

# Athlete Competition Checklist

## BFA guide to registering and participating in freediving competitions



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### Introduction

This guide explains what you need to do to be able to register for an AIDA freediving competition in the UK. We have also included some information aimed to help you on what to do on the day. Whether you are a first-time competitor or a seasoned athlete you will find the information here useful as a guide or a refresher.

### Prior to registration

1. **AIDA National:** Join your National Freediving Association (sometimes referred to as AIDA National). If you are British go to <https://britishfreediving.org/join/> and complete the details. If you are not British join the AIDA National matching your nationality, if one does not exist, please contact the BFA for help.
2. **AIDA Profile:** Register and complete your profile on the AIDA International website (it's free and quick). Under 'Membership' set the answer to the AIDA National corresponding to your nationality (e.g. AIDA UK). Your AIDA National must confirm your membership so the organiser can add you as a participant.
3. **Medical:** Get your medical certificate signed by a medical professional. This is a mandatory requirement without which you cannot participate, even if you have no medical conditions. This must be signed within 12 months of the competition date. This can be a slow process with a GP, so leave yourself plenty of time, or contact a specialist dive doctor. Event organisers may share a medical form to be completed if you do not already have one.
4. **Liability:** Complete and sign a liability release form, this is also mandatory. The organiser should send this form upon/after registration, if they do not, please ask for them or contact the BFA.
5. **ID:** Make sure you have a valid ID. At the competition you will be required to show official ID, and some organisers may specify passports due to having international athletes participating.
6. **Read the AIDA competition rules:** The 'Competition Rules & Regulations' rules can be downloaded from the AIDA website, including general rules and penalties. Make sure you understand them all and if not contact the organiser or your coach.
7. Get **Insurance to meet your needs.** Check that you have insurance to meet your needs before enrolling in a pool Freediving competition. You may wish to consider medical, 3rd party or repatriation insurance.

\* The organiser is not responsible for advising on cover or directing where to purchase it. You can find specialist diving insurers online.

## Useful registration information

You will need to **announce your performance** in advance. The organiser uses these to plan the day and safety requirements.

- Announced Performance is the time (for static), depth (for depth comp) or distance (for pool comp) you 'announce' in private to the organiser
- You should also provide the organiser with your PBs (personal best) in each discipline you are entering, even if not asked (this is helpful to the safety team)
- You will be penalised if you don't reach your AP (time / distance / depth) so only announce something you feel comfortable that you can achieve. Not reaching your AP results in a yellow card for all disciplines. Carefully consider your AP, ask a coach or buddy for advice.
- For depth disciplines you **MUST** announced the distance you intent to dive, eg 50m, since this is where the line will be set before your dive.
- The organiser may also ask for your approximate dive times (DT) in addition to your AP. This is for safety planning.

The organiser will provide a **Start List** prior to the event

- The Start List shows the order of athletes, starting with the earliest athlete's dive time, with dives then spaced in regular intervals. This will be given to you in advance.
- Lower APs go first in the start list for static and dynamic, so you can use this knowledge to influence whereabouts you are in the Start List.
- For depth competitions the organiser will decide how to order athletes, based on both announced depths and what is best for the safety team.

### Official Top Times or OTs

- Your OT is the time at which your performance starts, for example 10:15am. Your 2minute countdown starts before this, at 10:13am.
- Competitions are run to the second, they will not wait for you, if you are not there you will more than likely be disqualified without a chance to do it later. You may want to write your OT on the back of your hand.
- The Chief of Safety/Judges are required to sign off on the Start List, so there is no changing your announced performance or OT once it is published.