

NATIONAL INSTITUTE OF WATERSPORTS

(A Centre under Indian Institute of Tourism & Travel Management)
Ministry of Tourism, Government of India

ADVENTURE WATERSPORTS

GUIDELINES/ STANDARD OPERATING PROCEDURE - 2021



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INTRODUCTION

Adventure sports in India has achieved great progression in the field of Land Adventure, Water-based Adventure and Aero Adventure sports. Water-based adventure sports in India has history of more than 60 years which mainly included Sailing, White water River rafting and Kayaking, which was a part of some expedition or recreation. Since 1970's commercial water-based adventure sports activities started in India. After following the National and International practices, in 1990 Goa becomes the hub for major watersports activities all over India. However, at present almost every state in India offers some or the other water-based adventure sports activities and some are yet to be explored. Watersports has various activities that provides pleasure and excitement to persons of all age group from kids to youths and elderly persons.

About NIWS

National Institute of Watersports was set up by the Ministry of Tourism, Government of India in 1990 at Goa. It is an apex institution for matters regarding recreational water sporting and aqua-tourism in India. It is only one institution of this kind in the country under the Government, both for the Central and the State. Subsequent to a Government order in 2004, it has been declared as a Centre under Indian Institute of Tourism and Travel Management (IITTM) and functions accordingly.

Since inception, NIWS constantly endeavour to diligently pursue and fulfil the crucial responsibilities and mandates towards the professionalization of the watersports industry. There exists complete agreement on the imperative of establishing the frameworks and standards for the safe practice of recreational watersports activities. NIWS takes concerted efforts to map advancements in the industry and redefine the functions in accordance to remain in sync with the unfolding requirements.

Key functions being pursued are certification/licensing of operators for watersports industry, education research/consultancy, policy support, establishing regulations and SoP's, safety norms and standards, advocacy and development, bench-marking and promotion of recreational watersports as integral component of the burgeoning tourism business.

Watersports Centres and Dive Centres are also inspected and audited for safety protocols and compliances. The NIWS is providing the technical support to the State Government and Union Territories by the way of signing the Memorandum of Understanding (MoU). Till date NIWS has signed MoU with Andaman & Nicobar Administration, Uttarakhand Tourism Development Board, Madhya Pradesh Tourism Board, Jharkhand Tourism Development Board, Tourism Corporation of Gujarat Limited, Tamil Nadu Tourism Development Board, Directorate General of Resettlement (Min. of Defence) and Indian Navy Physical Training School for conduct of various watersports and lifesaving training.

The Institute conducts watersports and Lifesaving Techniques training at various states/ UTs for e.g., Andaman & Nicobar Islands, Andhra Pradesh, Chhattisgarh, Daman & Diu, Goa, Gujarat, Himachal Pradesh, Jammu & Kashmir, Jharkhand, Karnataka, Kerala, Lakshadweep Islands, Maharashtra, Madhya Pradesh, Odisha, Puducherry, Rajasthan, Tamil Nadu, Telangana, Uttarakhand and West Bengal.

ABBREVIATIONS

- **AED** - Automated External Defibrillator
- **BCD** - Buoyancy Compensator Device
- **BSAC** - British Sub-Aqua Club
- **CMAS** - Confédération Mondiale des Activités Subaquatiques
- **CPR** – Cardio Pulmonary Resuscitation
- **DCP** – Dry Chemical Powder
- **EAP** – Emergency Action Plan
- **EFR** – Emergency First Responder
- **HP** – Horse Power
- **IACS** – International Association of Classification Societies
- **IRS** – Indian Register of Shipping
- **IV Act** – Inland Vessels Act, 2021
- **LST** – Lifesaving Techniques
- **LST-PL** – Lifesaving Techniques – Pool Lifeguard
- **LST-WS** – Lifesaving Techniques - Watersports Operator
- **MoT** – Ministry of Tourism
- **NAUI** – National Association of Underwater Instructors
- **NIWS** – National Institute of Watersports
- **NOC** – No Objection Certificate
- **OBM** – Outboard Motor
- **PADI** – Professional Association of Diving Instructor
- **PBH** – Powerboat Handling

- **PBH-R** – Powerboat Handling - Remote
- **PBH-T** – Powerboat Handling - Tiller
- **PFD** – Personal Floatation Device
- **PWC** – Personal Watercraft
- **SCUBA** – Self Contained Underwater Breathing Apparatus
- **SOP** – Standard Operating Procedure
- **SSI** – Scuba Schools International
- **UTs** – Union Territories

**Abbreviations are in alphabetic order*

DEFINITION'S:

- Watersports Operator – Company/LLP/Firm which own's Watersports Centre
- Boat Driver – Watersports Watercraft Operator
- Crew – The crew which assists Boat Driver and associated watersports operations

Section- 1: General Guidelines

This Guidelines/SOP is a guide for operation of all types of water-based adventure sports (recreational/ commercial) which are presently conducted in India. This Guidelines/SOP includes operational and safety guidelines/norms for following water-based adventure sports activities:

On Water Activities		Underwater Activities
Motorised	Non-Motorised	
* Pleasure Boat Operations	* Windsurfing/ Dingy Sailing	* Snorkelling
* Personal Water Craft (PWC)/Jet ski Operations	* Kayaking/ Canoeing	* Scuba Diving
* Parasailing Operations	* White Water River Rafting	* Free Diving
* Sea Kart Operations	* Stand Up Paddle	* Sea Walk/ Helmet Dive
* Water Skiing/ Towable Fun Rides	* Wave Surfing	
* Wake Boarding and Knee Boarding	*Kite Suring	
* Fly Boarding Operations		

The watersports guidelines/SOP are developed in accordance with:

1. Inland Vessel (Act) 2021 and IV Rules 2022-23,
2. Director General of Shipping Circular No. SS/Misc(37)/2003 dated 28 Sep 2004 titled Operations of small vessels of less than 15 (tons) net carrying up to 12 passengers and various types of sports crafts at the beaches on the coast in the open sea conditions and
3. DGS Order No. 07 of 2016, F.No:75-NT(5)/14, dated 30.11.16 titled Guidelines/instructions for the Construction, Survey, Certification and Operation.

International benchmarking/standards, practiced by most of the developed countries have been ensured for the safety of the person while undergoing/ performing adventure watersports in India.

State/ UTs regulatory bodies concerned with adventure watersports activities can include additional norms as per respective States/UTs government requirements.

1.1 Watersports Centre Guidelines

A Watersports Centre shall be registered under a competent authority and authorise to conduct watersports activities in approved demarcated area.

Scope: These regulations are applicable for Adventure Watersports Personnel's and centres offering (recreational/ commercial) Boat excursion including Personal Water Craft (PWC)/Jet ski, White-water River-rafting, water-skiing, sailing, parasailing, kayaking, canoeing, Snorkelling, Scuba Diving etc.



1.1. A Watersports Centre Infrastructure:

Watersports Centre shall have following minimum infrastructure to set up a watersports centre for operations:

- Easy access to the Watersports Centre.
- Reception cum ticketing area.
- Shelter for customers with facilities for drinking water.
- Changing room and Washroom facility including toilets.
- Embarkation/disembarkation arrangement for customers in the form of a jetty or pontoon.
- Storage space for watersports equipment to protect it from deterioration from exposure to direct sunlight.

- Appropriate PFDs (CE/US Coast Guard/SOLAS/IRS/MMD or equivalent) and rescue equipment should be stored in a well-ventilated room.
- Fuel should be stored in separate “Inflammable” store in a well-ventilated designated area and provided with modern firefighting facilities.
- Establishing of repairing and maintenance area for defect rectification and planned preventive maintenance for hull & machinery.
- A Log book should be maintained for the watersports activities with details of the diver using it (attached at Appendix- I).
- A separate Log Book should be maintained for Parasailing Operations (Appendix – II) and White Water River Rafting (Appendix – III).
- All filled-in liability waiver forms in original, duly signed by the Guests and the Site Manager shall be maintained (attached at Appendix – IV).

1.1.B Equipment and Accessories:



- Equipment's such as Boat (motorised & non-motorised), personal floatation device, rescue equipment, boat accessories etc. must have certification for design and standards from an International / Govt. authorised certification agency preferably SOLAS, IRS, CE-certification or any international certifying agency.
- All Watercrafts (Motorised/ Non-motorised) must have certification from a Govt. approved Surveyor/ Naval Architect for serviceability and seaworthiness.
- The carrying capacity of the boat must be clearly displayed at prominent place so that it can be seen by the passenger/ guest as well as regulatory agencies.

- The PFD/ buoyancy aids must be available in sufficient numbers to cater for the deployment of all the watersports equipment simultaneously. They must be available in different sizes so that they will fit customers of all sizes and age groups. Also a 20 % additional PFDs should be carried on-board in case of emergencies and during operations.
- Wireless Communication device/ Walkie-Talkie/ Mobile must be available at Watersports Centre to communicate with Boat Driver and ground control staff. It should be also compliant with local administration and registration authority for use onboard.
- A first-aid box with accessories must be available in watercraft and on shore at an easily accessible location. Medicines should be replaced if the expiry date is nearing or expired.
- Rescue tube, specifically developed for on-water rescue, should be carried in the rescue boat as well as and in passenger boats used for rides.
- All Motor Boat shall also have a lifebuoy along with the rescue tube.
- Spinal Management Equipment such as Spine board, Head Side Support, Stiff Neck Brace must be kept available at Watersports Centre for immobilising and transportation of spinal injury victims.
- Portable Oxygen cylinder connected with regulator & mask shall be kept available at Watersports Centre for emergency oxygen administration to a victim.

1.1.C Operator's Qualifications: All staff engaged in watersports operations must be trained and have valid certification from NIWS or any National/ International institute recognized by Govt. of India.

1.1.C.1 Lifesaving Techniques (LST):

The entire staff of the Watersports Centre/ watersports centre who are directly involved in the watersports operations, must have Lifesaving Techniques certification from National Institute of Watersports (NIWS) or its equivalent certification from a Government recognised agency. It is desirable that personnel indirectly connected with Watersports centre like receptionists, Assistant, helpers, waiters, housekeeping staff etc. shall be trained and qualify in the First Aid and CPR modules of the Emergency First Responder (EFR) course so that they can render help in an emergency.

1.1.C.2 Powerboat Handling Certification (PBH):

All powerboat Drivers must hold valid LST-WS, PBH-Tiller or Remote certification from NIWS or its equivalent certification from a Government recognised agency.

1.1.C.3 Personal Water Craft (PWC/Jet Ski) Operation Certification:

All PWC operators must hold valid LST-WS, PBH-T or PBH-R and PWC certification from NIWS or its equivalent certification from a government recognised agency.

1.1.C.4 Parasailing Operations:

Parasailing operator must hold valid LST-WS, PBH-R and Parasailing Operations certification from NIWS or its equivalent certification from a government recognised agency.

1.1.C.5 River Rafting Guide:

River Rafting Guide must hold valid White-water River-rafting Guide and Lifesaving Techniques including CPR certification from NIWS or its equivalent certification from a government recognised agency.

1.1.C.6 Kayak Tour Guide:

Kayak Tour Guide/ Operator must hold valid LST – WS and Advance Kayaking certification from NIWS or its equivalent certification from a government recognised agency.

1.1.C.7 Snorkelling Guide:

A snorkelling guide must be trained and certified in LST-WS and Snorkelling Guide course from NIWS or its equivalent certification from a government recognised agency.

Note: Validity of above certifications shall be two years, after which, the same shall be renewed.

1.1.D Watersports Operation- General Norms

1.1.D.1 Area of Operation:

- Area for operation of motorised watercraft like pleasure boating, Jet Ski, Parasailing, towable fun rides etc. should be demarcated and separate from the area of Non-motorized watersports like paddle boating, stand-up paddle, canoeing, kayaking etc., and also way from sail operated watersports activities such as sail boat, wind surfing, kite surfing etc.
- Watersports area should be clearly marked within approved limit from competent authority with flags & floats.
- Swimming zone area must be demarcated at least 50 meters away from watersports area. On the beach, swim zone should be demarcated with floats & there should be a small pontoon in the centre as a safety point for swimmers.

- Boats involved in leisure rides or in parasailing shall not go beyond the visual range of the rescue boat and base lookout.
- Carrying Capacity as notified by State Govt. Authorities for each location/ area has to be obeyed by Watersports operators.

1.1.D.2 Rescue Boat:

- A rescue boat must be available in full readiness during the entire period of watersports operation.
- The rescue boat must be minimum 5 seat capacity preferably RIB or FRP with space for placing spine board on the deck or suitably designed for this purpose.
- This boat must be powered by OBM in the range of minimum 15 - 40 HP.
- Rescue boat must be manned by 01 operator certified in Power Boat Handling & Lifesaving Techniques and 01 crew certified in Lifesaving Techniques from NIWS and its equivalent and in possession of valid certificate/license.
- The boat as well as the Operator/ crew should not be involved with any other activity while on rescue duty.
- Rescue boat must be equipped with Rescue tube, Lifebuoy, 30 metre length 14mm polypropylene rope, first aid box, spine board with accessories and wireless communication device.
- For fire emergencies, rescue boat must carry DCP extinguisher.

1.1.D.3 Period of Operations:

- Watersports activities should be restricted to day light hours only.
- Watersports activities must stop 30 minutes before sunset.
- During inclement weather condition the watersports operations must be suspended.
- Watersports operators must strictly adhere to state/ government agencies guidelines for period of operation.

1.1.E Documents Required for Operating Water-based Adventure Sports

Watersports Centre/ Watersports Centre operator must possess following documents for watersports activities as listed against each activity, to ensure quality standards and safety in watersports operations.

1.1.E.1 Pleasure Boat Ride:

- Boat builder certificate from Manufacturer
- Boat design certificate approved by IRS or equivalent

- Certificate of Survey for Seaworthiness of watercraft from Naval Architect or Marine Surveyor (yearly)
- Boat Registration Certificate from competent authority (Port Department or as Designated by State Government)
- Watercraft Hull & Machinery (Boat Engine) Insurance
- Insurance of Operator and crew including support staff
- Group Insurance for Guest as per the boat seating capacity
- Operator & Crew valid Certificate/ License issued from NIWS or equivalent
- Permission obtained from competent authority to start the operation
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.E.2 Personal Water Craft (Jet Ski) Ride:

- Certificate of Survey for Seaworthiness of watercraft from Naval Architect or Marine Surveyor (yearly)
- PWC Registration Certificate from competent authority
- PWC design certificate approved by any of the IACS members
- Hull & Machinery Insurance
- Insurance of Operator and crew including support staff
- Group Insurance for Guest
- PWC Operator valid Certificate/ License issued from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.E.3 Parasailing Boat Operations:

- Boat builder certificate (Parasailing & Rescue Boat)
- Boat design certificate approved by any of the IACS members (Parasailing & Rescue Boat)

- Certificate of Survey for Seaworthiness of watercraft from Naval Architect or Marine Surveyor (yearly) for Parasailing & Rescue Boat
- Boat Registration Certificate from competent authority for Parasailing & Rescue Boat
- Hull & Machinery Insurance (Parasailing & Rescue Boat)
- Insurance of Operator and crew including support staff
- Group Insurance for Guest as per the boat seating capacity
- Operator & Crew valid Certificate/ License (Parasailing & Rescue Boat) issued from NIWS or equivalent
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)

1.1.E. 4 Water Skiing/ Towable Ride:

- Boat builder certificate
- Boat design certificate approved by any of the IACS members
- Certificate of Survey for Seaworthiness of watercraft from Naval Architect or Marine Surveyor (yearly) for towing craft & Rescue Boat
- Boat Registration Certificate from competent authority for towing craft & Rescue Boat
- Hull & Machinery Insurance of towing craft & Rescue Boat
- Insurance of Operator and crew including support staff
- Group Insurance for Guest who is participating in activities
- Operator & Crew valid Certificate/ License towing craft & Rescue Boat issued from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.E. 5 Sea kart and Rescue Boat:

- Boat builder certificate

- Sea Kart and Boat design certificate approved by any of the IACS members
- Certificate of Survey for Seaworthiness of watercraft from Naval Architect or Marine Surveyor (yearly) of Sea Karts and Rescue Boat
- Boat Registration Certificate from competent authority
- Hull & Machinery Insurance
- Insurance of Operator and crew including support staff
- Group Insurance for Guest who is participating in activities
- Operator & Crew valid Certificate/ License issued from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.E.6 Kayak/ Canoeing:

- Certificate of Survey for Seaworthiness of Kayak and Canoe
- Kayak/ Canoe Registration Certificate from competent authority
- Insurance of Operator and crew including support staff
- Group Insurance for Guests
- Operator & Crew valid Certificate/ License issued from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.E.7 River Rafting:

- Certificate of Survey for Seaworthiness of Raft
- Raft Registration Certificate from competent authority
- Insurance of Rafting Guide and crew including support staff
- Group Insurance for Guests
- Rafting Guide valid Certificate/ License issued from NIWS or equivalent
- NOC obtained from Captain of Port/Irrigation/ Forest/ Municipal/Village Panchayat.
- Local Government Authority NOC (If Required)

- Local Police authority NOC (If Required)
- Safety Audit/ Physical Inspection Report of Watersports Centre from NIWS or equivalent

1.1.F Emergency Action Plan:

- ✓ Watersports Centre/ Watersports Centre must formulate an Emergency Action Plan (EAP) to keep the staff and equipment ready to act swiftly & proficiently during any kind of emergency such as drowning, medical, fire etc. during the watersports operation.
- ✓ Watersports Centre management must prepare an EAP chart in which all trained staff and untrained staff must be given specific duty to act upon.
- ✓ The EAP chart must be displayed in Watersports Centre office, Reception area and operational area.
- ✓ All the staff involved in EAP must know their duty and responsibilities as given in EAP chart.
- ✓ All concerned staff must read, discuss and practice EAP every week.
- ✓ Watersports Centre shall coordinate with nearest Health Centre/ Hospital and shall display all emergency contact nos. at the reception area and watersports operation area.
- ✓ In an event of emergency, EAP must be activated by the staff nearest to the place where emergency has occurred.
- ✓ As soon as EAP is activated, all staff members involved in EAP shall take respective actions without any delay.
- ✓ After effectively handling any emergency, Watersports Centre management shall conduct debriefing with all the staff members to understand any flaw's or effectiveness of the EAP.
- ✓ EAP shall be practiced and updated frequently for effective and successfully handling of any emergency at Watersports Centre.

1.1.G Insurance: Watersports Centre shall insure for following:

- ✓ Insure the guest and crew for personal accident insurance as per the carrying capacity of the boat, Towable Ride or any activity undertaken by the Watersports Centre to the extent of at least Rs. 5.00 Lakhs per passenger.
- ✓ Shall also have requisite insurances for the hull and machinery.

1.2 SCUBA Dive Centre Guidelines

Scuba Dive Centre is a centre registered under competent authority and authorise to conduct recreational scuba diving activities in an approved demarcated area.

Scope: These regulations are applicable for Personnel's and centres involved in SCUBA diving, Snorkelling, Helmet Dives or any underwater recreational activity undertaken in India.

1.2.A Dive Centre Infrastructure:



- Reception Area cum Guest Seating Area
- Class Room with white board and audio-visual training facility
- Changing Room and Wash Room
- Dive Equipment Storage room with racks
- Equipment Maintenance and repairing Room
- Dedicated room for Air Compressor (A/c if necessary)

1.2.B Equipment and Accessories:



- Each dive centre must have minimum 10 nos. full set of diving equipment in addition to Diving staff equipment i.e Instructor, Dive Master & Rescue Diver personal equipment.
- Full Diving Set includes Oxygen cylinder with pressure gauge, diving regulator, depth meter and dive watch or deco-computer, mask, snorkel, fins, Buoyancy Control Device (BCD), quick release weight belt and alternate air source with adequate spare parts.
- Scuba Dive Centre shall possess a certificate of pressure testing/ Hydrostatic test for each cylinder from an authorized testing agency in every three years, or as per rules of the Govt. of India, regarding high-pressure cylinder. Tanks shall not be used twelve years after the date of manufacturing.
- Dive Centre shall carry out periodic check of Air Quality in every 03 months.
- Buoyancy Control Device (BCD) shall be available in different sizes for divers of all permissible age and body weight. BCD must also have manual low pressure air inflator.
- Oil Free Air Compressor for cylinder refilling.
- First Aid Kit including spine board with accessories
- Automated External Defibrillator (AED)/ Cardio Pulmonary Resuscitation Kit
- Portable Oxygen cylinder for decompression sickness
- Diving Flag and emergency flares
- Reflective/ Inflatable Surface Marker Buoy
- Wireless communication device for communication between Scuba Dive Centre and diving area.
- Information and warning boards displayed at Scuba Dive Centre
- LOG book for Guests and diving staff
- LOG book for Air compressor to maintained the record of cylinder refilling and change of filters

1.2.C Dive Staff Qualifications:

- a) Scuba Dive Centre must have minimum 01 Dive Instructor, 02 Dive Master and 01 Rescue Diver who are certified from NIWS/PADI/CMAS/ NAUI/BSAC/SSI and in addition 02 supporting staff must be certified in Emergency First Responder (EFR) or Lifesaving Techniques certification from NIWS
- b) Rescue Boat Driver must have certification in Boat Handling and Lifesaving Techniques from NIWS or any Govt. recognised Institution as specified by state administration.
- c) Rescue Boat crew must be trained and certified in Lifesaving Techniques from NIWS or any Govt. recognised Institution as specified by state administration.
- d) Base Leader must be atleast qualified with Emergency First Responder certification or Lifesaving Techniques certification from NIWS or any Govt. recognised Institution as specified by state administration.

- e) Air compressor operator preferably be trained and certified for refilling and maintain & repairing of compressor from any recognised Technical Institution.

1.2.D SCUBA Diving Operation- General Norms

1.2.D.1 Area of Operation:

- The Nodal State Department shall demarcate Dive sites and the Scuba Dive Centre must obey area restriction during diving operations for safety of the divers and for protection of corals & associated marine life from damage due to SCUBA diving.
- Carrying Capacity as notified by State Govt. Authorities for each dive site has to be obeyed by recreational Scuba Diving operators.

1.2.D.2 Rescue Boat:

- A rescue boat must be available in full readiness during the entire period of watersports operation.
- The rescue boat must be minimum 5 seat capacity preferably RIB or FRP with space for placing spine board on the deck or suitably designed for this purpose.
- This boat must be powered by OBM in the range of minimum 15 - 40 HP.
- Rescue boat must be manned by 01 operator certified in Power Boat Handling & Lifesaving Techniques and 01 crew certified in Lifesaving Techniques from NIWS and its equivalent and in possession of valid certificate/license.
- The boat as well as the Operator/ crew should not be involved with any other activity while on rescue duty.
- Rescue boat must be equipped with Diving Flag, Flares, Rescue tube, Lifebuoy, 30 metre length (14 or 16mm) polypropylene rope, first aid box, spine board and wireless communication device.

1.2.D.3 Period of Operation:

- Diving operations must be carried only during calm weather conditions.
- Night Diving must be carried with adequate underwater portable light facilities.
- Schedule Diving programme at least 24 hours before travelling by flight.
- Suspend diving operations and surface on water when air pressure in cylinder drops below 50 bars.
- Minimum 03 minutes safety stop must be taken at 05 meters depth before surfacing from dives greater than 09 metre.

1.2.E Documents Required for Operating SCUBA Dive Centre

- Shop & Establishment Registration Certificate
- Compressor Air Quality Test Certificate in every 03 month
- Dive Boat builder certificate
- Dive Boat design certificate approved by IRS
- Certificate of Survey for Dive Boat (yearly)
- Boat Registration Certificate with competent authority
- Hull & Machinery Insurance
- Diving Staff and Support staff Insurance
- Boat Driver and Crew Insurance
- Group Insurance for undertaking activities Guests
- Boat Driver & Crew Certificate/ License
- Dive Staff Certificate/ License (Instructor, Dive Master, Rescue Diver)
- Safety Audit & Inspection Certificate from NIWS
- Tourism Dept. NOC
- Port/ Forest Dept. NOC (If Required)
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)

1.3 Snorkelling: A snorkeling activity shall be conducted in a designated area approved by State Govt.

1.3.A Snorkelling Guide Qualification:

A snorkelling guide must be trained and certified in LST-WS and Snorkelling Guide course from NIWS or its equivalent certification from a government recognised agency. He/ She must have knowledge about corals, dangerous marine life and underwater environment.

1.3.B Snorkelling equipment - Mask, Snorkel, Life Jacket Type – III, Life Buoys, Fins and booties

1.3.C Documents Required for Operating Snorkelling Centre:

- Snorkelling Guide Certificate/ License
- Snorkelling Guide and Support staff Insurance
- Guest Insurance
- Tourism Dept. NOC
- Port/ Forest Dept. NOC
- Local Government Authority NOC (If Required)
- Local Police authority NOC (If Required)

1.3.D Snorkelling Operation:

- a. Snorkelling Guide's (SG) shall only venture in permitted area or location as as decided by competent authority.
- b. Snorkelling Guide must be aware of its surrounding and must be able to identify marine animals and corals.
- c. Be very careful around rocky shores or pounding surf, which can pick up a snorkeler and cause injury.

Section 2 : Motorised Watersports Activities

2. 1 Pleasure Boat Rides

2.1.1 Driver's qualification:

Driver should hold a valid PBH and LST certification from NIWS or its equivalent. Validity of above certification is two years, after which, the same shall be renewed.



2.1.2 Equipment and Accessories: PFDs, Anchor with rope, 02 oars/ paddles, Portable Fire Extinguisher, Tool box, First Aid box, Life Buoy, Rescue Tube, Bailer, spare sparking plugs, marine knife, marine torch and 14mm Polypropylene rope 30 metres, communication device and the equipment mentioned by the registering authority.

2.1.3 Operating instructions:

- It shall be full responsibility of the boat driver to ensure that every rider is wearing PFDs of appropriate size before boarding the boat. PFD must fit snugly and all the fasteners should be secured during the entire period of ride.
- Boat should be operated from a jetty, or a ramp where embarkation/ disembarkation of passengers can be carried out safely.
- Weight of the passengers must be evenly distributed and they should remain seated throughout the boat ride.
- Driver must ride the boat as such, so that safety of guest, crew and boat is adhered to.
- Special care must be taken during ride for guest like kids, senior citizen and differently-disabled.

2.2 Personal Water Craft (Jet Ski) operations

2.2.1 Operator's qualification:

Must hold a valid PBH and LST certifications from NIWS or its equivalent. The operator should also undergo PWC (Jet Ski) operation course conducted by NIWS.



2.2.2 Equipment and Accessories: Portable Fire extinguisher

2.2.3 Operating Instructions:

2.2.3.A Operating area: PWC (Jet Ski) should be operated in a well-defined area beyond normal swimming and watersports area. It is very important to keep in mind that even the wake generated by a PWC (Jet Ski) would pose danger to kayaks and paddle boats.

2.2.3.B Forbidden Manoeuvres: Riding too close to other boats, jumping wake of boat or waves and fast approaching to the jetty is forbidden. During emergency manoeuvres, the steering is only active if the throttle is applied, so the driver would lose control of PWC (Jet Ski) if the throttle is released abruptly. Therefore, power should be reduced after turning action is complete.

2.2.3.C Rides by PWC (Jet Ski) driver: Normally PWC (Jet Ski) should be used at a Watersport centre and designated place. The rides should be manned by a qualified operator and he has to ensure that the passengers wear snugly fitting buoyancy aids throughout the ride.

2.2.3. D PWC (Jet Ski) Rides by Customers Accompanied by a Jet Ski Driver:

Watersport Centre may allow customers to drive a Jet ski provided:-

- i) A qualified PWC (Jet Ski) Operator seats behind during the ride.
- ii) Customer is thoroughly briefed on the controls of the PWC (Jet Ski), especially the use of throttle blipping and kill cord, the rules of the road and basic seamanship during Jet Ski handling. Jet Ski drivers sitting behind on such a ride shall ensure that speed limit and the safety instructions are followed by the rider so as to avoid accident and injury to others. If the customer disobeys the instructions, the driver shall immediately take over the control.

2.2.3.E PWC (Jet Ski) Ride by Customers Independently:

Watersports centre can allow independent riding of PWC (Jet Ski) by its customers if he/ she is holding valid PWC (Jet ski) certificate/license or if only after an experienced instructor, holding PWC (Jet Ski) certification from NIWS or its equivalent, conducted a short familiarization lesson as per "Jet ski" familiarization check list issued by NIWS. Successful completion of familiarization should be recorded on the indemnity bond. Children below 18 years of age should not be allowed for independent PWC (Jet Ski) ride.

2.3 Parasailing Operations

2.3.1 Operator Qualification:

The boat driver must have a remote control powerboat handling [PBH- R (LEVEL 3)] and Parasailing operations certification from NIWS. In addition, he must have a minimum of 30 supervised launches before handling operations independently.



2.3.2 Boat and Engine:

The boat used for parasailing must have adequate engine power. It is ideal to have a winch-boat but use of a remote-controlled boat with minimum of 200 HP is also permitted. The must have a strong anchor/point specially built for attachment of Parachute.

2.3.3 Equipment and Accessories:

Parasail must be made of material suitable for use over water. The parasailing Centre must have a windsock or a hand –held wind speed meter to determine the wind velocity. Portable Fire Extinguisher, 14 mm Polypropylene rope 30 metre.

2.3.3a Winch rope - A winch rope may be used for parasailing only if—

- (a) it complies with the manufacturer's specification for safe working load and number of flights after which the rope should be replaced;
- (b) must have a safe working load of 3000kg
- (c) must be replaced whenever the earlier of the following happens—
 - (i) 4 months after the winch rope is first used;
 - (ii) the winch rope is used for 400 parasail flights

2.3.4 Operating Instructions:

- Parasailing operation must be carried out from specially demarcated area of the beach to avoid injury or disturbance to other beach users.
- For operating beach parasailing, a stretch of 200 feet shall be clearly marked on the beach with a notice board warning other beach users to keep clear during take-off and landing.
- The parasailing operation must be stopped whenever the wind speed exceeds 12 knot at sea level.
- In addition to Driver, the boat must carry one assistant to serve as a “Lookout”.

- The boat driver must keep a sharp lookout for watercrafts in water to take quick evasive action.
- The parasailing equipment shall be inspected and certified by NIWS or specialist on its behalf as authorised by the Govt. of India.
- A Rescue boat must be kept standby during parasailing operations.

2.4 Water-skiing & Towable Fun Rides Using Powerboat

2.4.1 Operator Qualification:

- a) **Boat Driver:** The boat driver must have valid Boat operating license. The Boat Driver must be trained and certified in handling the respective Watercraft type i.e Tiller or remote operated from National Institute of Watersports (NIWS) or any other agency as authorised by the state government from time to time. The Boat Driver must also be trained and certified in Lifesaving Techniques. In addition, he should have experience in towable ride operations under controlled supervision on at least ten occasions.
- b) **Observer:** The Boat Driver must be accompanied with an observer, who shall be qualified in Lifesaving Techniques and stationed in the towing boat. He must continuously monitor the towed ride. He should be thoroughly conversant with standard hand signals used between driver and assistant.
- c) **Assistant:** The assistant must be sitting on banana tube back side during operation and helping the guest/rider to recover after toppling the banana tube. He also has to assist the towing Boat Driver during the operations. He has to hold the Lifesaving Techniques certificate from NIWS or other agency as authorised by the state government from time to time.



2.4.2 Equipment and Accessories:

- The powerboat used for skiing/ towable fun ride must have adequate power (minimum 40-90HP) with remote control. A boat should be able to attain minimum speed of 20 knots with skier on tow.
- The skier must wear specially designed buoyancy aid for water skiing and should have additional padding on the chest and collar.

- Water Ski tow rope must be 6-8mm low stretch (Static rope) diamond braid polyethylene or polypropylene 21 metre length and breaking strength greater than 350 kg.
- For tube towable rides rope must be 8-12 mm low stretch (Static rope) diamond braid polyethylene or polypropylene 15-20 metre length and breaking strength greater than 1500 kg.
- Note: Check with the manufacturer manual for specific towable product for tow rope specifications

2.4.3 Operating Instructions:

- Fun ride tubes should be inflated appropriately and secured to the boat by a tow rope.
- Customers must wear buoyancy aids of correct size with all fasteners secured snugly.
- Children shall not be allowed to take the towable fun rides unless buoyancy aid of their size is available.
- Participants will be prepared by a trained staff member by fitting a PFD and getting them seated in the tubes and ready to ride.
- The staff member will ensure the water ski/ tubes are able to take off without any obstruction. Always have the boat turned off when someone is entering the water or climbing back into the tubes. Assistant use the word “CLEAR” to make sure no one is in the water before starting the engine.
- Make sure the tow rope is not tangled around any rider prior to accelerating the boat.
- The ski boat or towable ride boat must carry a Lookout who will keep an eye on the skier/ guest and other boaters and advice the boat driver accordingly.
- The ski boat is to be operated outside the swimming area of the beach/ water body.
- Banana ride must have a crew qualified in LST to be seated at the end of Banana tube, he will assist the guest to board the ride in case of capsizing.



2.5 Sea Kart:

2.5.1 Operator Qualifications:

- A Sea Kart operator must be qualified in Lifesaving Techniques and should hold license in operating Powerboat



Handling – Remote.

- Rescue Boat Driver must be qualified in Lifesaving Techniques and should hold license in operating Powerboat Handling – Tiller/ Remote.
- All other crew must be qualified in Lifesaving Techniques.

2.5.2 Equipment and Accessories:

- Sea Kart must be equipped with a rescue tube or lifebuoy with rope.
- Spare Kill Switch with Lanyard
- Automatic/ Portable Fire Extinguisher
- Rescue Boat equipped with Tool Kit, Basic First Aid Box and Spinal Management Equipments.

2.5.3 Operating Instructions:

- Sea kart Rides shall be undertaken only in such locations as designated by the Authority.
- The Seakart(s) shall always be equipped with automatic fire extinguishers located at the engine compartment as provided by the manufacturer.
- Maximum permissible weight onboard the Seakart shall be as per the stipulation by the manufacturer.
- The licensed operator shall have the kill-cord of the Seakart tied to his hands while operating himself and while letting the unlicensed Guest to drive/handle Seakart.
- Safe distance between all vessels during excursion shall be minimum 10 meters.
- During Seakart operation, a Rescue boat must be kept standby for handling any emergency.

2.6 Fly Boarding/ Aerial Freestyle Device: Fly board is a device connected to a Personnel Water Craft and use the water thrust to propel the device to aid in flight of a person at the surface of the water, into the air and/or underwater.

2.6.1 Operator Qualifications:

- PWC Operator must hold a valid PBH and LST certifications from NIWS or its equivalent. The operator should also undergo Jet Ski conversion course conducted by NIWS.
- Fly Board trainer must be certified from NIWS or any International Recognised agency.



2.6.2 Equipment and Accessories: Fly Board, Wet Suite, PFD, Watersports Helmet.

2.6.3 Operating Instructions: For commercial operations the firm must have Fly Boarding operation permission from concerned authorities.

2.6.3.A Operating area: Fly Boarding should be operated in a well-defined area beyond normal swimming and watersports area. It is very important to keep in mind that even the wake generated by a Jet Ski would pose danger to kayaks and paddle boats.

2.6.3.B PWC Operations during Fly Boarding: PWC operator must not ride too close to Fly Boarder, other boats, jumping wake of boat or waves. PWC operator must continuously observe Fly boarder and control throttle acceleration/ deceleration according to fly boarder actions.

2.6.3.C Fly Boarding Instructions: (Source - Dept. of Transport, Govt. of Western Australia)

- Users of Fly board/ Aerial Freestyle devices should be familiar with the safety advice and instructions from the device's manufacturer.
- Fly boarder must follow the weather conditions for which the device has been designed to operate in, such as specified swell and wind conditions.
- Operating the device in conditions which are not in line with the manufacturer's advice could raise the risk of injury or incident.
- During operation, Fly Boarder must wear PFD, watersports standard helmet and wet suite.

Section 3: Non-Motorised Watersports

3.1 Windsurfing/ Dinghy Sailing



3.1.1 Operator Qualification:

The watersports centre should have at least one staff member holding certification from NIWS, RYA or from the national governing body of the respective Watersports i.e windsurfing, or Sailing with adequate proficiency. Proof of participation in National/ International/ Navy Sailing competitions can also be considered equivalent to a proficiency certificate.



3.1.2 Equipment and Accessories:

- The windsurfing/ sailing In-charge must inspect the equipment, accessories and fitting before commencement of the season (and thereafter every month) and certify its serviceability in the log book.
- **Wind Surfing** – Wind surfing board, sail with mast, universal joint, foot mast.
- **Sailing** – Hull, mast, boom, sail(Jib and Main), rudder, tiller and tiller extensions, centreboard and dagger boards, spreader & shrouds, Kicker & traveller, ropes and Halyards, furlers, Cam cleats, Jam cleats, bottle screws.

- The equipment must be manufactured under IRS certification or imported from a reputed manufacturer.
- Type III Personal Floatation Device of appropriate size with snugly fitting.

3.1.3 Operating Instruction:

- The guests should be briefed on the risks involved in sailing and the shifting sides during tack.
- There should be a rescue boat with a driver and crew stand-by for the entire duration of sailing, if the sailing vessel is not equipped with an auxiliary engine or OBM.
- The area of operation shall be clearly marked and be within the visual range from the Shore, or the distance till the local administration permits.
- The crew must be on stand-by whenever the customer approaches the disembarkation pontoon/ jetty.
- The boat crew/ windsurfer must wear a buoyancy aid with all fasteners snugly secured throughout the sailing period.
- Passenger carrying capacity of the sailing boat should not be exceeded.
- Do not windsurf or sail in stormy weather condition.

3.2 Kayaking and Canoeing

3.2.1 Operator Qualification:

The watersports centre should have at least one staff member holding certification from NIWS or from a national governing body of the respective Watersport with adequate proficiency. Proof of participation in National level championship can also be considered equivalent to a proficiency certificate.



3.2.2 Equipment and Accessories:

- The kayaks and canoes must be manufactured under IRS certification for design & manufacture.
- The existing Kayaks should be certified by a marine architect for strength, buoyancy and ease of entry and exit from cockpit.
- Paddle, Helmet, Type III PFD.

3.2.3 Operating Instruction:

- The watersports Centre is responsible for imparting adequate training to customers before handing over the kayaks for independent operation.
- It is recommended that the watersport Centre conducts a familiarization training program for this purpose.
- The kayaker must wear a properly fitting buoyancy aid while on water.
- There should be a rescue boat with a driver and crew stand-by throughout the duration for which the kayaks/ canoes are in water.
- The area of operation should be clearly defined and be within the visual range of the rescue Boat Driver.
- Sea Kayaking tour must be led by a guide who is qualified and certified in Advance Kayaking course.
- The ratio of guide versus guest shall be 1:4 for single seat kayak and 1:6 for double seat kayak, but shall not exceed more than total 12 persons in a trip including guides.

3.3 WHITE WATER RIVER RAFTING

3.3.1 Operator Qualifications:

- The River Guide must hold valid certification of competency from NIWS or a national governing body recognized by the MoT.
- He must also hold a Life Saving Technique (LST) certification from NIWS or an equivalent certification from respected national governing body.
- They must complete two familiarization runs under supervision before the commencement of each season and before undertaking commercial runs.
- Minimum age for guides is 18 years except for float trips (grade II and below) where it may be relaxed to 15 years.



3.3.2 Equipment and Accessories:

- There shall be at least two crafts on the water during operation. However, of these, both can be rafts/ kayaks or a combination of one raft and a safety kayak. This may be relaxed for float trips in case of rafts.
- For kayaks, a minimum of two should be in water.
- All trips must carry a well-equipped First Aid kit and repair kit (containing half meter of repair material, glue and accelerator, sand paper and waterproof repair tape).
- Rafts must carry at least one spare oar.
- All rafts must have a safety line going all around the raft. Besides, a bow-line and a stem line are also preferred.
- A raft must have a throw bag and a bailing bucket.
- A flip line is recommended for all big drops.
- Appropriate shoes/sandals/booties are a must for rafting.
- Suitable clothing must be worn during winter/ on glacier-melt river and cold air temperatures. For such rivers, dry suits/ wet suits are recommended. In their absence, light woollen/synthetic cloths are suggested but cotton is to be strictly avoided.

3.3.3 Operating Instructions:

- All rafters/kayakers including guides must strictly wear a life jacket at all times while in the water. The life jackets must have adequate buoyancy (minimum of 6.14 kg. but preferably 9 to 10 Kg.), must meet the specification of US coast guard type III or V. Inflatable and the keyhole type jackets are not recommended.
- Guides must ensure that the life jackets are worn snugly before the trip starts.
- Helmets are mandatory for rafters irrespective of whether the rafting takes place through rapids or under normal flow. It should also be properly strapped.
- Non-swimmers should not be allowed on rapids above Grade III.
- Guides/ Expedition leader must ensure that a thorough safety briefing, covering all pertinent details for a particular trip, is given before each trip. The trip leader must ensure that guests are in suitable attire (bulky cloths, sarees, turbans, neck ties, long skirts and three piece suits are to be totally avoided).
- People suffering from any serious ailments, weak heart conditions, epilepsy and expectant mothers should not be allowed on raft.
- Non-swimmers should not be allowed to body-surf.

- Trip must be timed in such a manner to finish it at least an hour before sunset.
- Anybody consumed alcohol (in any form or quantity) or illicit drugs at least six hours prior to the expedition must not be allowed to get on the raft.
- The river/ beach must be kept clean.
- Nothing should be done to offend the local people or to harm the flora and fauna of the area.

It shall be mandatory for all Rafting centre's, Rafting Expedition team leader and guides to maintain a log book. It should contain the details of the trip viz. number of passengers, river map, river geography- including gradient, rapids and its height/elevation, water level, velocity- gadgets on board, accident or untoward incidents or injuries etc. The outfitter and guide log books must be signed by the senior guide/ Expedition leader after every expedition.

3.4 Kite Surfing:

3.4.1 Operator Qualifications: The watersports centre should have at least one staff member holding certification from NIWS or from the national governing body of the respective Watersports with adequate proficiency. Proof of participation in National/ International competitions can also be considered equivalent to a proficiency certificate.



3.4.2 Equipment and Accessories:

- Watersports standard helmet, Waist harness/ seat harness, twin tip kite board/ directional kite surfboard, Kite (Bow, The C or Foil kite), Control bar, booties.
- The equipment must be manufactured under IRS certification or imported from a reputed manufacturer.
- Type III Personal Floatation Device of appropriate size with snugly fitting.

3.4.3 Operating Instructions:

- There should be a rescue boat with a driver and crew stand-by for the entire duration of kite surfing.
- The area of operation shall be clearly marked and be within the visual range of the rescue boat driver.
- Conduct pre-flight check for equipments and area of kite surfing.

- Launch the kite with the help of partner.
- The boat crew/ kite surfer must wear a buoyancy aid with all fasteners snugly secured throughout the operational period.
- Do not operate if wind exceeding 12 knots for basic kite surfer and for all during stormy weather condition.

3.5 Stand Up Paddle:

3.5.1 Operator Qualifications: The watersports centre should have at least one staff member holding certification from NIWS or from the national governing body of the respective watersports with adequate proficiency.



3.5.2 Equipment and Accessories:

Stand-up Paddle Board, Paddle, wet suite, PFD, Leash.

3.5.3 Operating Instructions:

- Qualified Stand-Up Paddle trainer will conduct pre-launch briefing.
- Shallow water training must be conducted for fall and re-boarding procedure.
- There should be a rescue boat with a driver and crew stand-by for the entire duration of operation to handle any emergency.
- The area of operation shall be clearly marked and be within the visual range of the rescue boat driver.

3.6 Wave Surfing:

3.6.1 Operator Qualifications: The watersports centre should have at least one staff member holding certification from NIWS or from the national governing body of the respective watersports with adequate proficiency. Proof of participation in National/ International competitions can also be considered equivalent to a proficiency certificate.



3.6.2 Equipment and Accessories: Surfing Board, Leash, Wet suite, PFD.

3.6.3 Operating Instructions:(Source – Chicago Park District Guidelines, USA

Non-Motorized Water Sports Information and Safety Awareness updated: Friday, June 12, 2009)

- Wave Surfers should not be allowed in active swim areas at any time.
- Each surfer will contact the nearest on-duty Lifeguard before entering the water.
- Surfers will assess the water/ wave condition and conduct surfing activities at their own risk.
- During surfing activity a standby rescue boat equipped with rescue and first aid equipment must be available.
- It is strongly recommended that surfers always use safety leashes.
- Don't ride a long board among short board surfers.

Section - 4: Underwater Recreational Activities

4.1 SNORKELLING:

4.1.1 Operator Qualification: The Snorkelling Guide must be holding valid Lifesaving Techniques license and must be certified as Snorkelling Guide by NIWS or any equivalent agency.

4.1.2 Equipment and Accessories: For snorkelling only basic of diving equipment's are required such as fins, mask, snorkeler or full face snorkelling mask, lifejacket and lifebuoy.



4.1.3 Operating Instructions:

- Snorkelling Guide must handle only one guest at a time.
- Pre-trip briefing and snorkel usage training in shallow water must be conducted by the snorkelling guide.
- While guiding the guest during snorkelling, corals and marine animals must not be disturbed.
- Guide must not leave the guest unattended at any given time during snorkelling.

4.2 SCUBA DIVING:

4.2.1 Operator Qualification:

4.2.1.A Dive Professionals: The dive Centre should employ at least one “Dive Instructor” and two “Dive Master” certified by internationally recognized agencies viz. PADI, CMAS, NAUI, BSAC and SSI.

4.2.1.B Dive Boat Driver: The boat driver must hold PBH and LST certifications from NIWS (or its equivalent). The dive boat also must carry a person who holds a valid life saving techniques (LST) certificate from NIWS or with valid “Medic First Aid” certification.



4.2.2 Equipment and Accessories:

4.2.2.A Dive Equipments: The dive Centre should have a minimum of 10 diving sets that include tank, regulator with pressure gauge, depth meter and dive watch or deco-computer, mask, snorkel, fins, buoyancy compensating jacket, quick release weight belt and alternate air source.

4.2.2.B Equipments/ Gadgets: The dive boat must carry the items such as required number of dive flags, oars, flares, first aid kit, walkie-talkie & medical oxygen set.

4.2.2.C Cylinder Pressure Testing:

- The Dive Centre must possess a certificate of pressure testing from an authorized testing Agency, which is valid for 3 years. It should be renewed on 3-year intervals or as per rules of the Government of India regarding operating high pressure cylinders.
- The details of inspection are to be entered in a maintenance book along with cylinder number.
- Tanks are not allowed to be used after 12 years of the date of manufacturing.

4.2.2.D Air compressor:

- It is strictly advised to the use of specified compressor oil only.
- Air purifying filters in the compressor are to be changed as per guidelines of compressor manufacturer and the same be entered in compressor log book along with number of cylinders filled accordingly.
- The Dive Centre must also obtain a certificate from an authorized Agency stating the quality of output of air compressors every 6 months.

4.2.3 Operating Instructions:

- 'Emergency Action Plan' (EAP) must be drawn up specifying actions to be initiated by the members of the dive team and the support staff in event of emergencies of different nature.
- The dive Centre must have a permanent office address with telephone.
- A rate card is to be prepared and effectively valid for one season.
- At least one 'Safety staff' must be available at the base station throughout when sea-dives are conducted.
- The dive Centre must diligently abide the guidelines for safe operation and protection of marine environment that will be issued by NIWS on behalf of MoT from time to time.

4.3 SEA WALK/ HELMET DIVE:

4.3.1 Operator Qualification:

4.3.1.A Dive Professionals: The dive Centre should employ at least one “Dive Instructor” and two “Dive Master”. One underwater monitor shall guide the Helmet Divers around the site; minimum one monitor diver for every 4 persons; and The guides should go in scuba dive equipment. The guides must be qualified rescue divers having undergone training in Emergency First Responder through a recognized dive associations, like PADI, NAUI, CMAS, BSAC etc.



4.3.1.B Dive Boat Driver: The boat driver must hold PBH and LST certifications from NIWS (or its equivalent). The dive boat also must carry a person who holds a valid life saving techniques (LST) certificate from NIWS or with valid “Medic First Aid” certification.

4.3.1.C surface swimming monitors(certified in EFR) using masks, snorkels and fins shall follow the group of divers whilst swimming on the surface and watch the overall safety and well being of participants and be able to render rapid assistance, as necessary. The surface swimming monitor should be a qualified rescue diver in scuba gear on the surface who can descend and stay down to give assistance;

4.3.1.D One air supply monitor (certified in EFR) on board (i.e. pleasure craft or platform) shall be responsible for ensuring that the required air supply is maintained at all times and that a reserve air supply of 10 minutes is always readily available;

4.3.1.E Site Manager(certified in EFR) shall be present on operation site at all times to supervise the overall operations and equipment. They shall also ensure the safety of clients, cleanliness of the operation area and crafts. The site manager should preferably a qualified dive instructor and overall in charge of helmet divers and other divers and of the complete platform.

4.3.2 Equipment and Accessories:

4.3.2. ASCUBA Equipments: The dive Centre should have a minimum of 06 diving sets that include tank, regulator with pressure gauge, depth meter and dive watch or deco-computer, mask, snorkel, fins, buoyancy compensating jacket, quick release weight belt and alternate air source.

4.3.2.B Dive Helmets: The dive helmet with oxygen supply hose connected with manifold/ air compressor used during sea walk must be International Standards approved equipment.

4.3.2.C Manifold: A manifold having minimum number of air outlets equal to the number of helmets used for diving. Each helmet should be provided with an independent pipe coming out of manifold.

4.3.2.D Hose reel and stand: To eliminate hose entanglement, a Stainless Steel/galvanized/aluminum hose stand is recommended.

4.3.2.E Equipments/ Gadgets: The dive boat must carry the items such as required number of dive flags, oars, flares, first aid kit, walkie-talkie & medical oxygen set.

4.3.2.F Cylinder Pressure Testing:

- The Dive Centre must possess a certificate of pressure testing from an authorized testing Agency, which is valid for 3 years. It should be renewed on 3-year intervals or as per rules of the Government of India regarding operating high pressure cylinders.
- The details of inspection are to be entered in a maintenance book along with cylinder number.
- Tanks are not allowed to be used after 12 years of the date of manufacturing.

4.3.2.G Air compressor:

- It is strictly advised to the use of specified compressor oil only.
- Air purifying filters in the compressor are to be changed as per guidelines of compressor manufacturer and the same be entered in compressor log book along with number of cylinders filled accordingly.
- The Dive Centre must also obtain a certificate from an authorized Agency stating the quality of output of air compressors every 6 months.

4.3.2.H Generator:

- Generator of minimum KVA to be able to run two air compressors, scuba compressors, computers and other electrical equipment.
- The generator should have clearance from local pollution control board as any other standard generator

4.3.2.I Dive Patoon/ Boat: IRS/ International agency approved Patoon/ Boat to function as an operational site for Helmet Diving activity.

4.3.3 Operating Instructions:

- 'Emergency Action Plan' (EAP) must be drawn up specifying actions to be initiated by the members of the dive team and the support staff in event of emergencies of different nature.

- The dive Centre must have a permanent office address with telephone.
- A rate card is to be prepared and effectively valid for one season.
- At least one 'Safety staff' must be available at the base station throughout when Helmet-dives are conducted.
- The dive Centre must diligently abide the guidelines for safe operation and protection of marine environment that will be issued by NIWS on behalf of MoT
- The Monitor or Manager in charge shall give a pre-dive verbal and physical briefing before any underwater activities commence.
- The Activity shall be carried out only along approved trails, be of a minimum distance of 1 to 5 meters from any corals and be determined according to the site and the region;
- The site of operation shall be selected at a convenient distance and safe sea conditions and its natural beauty displaying a variety of marine life, coral colony in a safe marine environment of not more than 7 mdepth as measured at high tide and in calm water;
- The site shall not be at a distance more than 500 mts. from the nearest land.
- The Underwater monitor shall stand by at the foot of the ladder to receive and steady helmet divers as they descend from the platform to the sea floor by means of a secure ladder;
- The place where the walk is conducted on the surface should be even land and there should not be elevation difference of more than 2 meters.
- A minimum distance of one meter should be maintained from the coral reef.
- No guest/guide/diver should be allowed to touch any form of marine life.
- The maximum duration for the underwater part of the activity shall be 15/20 minutes.
- The activity shall not be carried out once a cyclone warning is in force or any adverse conditions exist.

4.4 Free Diving:

4.4.1 Operator Qualifications: Certified free diver from PADI/ SSI or any reputed international agency.

4.4.2 Equipment and Accessories: Mask, Fins, snorkel, Weight Belt, Wet suite, Lanyard, Freedive buoy, Dive computer, Diving Marker Flag, Safety Dive line 10 mm with anchorage/ weight.



4.4.3 Operating Instructions:

- Freedive with qualified buddy equipped with SCUBA set
- Before diving make a complete dive plan together & estimate sea conditions
- Dive with adequate rigging & flags
- Never dive when tired or suffering from cold
- Never do more than 1 or 2 deep dives in a session.
- Never dive if there is a flight in 12 hours.
- Know your limit and dive safely
- Dive boat/ safety boat should fly the 'diver down' flag
- Dive boat / safety boat must be equipped with First aid kit, CPR management equipment and portable Oxygen cylinder.

SECTION – 5: LIFEGUARDING

5.1 Pool Lifeguard:

5.1.1 Scope: The regulations contained below are applicable for lifeguarding at Swimming Pool. The stipulations are being framed to ensure that the people/participants enjoy swimming and are free from fear of safety and security.



5.1.2 Qualification: The person must be in possession of a valid Lifesaving Technique – Pool Lifeguard (LST-PL) certification from NIWS or equivalent certification. Validity of the certification is 2 years after which, a Lifeguard has to undergo a two-day re-validation course to conform that he meets the stipulated physical fitness and rescue standards.

5.1.3 Swimming Ability Norms:

- To swim 100 mtrs. in 2 minutes without resting, by way of crawl or breast stroke.
- To be able to vertically float in water for minimum 05 minutes.
- To dive 15 feet deep and bring up a 5 Kg. weight to the poolside/ bank.

5.1.4 Rescue Equipment: Reach-out pole, elevated observation platform consisting of chair with sunshade, rescue tube, pocket mask for mouth to mouth resuscitation, AMBU bag, back board for spinal injuries, Stretcher, first aid box and whistles with lanyard.

5.1.5 Lifeguard Personal items: Uniform, cap, sun glasses and Whistle.

5.1.6 Life Guarding Instructions:

- Duties should not exceed 4 hours at a time.

- Area under observation should not exceed 30 meters. More than one observation post must be provided for longer/bigger swimming pools.
- Lifeguard on active duty should not be distracted while on duty. No other job shall be assigned to while they are on pool duty.
- Lifeguard should be familiar with standard communication signals.
- An Emergency Action Plan (EAP) should be drawn up covering all types of emergencies, which inter alia specify the role of each member of the Pool Management. It should be recast periodically by incorporating necessary additions/ modifications.

5.2 Beach Lifeguard:

5.2.1 Scope: The regulations contained below are applicable for lifeguarding at Beach. The stipulations are being framed to ensure that the people/participants enjoy bathing/ swimming and are free from fear of safety and security.



5.2.2 Qualifications:

- A Beach Lifeguard can be put on active lifeguard duty only if he holds a valid "Silver Certification" from NIWS or its equivalent certification from international agencies like Surf Lifesaving Association of Australia.
- A 'Beach Lifeguard Supervisor' must be in possession of a valid 'Gold' certification from NIWS or equivalent agencies. Validity of both the certification is two years, after which a lifeguard has to undergo a three day re-validation course to confirm that he meets the physical fitness, swimming and CPR standards.

5.2.3 Swimming Ability and Fitness Norms:

- **Silver Certification**
- **Swimming ability:** swim 400 mts. in 09 minutes or less in a swimming pool of not less than 25 meter or a measured open water course.
- **Physical fitness:** Run-swim-run through surf - Run 200 mts.; then swim 100 meters through the surf (without fins); swim back 100 mts. and run a further 200 mts. Maximum time allotted to complete it is 08 minutes.

➤ **Gold Certification**

- **Swimming ability:** complete 800m swim in 14 minutes or less in a swimming pool of not less than 25 meter or a measure open water course.
- **Physical fitness:** Run Swim Run: same as silver certification. Also run 1600 mtrs in 7 minutes

5.2.4 Rescue Equipment and accessories: Rescue tube, Rescue Board, Lifebuoy with rope, beach flags, loud hailer, handheld communication device .

5.2.5 Lifeguard Personal Items: Uniform, cap, sun glasses, whistle and pocket mask with gloves.

5.2.6 Lifeguarding Instructions:

- Duties should not exceed 4 hours at a time.
- The lifeguard must work in pairs.
- Hoist 'Red and Yellow' Beach flags indicating demarcated swimming zone which are guarded by lifeguard.
- Swimming zone must not exceed more than 30 meters per lifeguard.
- Whole beach area must be continuously monitored by All-Terrain Vehicle equipped with Rescue, First Aid, Resuscitation, Beach Flags and communication equipments.
- Watersports area must be demarcated with flags and shall be minimum 50 meters away from swimming zone.

5.3 Waterpark Lifeguard:

5.3.1 Scope: The regulations contained below are applicable for lifeguarding at Waterpark. The stipulations are being framed to ensure that the people/ participants enjoy swimming and are free from fear of safety and security.

5.3.2 Qualification: The person must be in possession of a valid Lifesaving Technique – Pool Lifeguard (LST-PL) certification from NIWS or equivalent certification. Validity of the certification is 2 years after which, a Lifeguard has to undergo a two-day re-validation course to conform that he meets the stipulated physical fitness and rescue standards.

5.3.3 Swimming Ability Norms:

- To swim 100 mtrs. in 2 minutes without resting, by way of crawl or breast stroke.
- To be able to vertically float in water for minimum 05 minutes.
- To dive 15 feet deep and bring up a 5 Kg. weight to the poolside/ bank.

5.3.4 Rescue Equipment: Reach-out pole, elevated observation platform consisting of chair with sunshade, rescue tube, pocket mask for mouth to mouth resuscitation, AMBU bag, back board for spinal injuries, Stretcher, first aid box and whistles with lanyard.

5.3.5 Lifeguard Personal items: Uniform, cap, sun glasses and Whistle.

5.3.6 Life Guarding Instructions:

- Duties should not exceed 4 hours at a time.
- Area under observation should not exceed 30 meters. More than one observation post must be provided for longer/bigger swimming pools.
- Lifeguard on active duty should not be distracted while on duty. No other job shall be assigned to while they are on pool duty.
- Lifeguard should be familiar with standard communication signals.
- An Emergency Action Plan (EAP) should be drawn up covering all types of emergencies, which inter alia specify the role of each member of the Pool Management. It should be recast periodically by incorporating necessary additions/ modifications.

-X-X-X-X-X-X

APPENDIX – I

LOG BOOK FOR WATERSPORTS CENTRE OPERATION

Date	Name of Guest	Contact No.	Briefing		Operations		Signature		Remarks
			Time Starts	Time Closed	Time Starts	Time Closed	Guest	Boat Driver	

APPENDIX - II

PARASAILING BOAT OPERATIONS LOG BOOK												Page No.				
Name of the watersport Center:							Location of Operation									
Name of the Proprietor/Owner:							Name of Operators certified by NIWS									
Sr. No.	Date	Name of Operator	Parasailing Boat Reg. No.	Type Winch/ Beach	Engine/ OBM HP	Wind Speed	Chute size	Start Operations	End Operations	No. of Clients on Boat	Guest Remarks	Boat Operators Sign	Centre In-charge Sign			
											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					
											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					
											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					
											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					
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											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					
											Sat. <input type="checkbox"/> Good <input type="checkbox"/> V. Good <input type="checkbox"/>					

APPENDIX - III

GUEST LOG BOOK FOR WHITE - WATER RIVER - RAFTING

Sr. No	Name of Guest	Contact no	Raft No.	Time in	Time out	Sig of Guest	Name of Guide	Sig of Guide	Feedback
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>
									Sat <input type="checkbox"/> Good <input type="checkbox"/> V.good <input type="checkbox"/> Ex. <input type="checkbox"/>

APPENDIX – IV

Sr. No:.....

INDEMNITY BOND FORM

Date: _____

Time in: _____

Time Out: _____

I, The undersigned, Mr/ Mrs/ Miss

Son/Daughter of

Age _____ Nationality _____

Presently residing at _____, do hereby solemnly declare as under:

1. That I have approached the _____ (**Watersports Centre Name**) for permission to use their Watersports facilities for myself and following other members / guests / persons:

Ser.	Name	Male/ Female	Age	Contact No.	Swimming Proficiency
1.					Yes / No
2.					Yes / No
3.					Yes / No
4.					Yes / No
5.					Yes / No

We are under taking following Watersports Activity (✓ Check box):

- Leisure Boating
- Speed Boating
- Banana/ Sofa/ Bumper Ride
- Jet Ski Ride
- SCUBA Diving (Shore/ Boat)
- Parasailing (Winch/ Beach)
- Kayaking
- River Rafting
- Snorkelling
- Other _____

2. I hereby declare that I and the other family members/ guests/ persons, as above, has been demonstrated the use of the life jacket.
3. I further declare that my family members and I/guests/ persons accompanying me are not suffering from any physical/ medical ailment, which prohibit me / us from making use of watersports activities.
4. I further declare that my family members and I/guests/ persons accompanying me are not suffering from any kind of Heart Disease, Asthma, Epilepsy etc., which prohibit me / us from participating in watersports activities.

5. I further declare that I and/or any other family members guests / persons accompanying me and using the watersports facilities shall not hold _____ (Watersports Centre Name) or any of its staff members or anybody else connected with the watersports activities liable or responsible in any respect whatsoever and I shall not be entitled to claim or recover any damages from the _____ (Watersports Centre Name) and /or their members in the event of any mishap occurring, causing, damage to my / our lives and / or our personal belongings.
6. Damage for any equipment due to negligence of the customer shall be responsibility of the customer and / or shall be reimbursed from customer.
7. That I shall not claim any loss of my belongings (mobile phone, sunglasses, watch, jewelry, wallet etc.) during the activity, as I have been specifically instructed not to wear or carry the same.

Signature of Guest
and other accompanying members