

# Scottish Sub Aqua Club

## Additional Safety Recommendations

Introduced 14 December, 2011



Following on from the “Training and Diving Rules and Recommendations” introduced in June 2009, as the result of a Fatal Accident Inquiry, (See “Training and Diving Rules and Recommendations May 2011” F.A.Q.) a further fatality, involving a trainee, requires reaffirmation of these Rules and Recommendations and some additional recommendations.

1. Where unfamiliar equipment, in particular cylinders, weight systems, under suits, buoyancy compensators, is being used (i.e. borrowed or hired) ScotSAC recommends that:
  - a) A buoyancy check is carried out in shallow water at the start of a dive, in order that buoyancy adjustments can be made if required.
  - b) The operation /function of all elements of the piece(s) of equipment are demonstrated to the user.
  - c) The user can demonstrate an understanding and ability to correctly use the equipment.

Notes: Trainees in particular generally borrow or try out branch equipment in the course of their training both in the pool and in the sea and therefore need to be able to demonstrate that they have a working familiarity with the equipment they are about to use.

In addition, the importance of a comprehensive buddy check cannot be over emphasised. (See “Training and Diving Rules and Recommendations May 2011” – Recommendation 6.)

2. ScotSAC recommends that all divers retain a demand valve in the mouth until safely back on shore /boat, with the caveats that:
  - a) It is often appropriate to use a snorkel tube on the surface
  - b) Training requirements may necessitate removal of the demand valve on the surface, for instance, to pass instructions.

Notes: Consideration should of course be given to the surface conditions at the time.

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3. ScotSAC reaffirms the recommendation that a risk assessment be carried out before training dives, using the slate issued to branches (or its equivalent). The details of the training dive should be retained in case of a major incident.

(See also "Training and Diving Rules and Recommendations May 2011"  
– Recommendation 5.)

4. ScotSAC also recommends the use of the slate (or its equivalent) as a reminder to ensure,
  - a) adequate shore/boat cover during training dives
  - b) monitoring of all divers whilst they are in the water until safely back on shore/ boat.

(See also "Training and Diving Rules and Recommendations May 2011"  
– Rule 2.)