

ENNIS SUB-AQUA CLUB

Member Registration – an overview of the new system

There are three main elements to registration:

1. You must pass a **water fitness test**.
2. You must declare if you are **fit to dive** by completing a fitness to [dive form](#)
3. You must have a [current medical assessment](#)

1. Water fitness test

You have to

1. Snorkel with fins and mask or swim 200m without stopping
2. Snorkel dive with fins and mask a distance of 25m underwater
3. Tow a snorkel diver 50m

The test will be held in the pool on Saturday 21st March at 7.00pm. All divers must take it.

2. Fitness to dive

You must fill up a self-declaration “fit to dive” form (Form 409A). This short form asks about familiar health risks.

The form will be distributed at the water fitness test or you can fill it in online (as described in the instructions overleaf).

3. Medicals.

Medicals by your local GP are required, using form 409, as follows:

- joining CFT as a diving member
- On reaching the age of 35
- Three yearly from the age of 35
- Annually from the age of 55

Hard copies of form 409 are available at the pool on Saturday evenings or it can be downloaded from the [cft](#) or club website.

To download your medical assessment form for your doctor and instructions in its completion go to Downloads on CFT home page and click downloads. (Login : Scuba, Password : Scuba). Click Directory listing/medical/form cft409.

If you are not due a medical, remember to fill up the medical disclaimer renewals in the logbook.

CFT Membership System

CFT have introduced an online membership system. This gives you the opportunity to view your membership, and you can update some (but not all) of the information.

If you have access to a computer, we recommend you look at it to check it is correct. In particular, if you submitted a medical in 2008, it may not be updated on the system.

Instructions on reviewing/updating your CFT Membership status

- Log on to www.cft.ie
- Click on the COMS link, under the MEMBERS banner
- The login is your CFT diver number
- The password was issued by letter from CFT in December 2008.

Once logged in you can update your profile with personal details. You can also view your current membership status. The status of the following topics is given:

A. Your water fitness test. (When you pass the test, ESAC registers this as "OK")

B Fitness to dive form. (You can fill this in on line by clicking on this link, or you can submit a form on paper. If there are medical questions, it is marked as pending until approved by the CFT medical officer)

C Your current Medical Assessment. (When this is sent in by your GP, cft should update it)

Until all three items have a green tick beside them you will not be issued with CFT membership.

If you don't have access to a computer, have any difficulty with the system, or need some details changed, contact Gerry Gilroy 085 1087838 or Bridget Ginnity 086 2444512 for assistance. Further information is available in the letter from cft in December 2008, in an article in the last Subsea magazine, page 42, and on the cft website.