Diver Participation Form

Participation agreement and informed consent for Mindful Diving™ training

Form MDI-D-01 · Mindful Diving Standard v2.0 · November 2026

> Please read every section, tick the consents you give, and sign at the end. One copy stays with the Center; the Center confirms to the Institute that it is on file. This form does not replace the Center's own booking conditions, medical statement or liability release, which you sign separately.

The diver

FULL NAME _____

DATE OF BIRTH _____

EMAIL _____

PHONE _____

DIVING AGENCY & LEVEL _____

CERTIFICATION NUMBER _____

EMERGENCY CONTACT (NAME & PHONE) _____

DIVE INSURANCE (PROVIDER & POLICY) _____

The program

CENTER _____

PROGRAM _____

DATES _____

LEVEL(S) THIS PROGRAM COUNTS TOWARD _____

Center and program: as identified in the Program details of this form.

1. What I am joining

1.1 I am joining Mindful Diving™ training under the Mindful Diving Standard v2.0 (mindfuldivinginstitute.com/standard), a program of the Mindful Diving Institute — a brand of World Happiness Foundation Inc., 7203 SW 128 St., Pinecrest, FL 33156, USA ("the Institute") — hosted and delivered in the water by the Center.

1.2 Mindful Diving™ is a complementary qualification. It adds attention, breathing and reflection practices on top of my existing diving training. It is **not** a diving certification, does not replace or extend my agency certification, and does not by itself qualify me to dive.

1.3 The practices are not therapy, clinical mindfulness, psychological treatment or medical advice. No claim of cure is made. If I need clinical support, the Center and the Institute will refer me, not treat me.

2. My declarations

- ☐ I hold the diving certification required for this program (Open Water or higher; for the MD-3 practicum, Divemaster or equivalent), and it is current.
- ☐ I have completed the Center's medical self-declaration truthfully, and hold physician clearance where it is required.
- ☐ I hold valid dive insurance, or I take the Center's day cover.
- ☐ I have signed the Center's own booking conditions and liability release for the diving services.
- ☐ I am 18 or over — or my parent/guardian signs below and the Center's agency permits my participation.

3. Safety and stop authority

3.1 Every dive follows my agency's standards, the Center's procedures and the dive plan. Where a practice and a procedure appear to compete, procedure wins.

3.2 I may end any dive or any practice at any time, for any reason or none, without explanation or consequence. Saying "amber" is thanked, never penalised.

3.3 Breathing on scuba is habitual and continuous. I will never hold my breath, skip-breathe or hypoventilate, and I understand no one will ask me to.

3.4 No mindfulness exercise is introduced during descent, ascent, gas management, navigation under load or any emergency. Safety is the first mindfulness practice.

3.5 I will not touch, chase, feed, ride or collect marine life, and I will respect the rules of the marine reserve where we dive.

4. Risks I understand

4.1 Scuba diving carries inherent risks, including decompression illness, barotrauma, drowning, marine-life injury and the effects of pressure, which I accept under my agency training and the Center's release. Mindful Diving™ practices are designed to fit within ordinary recreational dives and do not add depth, time or task load.

4.2 Reflection and attention practices can bring up emotions. I choose what I share; nothing is extracted, and what is shared in the surface interval stays there.

5. My responsibilities

- Arrive rested, hydrated and honest about my state; complete the Readiness Scan (Body · Mind · Skill · Context) before every dive.
- Follow the briefing, my buddy agreement and the leader's signals.
- Log each water session in my Mindful Diving™ account so the Center can verify it.
- Complete the online knowledge development for my level on mindfuldivinginstitute.com to receive the credential.

6. Credentials

6.1 Passing the online final exam (pass mark 80%; safety-critical items are non-compensable) records my level as *knowledge complete*. When the Center has verified every water session my level requires, it upgrades to *certified* and appears on the public register at mindfuldivinginstitute.com/verify.

6.2 Credentials are revalidated every three years and may be suspended or revoked by the Standards Council for breach of the Code of Conduct.

6.3 MD-3 Mindful Dive Leader™ and any MDI PRO listing do not grant teaching or guiding rights; those remain under my agency rating and insurance.

7. Fees, cancellation and refunds

7.1 Program fees are paid to the Center under its booking and cancellation conditions, as published for the program I have booked.

7.2 Online course fees paid to the Institute follow its refund policy (mindfuldivinginstitute.com/legal/refunds), including the statutory right of withdrawal for online purchases.

8. Personal data

8.1 The Center processes my data to deliver the diving services under its privacy notice. The Institute

processes my name, email, agency level, session logs and credential data to issue and verify credentials, under its privacy policy (mindfuldivinginstitute.com/legal/privacy). I may exercise my GDPR rights with either party.

Optional consents

- ☐ **Research.** I agree to complete brief wellbeing and presence questionnaires (FP20 or equivalent) before and after the program, and to their anonymised use in Institute research. I can withdraw at any time without affecting my training.
- ☐ **Image.** I agree to appear in photographs or video taken during the program, for Institute and Center communications. I can withdraw for future use at any time.
- ☐ **News.** I would like to receive The Surface Interval, the Institute's letter for the time between dives. I can unsubscribe at any time.

9. Liability and law

9.1 The Center is responsible for the diving operation; the Institute is responsible for the program design, the Standard and the credential. Neither is responsible for the other's obligations. Nothing in this form limits any liability that cannot be limited by law.

9.2 Spanish law applies. Consumer rights under Spanish and EU law are unaffected. Where an English and a Spanish version are both signed they are equivalent; in Spain the Spanish text prevails.

9.3 I may sign this form by hand or electronically at mindfuldivinginstitute.com/sign. My electronic signature and its audit record (name, email, timestamp, IP address, document hash) have the same effect as a handwritten signature under Regulation (EU) 910/2014 (eIDAS), Spanish Ley 6/2020 and the US ESIGN Act.

Signature

By signing I confirm that I have read and understood this form, that my declarations in section 2 are true, and that I accept sections 1 to 9.

Diver

NAME

SIGNATURE

DATE

E-SIGN ID (IF SIGNED ONLINE)

Parent / guardian (if under 18)

NAME

SIGNATURE

DATE

E-SIGN ID (IF SIGNED ONLINE)

Received for the Center

NAME

SIGNATURE

DATE

E-SIGN ID (IF SIGNED ONLINE)