

### Reef Check Best Diving Practices

#### Respect the Reef

1. Observe but don't handle marine life
2. Avoid feeding reef creatures
3. Use waterproof sun block
4. Leave no trash behind

#### Bring home memories, not reef scrapes

1. Master neutral buoyancy
2. Keep dive gear from dragging on the reef
3. Stand and walk on sand, not on corals
4. Keep fins away from the reef

#### Know and Follow Local Regulations

1. Respect no-fishing and no-collecting areas
2. Stay within catch and size limits
3. If collecting shells, make sure they are empty

#### Go Blue

1. Patronize reef-friendly dive shops, hotels and tourist operators especially Reef Check Certified Facilities
2. Ask what operators are doing to monitor and protect their reefs

#### Get Involved

1. Join Reef Check and become an EcoDiver
2. Help spread best diving practices
3. Take a reef education course