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CHARTRE
INTERNATIONALE
DE L'APNÉISTE
RESPONSABLE

POUR UNE **PLONGÉE RESPONSABLE** ET UN **PARTAGE ÉQUITABLE** DES RICHESSES DE LA MER

INTERNATIONAL CHARTER OF A RESPONSIBLE FREEDIVER

Step into the adventure!
Become 3rd millennium freediving's ambassadors

Albert Falco

Former diving chief and Captain of the Calypso
Former honorary President of LONGITUDE 181

François Sarano

Founder of LONGITUDE 181

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President of LONGITUDE 181

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LONGITUDE 181



Join us on www.longitude181.org !

Association LONGITUDE 181 – www.longitude181.org – contact@longitude181.org

Siège social : 12, rue la fontaine 26000 Valence – Adresse postale : 120, chemin du Bois de Malatras 38160 Chatte



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« Freediving is growing exponentially and on all continents. It is possible to train depth or to do fun dives in the Red Sea, In the Carribeans, in the Mediterranean Sea, in Indonesia or in the Indian Ocean. Freediving shop are created all over the world.

All Freedivers know about the great champions whether from the past or the current ones. They want to imitate them, travel the world, meet with the marine mammals, the sharks, freedive along the multicolor and beautiful coral reefs, freedive into the blue.

Our sport is meant to be softer, if not purer than scuba diving: Less noise, less equipment, sometimes less traveling to go on the dive sites as well. Freediving also sets a balance between us and the marine life we meet as we go down with just a single breath of air.

Still, we impact the environment. Our equipment is neoprene, rubber, carbon fiber, glass fiber, or plastic. We use water to rinse it, batteries, ropes, lead weights, buoys, gasoline for the boats, yoga mats often made of plastic. We travel the world by plane to enjoy warm waters or new experiences, up to several times a year. On site we need a place to stay, places to eat. We use cars, motorbikes, taxis, boats to go on the dive sites. We also use telecommunications to share our adventures. If we truly take all of this into account, the impact of our sport on the environment is not that soft.

This charter aims to raise awareness in the freediving community. It suggests a few common-sense attitudes and gestures to adopt daily in order to limit the negative impacts of our activity on the environment. What can be more wonderful than freediving with a turtle or a reef shark after a depth training in the morning and to feel a complete harmony with the ocean?

Let's all act for the respect of our planet, through our daily actions and through a responsible freediving practice so that we can keep enjoying this incredible moments»

*Morgan Bourc'his
Freediving World Champion
Professional freediver
Longitude 181 Ambassador*

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Responsible Freediver

*This charter is a guide. It's not a sum of constraints.
Its proposals must be considered on a case-by-case basis,
as both, free diving sites and situations differ from one place to another.
Its purpose is to encourage everyone to question themselves, and to set up the
optimal diving conditions to protect and fairly share the
riches of the sea.*

1 – Prepare your trip

Travel agencies and hosts do not all offer the same benefits. Some strive to protect the environment they make you discover, and to share natural resources fairly with the people of the host country. It costs them dearly, costs you more, but together you will contribute to the sustainable development of our planet. Do not choose your trip based only on the price of a stay or its absolute comfort.

- **Choose a travel agency that follows an ethical charter.**
- **Learn about the marine ecosystems** you will discover.
- **Find out about the inhabitants of the country** that welcome you: traditions, economy, resources.
- **Find out about possible marine protected areas:** follow the rules for access and frequentation, prohibited areas, permitted activities.

2 – Prior to freediving

- **Ask about the site you will discover**, it will make your dive much richer. You will not only be a passive spectator in a world whose language you do not know, but you will be able to read the first words of the great book of marine life. Because you will know the animals, you will know their behavior, you will know where to look for them as well. Therefore, you will see an incredible hidden fauna.
- **Find out about the ecology** of the most common species you will encounter.
- **Learn to recognize endangered species and protected species.**
- **Do not throw anything overboard**, even cigarette filters

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3 – To access the dive site

- **Respect** the access paths to the sea
- **Avoid trampling** the water entry area and the seabed if it is colonized by a herbarium, corals or algae
- **Enter the water**, if possible, from a sandy or pebble beach, less "sensitive" than areas colonized by herbarium, corals or algae
- **If you use a boat**, moderate the speed and the distance to go. Prefer "soft" propulsion (sails, paddle, ...)
- **Use mooring buoys as a priority**. In their absence, do not anchor on seagrasses and inquire beforehand about recommended anchorage areas
- **Hang everything on board** to make sure nothing gets in the water because of wind or waves.

4 – While freediving

- **Swim as soon as you enter the water**, so that your fins are no longer in contact with the bottom.
- **Adjust your buoyancy** to be neutral
- **Be careful not to hit the reef** and living organisms with your fins
- **Avoid hanging on the bottom**, animals or plants (such as posidonia)
- **Do not use the bottom** to go back to the surface
- **Watch but do not disturb** the animals you meet.
- **Do not feed** animals.
- **Do not break** anything and collect no living organism.
- **Do not lift or move** stones or rocks, they harbor many microorganisms that do not tolerate these movements.
- **Do not chase** large animals: dolphins, turtles or whale sharks. Take your time, stay calm, they will trust you. Let them come to you. Do not touch them.
- **Collect plastic bags**, plastic items, garbage that you find during your dives or on your water entry area.

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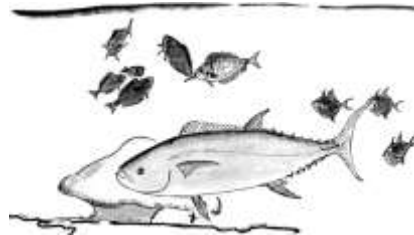
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5 – During your trip

- **Do not throw** anything in the sea, bring back all your garbage
- **Collect your used batteries** and put them in a recycling bin. Bring them back home in the absence of this one
- **Use reusable** plates, cups and cutlery instead of disposable plastic dinnerware.
- **Put on your suit in the water** to avoid using water and soap when possible.
- **Or use biodegradable** soaps and cleaning products to put on your suit.
- **Rinse your equipment briefly** if you use it regularly. Rinse it thoroughly only at the end of your trip
- **Avoid rinsing your equipment with drinking water** when possible.
- **Save water from the shower** (rinse with your equipment at your feet!).
- **Do not buy souvenirs from the sea:** shark teeth, shellfish, coral, turtle shell, ... boycott restaurants serving turtle soup, fins, fish caught with cyanide or dynamite, protected or endangered species
- **Refuse all unnecessary packaging**



« Respect your environment, give the right example and become a role model »

Morgan Bourc'his

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