

**MOLE VALLEY SUB AQUA CLUB - RIB DIVING RISK
ASSESSMENT- INC. COVID -19 GUIDANCE**



DIVE MARSHALL

LOCATION.....

DATE.....

COVID-19 PREVENTION MEASURES

1. Maximum of 6 divers & a boat handler allowed on the RIB.
2. The Health Baseline form must be completed by all those on board.
3. Do not dive if you have any of the following symptoms:
 - Fever
 - Cough
 - Tiredness or muscle pain
 - Difficulty breathing
 - Sore throat
 - Lung infections
 - Headache
 - Loss of taste
 - Diarrhoea
4. Do not dive if you have travelled abroad in the last 2 weeks or have been in contact with people affected or potentially affected by COVID-19.
5. Ensure that at least one-metre plus distancing is respected. Whilst respecting distancing rules, it is advisable to wear a protective mask whilst the boat is moving.
6. Avoid taking unnecessary items on board.
7. Load the equipment on board when it's already assembled.
8. Ensure that masks, snorkels & second stages of pre-assembled equipment are protected, e.g. protecting them with bags to be removed only before use.
9. Avoid touching anyone else's equipment. A visual buddy check should be carried out, with self-demonstration & verbal confirmation.
10. Make sure you have hand sanitiser on board.
11. Ensure distancing rules are respected also when divers enter & exit the water. There is no clear guidance on how long the COVID-19 virus can survive in water but studies have shown it can remain infectious at the water's surface for some time. Distancing rules & the proper disinfection of equipment should apply both in & out of the water
12. If air sharing is needed in an emergency it is recommended that an octopus is offered and you do not donate the main regulator.
13. In the event of an emergency requiring CPR, PPE and other protective barriers must be used at all times, checking for breathing should be done visually by looking at the chest & not close to the casualty's face. In the event that they are not breathing chest compressions should be given without rescue breaths.
14. After diving all surfaces of the RIB & any equipment used i.e. oxygen sets, first aid kits etc. must be disinfected and allowed to dry fully before packing away.



All those on board the RIB must complete the following, to show that they have read & understood the risks detailed above & will comply with them:

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

Full Name..... Email Address..... Signature.....

ACKNOWLEDGMENTS

This document was compiled with content from a number of professional bodies including DAN Europe, BSAC & the HSE.

GUIDANCE ON HOW TO PUT ON & TAKE OFF PROTECTIVE MASK

1

Before putting on a mask,
clean hands with alcohol-based
hand rub or soap and water



2

Cover mouth and nose with
mask and make sure there are no gaps
between your face and the mask



3

Avoid touching the mask while using it;
if you do, clean your hands with alcohol-based
hand rub or soap and water



4

To remove the mask: **remove it from behind** (do not touch the front of mask);
discard immediately in a closed bin;
clean hands with alcohol-based hand rub or soap and water

