 hours before flying.
- o Drink lots of water and stay out of the sun.
- o Take care when boarding boats.

# Sample Disclaimer

Name:-----

Address: -----

Email:-----

Telephone of next of kin: -----

Diving Qualification: -----

Date of last dive: ----- Total number of dives completed: -----

Please describe any camera/video equipment you have with you: -----

-----

Insurance Company name: -----

Policy No: -----

Insurance Company Emergency Telephone No: -----

- Please tick this box if you do not wish to receive our occasional newsletter "Lateral Lines" giving details of special offers and our new schedules.

I am aware of the risks of scuba diving and agree to the following statements:

- I am physically and mentally fit for diving.
- I do not suffer from any illness that could put my life in danger if I go diving.
- I will avoid being under the influence of alcohol, drugs or dangerous medicines when I am diving.
- I will only take on activities that are within the limits of my training and experience.
- I will agree to use a dive computer at all times, and to refrain from sharing one.
- I understand that the Maldives is a remote area and that no refund will be made if there is a change in planned diving or vessel itinerary due to adverse weather conditions or equipment breakdowns once a safari has begun.
- I will adhere to the buddy system during each dive.
- I will respect the knowledge of the dive guide and dive in accordance with his/her instructions.
- I have read and understood the safety issues outlined in the Information Brochure supplied to me.

I, the undersigned, exempt Maldives Scuba Tours Ltd and the relevant personnel of any responsibility for my activities during my stay here in the Maldives including damage to or loss of my gear. I am fully aware of the contents of this disclaimer notice and I sign it in full understanding of its significance.

Signed: -----

Dated:-----

# Example Medical Statement



## MEDICAL STATEMENT Participant Record (Confidential Information)

### Please read carefully before signing.

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by \_\_\_\_\_ and

Instructor

\_\_\_\_\_ located in the

Facility

city of \_\_\_\_\_, state/province of \_\_\_\_\_.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When

established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

### Divers Medical Questionnaire

#### To the Participant:

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

- \_\_\_\_\_ Could you be pregnant, or are you attempting to become pregnant?
- \_\_\_\_\_ Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)
- \_\_\_\_\_ Are you over 45 years of age and can answer YES to one or more of the following?
  - currently smoke a pipe, cigars or cigarettes
  - have a high cholesterol level
  - have a family history of heart attack or stroke
  - are currently receiving medical care
  - high blood pressure
  - diabetes mellitus, even if controlled by diet alone

#### Have you ever had or do you currently have...

- \_\_\_\_\_ Asthma, or wheezing with breathing, or wheezing with exercise?
- \_\_\_\_\_ Frequent or severe attacks of hayfever or allergy?
- \_\_\_\_\_ Frequent colds, sinusitis or bronchitis?
- \_\_\_\_\_ Any form of lung disease?
- \_\_\_\_\_ Pneumothorax (collapsed lung)?
- \_\_\_\_\_ Other chest disease or chest surgery?
- \_\_\_\_\_ Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
- \_\_\_\_\_ Epilepsy, seizures, convulsions or take medications to prevent them?
- \_\_\_\_\_ Recurring complicated migraine headaches or take medications to prevent them?

Please answer the following questions on your past or present medical history with a YES or NO. If you are not sure, answer YES. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with an RSTC Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to your physician.

- \_\_\_\_\_ Dysentery or dehydration requiring medical intervention?
- \_\_\_\_\_ Any dive accidents or decompression sickness?
- \_\_\_\_\_ Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
- \_\_\_\_\_ Head injury with loss of consciousness in the past five years?
- \_\_\_\_\_ Recurrent back problems?
- \_\_\_\_\_ Back or spinal surgery?
- \_\_\_\_\_ Diabetes?
- \_\_\_\_\_ Back, arm or leg problems following surgery, injury or fracture?
- \_\_\_\_\_ High blood pressure or take medicine to control blood pressure?
- \_\_\_\_\_ Heart disease?
- \_\_\_\_\_ Heart attack?
- \_\_\_\_\_ Angina, heart surgery or blood vessel surgery?
- \_\_\_\_\_ Sinus surgery?
- \_\_\_\_\_ Ear disease or surgery, hearing loss or problems with balance?
- \_\_\_\_\_ Recurrent ear problems?
- \_\_\_\_\_ Bleeding or other blood disorders?
- \_\_\_\_\_ Hernia?
- \_\_\_\_\_ Ulcers or ulcer surgery?

# Returning Home

## **Flying & Diving**

For your safety, please ensure that there is at least 24 hours between your last dive and your scheduled departure.

## **Late Night Departure**

If your departure flight leaves late at night or early in the morning, you may need a day room facility in Male and you should check whether this is included in your package.

## **Flight Information**

If you have friends or relatives meeting you at the airport, they might like to contact the airline for flight arrival information. Don't forget to leave them with the flight number, terminal number and the scheduled time of arrival.

## **Heathrow Airport**

Arrival information - Tel: 0870 000 0123

Or online at [www.baa.co.uk](http://www.baa.co.uk)

## **Gatwick Airport**

Arrival information - Tel: 0870 000 2468

Or online at [www.baa.co.uk](http://www.baa.co.uk)

## **Manchester Airport**

Arrival information - Tel: 090 10 10 1000

Or online at [www.manchesterairport.co.uk](http://www.manchesterairport.co.uk)

## **Birmingham Airport**

Arrival information - Tel: 08707 335511

Or online at [www.bhx.co.uk](http://www.bhx.co.uk)

## **Glasgow Airport**

Arrival information - Tel: 0870 040 0008

Or online at [www.baa.com](http://www.baa.com)

## **Newcastle Airport**

Arrival information - Tel: 0871 882 1131

Or online at [www.newcastleairport.com](http://www.newcastleairport.com)

# Problems & Complaints

## **Island Holidays**

If, during your island holiday, you have a problem or a complaint please contact our handling agent as follows:

Voyages Maldives (Pvt) Ltd  
2 Fareedheemagu  
Male 20-02  
Maldives

Tel: 332 3617 (or 332 2019 or 332 3017)  
Fax: 332 5336  
Male Airport: At Counter No. 7 & 8.

Often, the agent can resolve a problem to everyone's satisfaction so please ensure that you contact them immediately to let them know of your problem. Please remember that we cannot consider or accept any liability for complaints that were not notified to our ground handling agents while you were on holiday.

## **Liveaboard Holidays**

If you have a problem during your live-aboard holiday please speak to the Cruise Director aboard the boat. Please remember that we cannot consider or accept any liability for complaints that were not notified to our Cruise Director while you were on holiday.

MV Sea Queen  
Tel: +960 777 1360

MV Sea Spirit  
Tel: +960 777 3841

MV Sea Quest  
Tel: +960 783 7454

Mr Rainer Schaets (our Male Manager)  
Tel: +960 777 7341

**Note:** All prices and information contained in this Booklet are correct at time of print and are subject to change without further notice.

18-Jul-11