



DIVE MANAGEMENT LOG

Sub C Divers - BSAC Branch 1206 (Est. 1980)

Dive Site								Date			High Water								
Dive Manager : (DL+)								Briefing Time			Low Water								
Ass' Dive Manager : (Min. Trainee SD)								Weather Cond' / Temp'			Slack								
Fist Aid / O2: (SD+)								Water Temp' / Vis'			Sea State								
Full Name	Diver Qual	Leader (L)	Buddy Check	Cyl Size (L)	CTC (Comp)	Gas In (Bar)	Air / N2 (%O2)	Planned Max Depth (M)	Planned Dive Time (Mins)	Time Down	Time Up	Dive Time (Mins)	Planned Deco' Stops			Safety Stop (3Mins @ 6M)	Max Depth (M)	Gas Out (BAR)	CTC (Comp)
													(Mins @ M)	(Mins @ M)	(Mins @ M)				

PRIOR TO EVERY DIVE: Divers must always complete a buddy check & report to the Dive Manager with their dive plan.

DO	Mike Rickard	07872 119870	Inform DO of any incident, as soon as possible	Phone/Text DO - all out safe, then Pass completed Dive log to DO
OD TO	Ken Hilton	07710 520053		
SD / DL TO	Stella Evison	07890 029703		
EO	John Hughes	07711 800585		

RA needed for unfamiliar site or if dive is below 30m **NQIs: Please add your Name & No, the student's name & any successfully completed lesson.**

DCI Care

Any abnormal symptoms following a dive should be considered a possible DCI even if the dive itself was considered normal. After fast or abnormal ascents or missed decompression where no immediate symptoms are experienced, then following these steps whilst seeking advice will also minimise the risks. These simple steps will help minimise the risks and where appropriate prevent the situation deteriorating and help promote recovery. (Previous advice given on proper buoyancy control and the need to practice skills and with new equipment is still especially relevant in preventing these incidents.)

Lay the Casualty Down

Where DCI is evident or suspected then the most important consideration is NOT to raise the legs. Where DCI is not the problem and there is risk of shock then raising the legs can help.

Oxygen

Early administration of oxygen in any injury is a valuable First Aid measure. You shouldn't be concerned about rationing it or be tempted to use Nitrox mixes first or instead of. You should ensure you always carry enough oxygen to enable the correct first aid to be given until the emergency services arrive. However, if the oxygen is used make sure it is adequately replenished before continuing diving activities. Whenever oxygen is used you should always seek professional medical advice.

Fluids

Giving fluids, preferably plain water, to a conscious casualty in small amounts at an overall rate of around a litre over an hour can also help minimise the deterioration of symptoms.

Advice

The recommended (by BSAC and the British Diving Safety Group (BDSG)) means of seeking medical advice for a diving Incident is provided in 'Safe Diving' and is the National Decompression Illness Helpline.

If calling in **England, Northern Ireland or Wales** call **07831 151 523** to be connected to the BHA / RN Diver Helpline.

If calling in **Scotland** call **0345 408 6008** to be connected with the **Aberdeen Royal Infirmary**.

When at sea, contact should be made via the Coastguard on VHF DSC channel 70 (or Channel 16).

For **other** emergency assistance, **when ashore in the UK, use 999** or 112, as usual.

When diving outside of the UK, **ensure that you know the local emergency contact procedures.**

BSAC Members can find the above number printed on their membership cards.

Dive Managers should also however ensure they have the contact details for the main Chamber for the area they are diving.