



Training protocol

General

- Diving activities only permitted through Clubs or Dive Centres.
- If you are training with us, you are covered by our liability insurance.
- If you are a BSAC diver, you must have current BSAC membership.
- If you are a PADI diver you must show current 3rd party liability insurance.
- Anyone with Covid 19 symptoms should stay home and call the Covid helpline.
- All divers will be asked to sign a new medical declaration form. Q6 asks if you have had any chest or lung problems. Q19 asks if you have been treated by a doctor.
- Anyone who has tested positive for Covid but was asymptomatic should not dive for 1 month.
- Anyone who has tested positive for Covid and had any symptoms (whether or not requiring treatment) should not dive for 3 months and should see a diving medical referee.

Dive management

- You must book your place on a dive so that we can manage numbers.
- Places with instructors are limited and assigned on a first come first served basis.
- Maximum 30 metres depth
- No planned decompression dives
- Diving usually in pairs only.
- Groups of 3 or more diving together is only allowed when the skill/lesson requires it.
- No night dives.

Theory lessons

- Theory lessons often last longer than 15 minutes and are usually held in the classroom.
- At this time we do not wish to teach in the confined space of the classroom
- Theory lessons will be taught by Zoom only.
- Students can download the free Zoom app or access the lessons via the Zoom website.
- Login details will be emailed to students

Sheltered Water training

- Initial skills are usually taught in swimming pools
- Swimming pools are currently closed
- It may be possible to teach initial skills in sheltered open water depending on the weather and tide conditions. This option will be assessed on an individual basis.

Diver training

- At all times social distancing and appropriate hygiene measures should be maintained
- Some skills require close personal contact. Instructors should maintain social distancing during dry runs and demos
- When in the water students and instructors should keep their masks and regulators in place at all times. Instructors should use signals rather than talking.
- Out of air drills may be taught but the instructor must not breathe from the students alternate source. Students should not breathe from the instructor's alternate source.



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- Controlled Buoyant lift may be taught, but the surface tow should not be performed. Heavier breathing during the tow will present a risk from the exhaled air of the rescuer.
- Rescue breaths must not be taught even with the participants consent unless the participants are from the same household. Simulated skills (with mask in place) are not acceptable.
- CPR training on land may only be conducted with a manikin. All surfaces should be thoroughly cleaned after each training session. Lungs and airways should be replaced.
- Casualty assessment should not be conducted unless both participants are wearing masks. No contact should occur.
- Surface skills (Boat handling, Diver Coxn, PRM, AED, First Aid) may be taught as long as social distancing and cleaning protocols are maintained.

Dive school equipment

- Limited dive school kit is available.
- You must have your own mask, snorkel, hood and gloves.
- Hire kit must be collected from the yard. Staff will bring kit to you from the kit store.
- Divers are not allowed to enter the workshop, kit store or classroom areas.
- If you need to use a dive school drysuit, you must make an appointment for a fitting session. This will be held outside in the yard and will be weather dependent. Our suits are numbered, so you only have to come once for a fitting.

Diving

- There will be limited assistance to kit up. Protective masks should be worn if closer than 2 metres.
- Buddy checks must be carried out but do not breathe from your buddy's AS. Ask your buddy to demonstrate their AS is working.
- You must not spit in masks to clear them. Please use mask spray. There is no bucket to rinse masks.
- In an out of air situation, primary donation of a regulator is not acceptable. Divers should donate their octopus/secondary reg and should include this in their buddy check.

After training sessions

- All hired kit must be returned to the yard and will be sterilised by staff after use.
- You should get your log book signed by the instructor at the dive site.
- It will not be possible to conclude some dive qualification at this time due to the restrictions, but we will do our best.