

# Carlisle and District Divers Log Sheet

## Capernwray Short Form - No Training - For no more than one group of 3 divers very familiar with the site

Location: <b>Capernwray</b>	Site: <b>Jackdaw Quarry</b>	Date:	Dive Manager:	Post Dive Head Count:
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Diver Details		Pre-Dive Information					Dive Planning			Post-Dive Information					
Name*	Grade	Cylinder Size	Nitrox % O <sub>2</sub>	Nitrox MOD	Gas In	Aux Gas Size / In	Max Depth	Max Duration	Time In	Duration	Gas Out	Aux Gas Out	Max Depth	Stops	Signature**

\* Place divers in groups; dive leader to be highlighted.

\*\* Sign to confirm that your log for the dive is correct.

Pre-Dive Plan	Post Dive Comments

Emergency Contacts	
Emergency phone connected to dive centre situated on pier at access point. To use, lift handset; connection will be automatic.	
Nearest A&E: <b>Royal Lancaster Infirmary, Ashton Road, Lancaster, Lancashire. LA1 4RP. 01524 65944</b>	DCI: <b>07831 151523 / 999 / 112 (Coastguard)</b>

Check the conditions are suitable for the planned dive.	Conduct a pre-dive SEEDS briefing.
Check all the equipment being used been inspected and found functional.	Conduct a thorough BAR buddy check.
Check all divers are fit, well and happy to dive.	Complete the log sheet.
Check all divers are qualified for the dive.	Agree separation procedure: Search all around for 1 minute then ascend carrying out all stops.
Are the oxygen and first aid kits available on site and have they been checked? Oxygen kit contents:                      bar	Brief all divers on their actions in the event of an emergency.
Y/N	

# Carlisle and District Divers Risk Assessment Sheet – Capernwray Short Form

Hazard	Risk	Existing Controls	Risk Control Measures
Slips, trips & falls	Injury to diver Damage to equipment	None	Brief divers on no running rule. Also on how to put on and take off equipment safely. Be aware and look out for possible obstacles whilst walking or moving in diving equipment. Carry equipment with caution. Take great care on rocks particularly if wet. Use designated entry / exit point with care.
Manual handling	Injury to diver	None	No loads greater than 25kg to be lifted by one person. Brief divers on correct methods of lifting. Divers to assist each other when donning and removing heavy equipment such as cylinders, etc.
Dropped loads	Injury to diver	None	Always lay cylinders on their side to avoid knocking over. Never leave an upright cylinder unattended. Take care when donning weight belt and make sure that it is properly secured.
Road traffic	Injury to diver	None	Brief divers on the possibility of moving vehicles in the area. Always allow vehicles right of way, especially when wearing diving equipment.
Cold / hot weather	Hypothermia / hyperthermia	None	All divers to wear suitable warm, dry clothing before and after dive. Don suit last when weather is warm.
Inflatable equipment	Injury to diver	None	All divers to be trained in the use of inflatable equipment such as BCDs, dry suits and SMBs. Brief stuck inflator and / or out of control of inflation techniques. Divers to regularly practice these skills.
HP compressed gas	Sudden release of gas	Cylinders are regularly tested and certified	Always lay cylinders on their side to avoid knocking over. Never leave an upright cylinder unattended. Check O-ring for damage and in place. Do not over tighten valve when not in use.
Debris at shore entry site	Injury to diver	None	Change site or move debris or change method of entry. If necessary abort dive.
Entry & exit from shore	Injury to diver	None	Select safest route prior to donning equipment. Ensure BCD is inflated before approaching water. Assist other divers where possible. Mask & regulator to be in place when entering and exiting the water. If necessary abort dive or change planned entry / exit point.
Running out of gas	Panic leading to DCS or drowning	All divers trained to check cylinder pressure gauge on assembly & during dive	Ensure equipment is in good working order and properly serviced. Ensure cylinders are adequately filled and that the valve is fully open. Carry out buddy check before dive (BAR). Brief divers to monitor pressure gauge reading regularly during dive and on out of gas procedures. Plan to end dive with the reserve still in the cylinder. Consider carrying or staging of additional cylinders as appropriate to the dive plan. All divers to train for out of gas situations and to practice skills regularly.
Nitrogen narcosis	Injury to diver	None	Progressive build up to depth. Progressive work-up dives to be accompanied by a trainer with greater experience at that depth.
DCI	Injury to diver	Oxygen and first aid kit to be available at all dives	Dive profiles & ascent rates to be as conservative as possible. Carry out extended safety stops wherever possible. All divers to be dive fit and aware of contributory factors. As many people as possible to be trained to deal with emergencies. All divers to have completed annual medical form and that any afflictions to have been cleared by a doctor.
Oxygen toxicity	Injury to diver	Nitrox training	Ensure all pre-dive testing procedures are adhered to. Ensure MOD of gas is commensurate with the planned depth; use conservative limits (max ppO <sub>2</sub> 1.4bar). Divers to monitor buddy and be aware of signs, symptoms and treatment for oxygen toxicity.
Drowning Swallowing or inhaling excess water	Panic or death	All participants to be confident in water with reasonable swimming ability	Preventive maintenance of equipment. All cylinders and regulators to be tested and serviced in accordance with current UK and / or manufacturer's regulations. Check made to ensure all cylinders have sufficient gas at start. As many people as possible to be trained in BLS and water skills
Rapid ascent	Injury to diver	None	Ensure correct weighting. Visual datum to be used for ascent exercises where appropriate. Training to be given on ascents without datum.
Cold water	Hypothermia to diver Equipment malfunction	None	Choose appropriate, well-fitting exposure protection that is in good condition. Reduce dive times if necessary. Divers to monitor buddy for early signs of cold, especially students. Divers to be briefed on appropriate signals to indicate chill. Have warm clothing, drinks and shelter on site. Use properly serviced equipment that is appropriate for the conditions. Train to deal with free flows regularly.
Low visibility	Diver separation leading to injury	None	Avoid diving in threes. Ensure diver separation procedures are included in the briefing. Use buddy line if appropriate. Abort dive if necessary.
Wreck penetration	Diver entrapment Drowning	None	Avoid entry into overhead environment unless trained, or being trained, to do so.
DSMB	Injury to diver	None	Only divers trained to use DSMBs to do so and within the limits of their training. DSMB must not be attached to the diver during or after deployment. DSMB to be jettisoned promptly if problems are encountered during deployment or use. Where possible buddy pair to work together to deploy DSMB; procedure for deployment to be agreed during SEEDS briefing. Where possible DSMB to be deployed resting on bottom or adjacent to datum.
Rebreather Equipment unfamiliar to open circuit diver	Panic Injury to diver	None	Rebreather diver to be familiar with OC equipment used by buddy and capable of carrying out rescue procedures commensurate with BSAC qualification held. Rebreather diver to ensure OC buddy is fully briefed on rebreather equipment & bail out procedures. OC buddy to be familiar with 'Briefing OC Dive Partners' section of CADD DM's Manual especially problem resolution actions. OC buddy to be capable of recognising and dealing with hyperoxia, hypoxia and hypercapnia. OC buddy to be capable of performing CBL and surface support using rebreather equipment. Buddy pair to have at least one independent bail out system. BAR buddy check to be modified as appropriate to suit additional equipment. Rebreather diver to observe PPO <sub>2</sub> max 1.4bar during dive and PPO <sub>2</sub> max 1.6bar 9m to surface.
Other:			

I, the undersigned, confirm that I have read the above Risk Assessment relating to the dives I am about to undertake.

I also confirm that I am a paid up member of BSAC and Carlisle and District Divers and that I have satisfactorily completed a self-certification medical within the last year; I am medically, physically and mentally fit to dive:

Signed:	Date:	Emergency contact:	Phone:
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