



water safety
Scotland



JUSTDIVE
IN CIC



DIVING SAFETY CODE



Stop and Think, Spot the Dangers

Before scuba diving, please consider the following:



Ensure that you have **safe access in and out of the water.**



Plan your dive. Weather and tides can change while you are underwater. Find specific tide tables and sea conditions for the UK and Ireland at metoffice.gov.uk



Always consider your cardiac health before diving as **cold water can put extra strain on your body.**



Dive to your personal limits of qualification, experience and fitness.



Being close to the water can increase the effects of sun exposure, even in Scotland. **Remember sunscreen!**



Keep your **equipment well maintained and check it before every dive.**



Make sure you are **fit to dive** and if in doubt about medical conditions or medications **obtain advice from a diving doctor.**

Decompression illness (DCI)



Decompression Illness (DCI) can be caused by many factors, including ascending too fast. Be aware of symptoms and contributing factors



Hydration is a significant factor for avoiding DCI, please make sure you are hydrated whatever the weather.



Plan your dive and dive the plan. Actively monitor your computer and own status through the dive



Monitor yourself and others following a dive as symptoms may not appear immediately.



Even **minor symptoms may require emergency medical assistance.**



If you suspect DCI in yourself or other divers, **initial first aid is to breath oxygen** (if available).
Call emergency services immediately.



Call the DCI helpline **0345 408 6008** (Scotland) or **07831 151 523** (rest of UK).



Stay Together, Stay Close

Never dive alone – use the buddy system and check each other's equipment prior to diving.

Avoid getting separated from your buddy during the dive and follow separation procedures if necessary.



In an Emergency, Call 999

Call 999 or 112.

After diving, it is recommended that you wait at least 18 hours before flying.

