

# Safe and responsible diving El Montgrí, les Illes Medes i el Baix Ter Natural Park



Christiane Delbour / Corinne Goffre / MMA 2015



Marc Gimenez / Silvia Sebastian / MMA 2014

## Cave diving



- ▶ Cave diving is a risk activity. Many of the caves on the coast require special preparation and training, and specific cave diving equipment.
- ▶ Do not enter unknown caves. Be informed in advance.
- ▶ Never go through narrow holes.
- ▶ Always keep an eye on the kind of bottom and avoid mud.
- ▶ Make sure your equipment does not hit the walls.
- ▶ Bear in mind that going in may be easy but getting out may be much more difficult.

### Sea Rescue

Tel. 900 202 202 · Canal 16 VHF

### Emergencies: 112

Nearest hyperbaric chamber:  
Palamós Hospital

C/ Hospital, 36 · 17230 Palamós · Tel. 972 60 01 60



### More information:

Passeig del Port, s/n · 17258 l'Estartit | Tel. 972 75 17 01 · Fax 972 75 20 04  
[pnmmbt@gencat.cat](mailto:pnmmbt@gencat.cat) | [www.gencat.cat/parcs/illes\\_medes](http://www.gencat.cat/parcs/illes_medes)

# Welcome to the Natural Park

The diversity of fish populations is one of the main assets of its waters. You can observe them without offering them food.

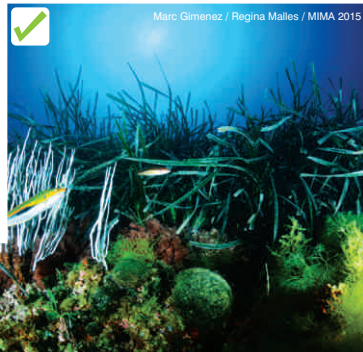


David Antoja / Salvador Grange / MIMA 2014



David Antoja / Salvador Grange / MIMA 2014

The seagrass meadows form one of the richest ecosystems in the Mediterranean, where many species are born. Do not anchor there.



Marc Gimenez / Regina Malles / MIMA 2015



José Ma. Baré / Enric Cabestany / MIMA 2015

The coralline is formed by very fragile, slow-growing species. Contact tends to damage them. Avoid handling them or touching them involuntarily.



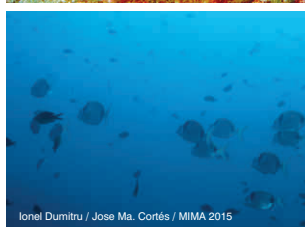
Boris Weitzmann



Boris Weitzmann



Boris Weitzmann



Ionel Dumitru / Jose Ma. Cortés / MIMA 2015

# Ten commandments of the responsible diver

- 1 Find out about the diving spot before diving in and respect the specific regulations applicable to it.
- 2 Check the weather forecast and any factors which might have an effect on you when diving.
- 3 Stay fit and technically prepared.
- 4 Check your equipment regularly.
- 5 Learn different buoyancy techniques in order to observe the bottom without damaging it, keep your distance and avoid touching the bottom with your fins and hands when diving.
- 6 Do not dive alone, enjoy a shared experience.
- 7 Slow your descent by the buoy rope so as not to Touch the bottom.
- 8 Do not interfere with the marine life. Do not touch or feed the animals. Avoid direct eye contact with the animals.
- 9 If you go into caves, do not stay there for a long time and always do so in small groups. Air bubbles adversely affect all the species living attached to the ceiling.
- 10 If you take a camera, pay particular attention to buoyancy.

Good practice will avoid causing potentially irreversible damage to the marine species.

Put the ten commandments of the responsible diver into practice!

