

# Carlisle and District Divers Log Sheet

Location:	Site:	Date:	Log Keeper:	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.  
BSAC strongly recommend one third of cylinder capacity at termination of dive. Absolute minimum is 40 bar; anything less is regarded as unsafe and must be reported below.

Pre-Dive Plan / Training***	Post Dive Comments***

\*\*\* Dive Leader to complete

# Carlisle and District Divers Dive Specific Assessment

Location:	Date:	Dive Manager:	Assistant Dive Manager:
Location of Phones or Radios:	UK Emergencies at Sea: <b>Coastguard: VHF DSC / Channel 16</b> <b>Lives in danger: Mayday, Mayday</b> <b>DCI: Pan, Pan</b>	First Aider / Oxygen Administrator:	Deputy First Aider / Oxygen Administrator:
Location of Nearest A&E Facility:	UK Emergencies on Land: <b>DCI: 07831 151523</b> <b>DCI Scotland: 0845 408 6008</b> <b>DCI: 999 / 112 (Coastguard)</b> <b>Near Drowning: 999 / 112 (Ambulance)</b> <b>Lost Diver: 999 / 112 (Police)</b>	Location of First Aid and Oxygen Kits:	Access to First Aid and Oxygen Kits:

Weather Forecast:	Wind Direction / Speed:	Air Temperature:	Anticipated Water Temperature:
High / Low Water Time:	Tide / Current:	Surface Conditions:	Anticipated Visibility:

Has a Risk Assessment been completed for the location / diving activity?	Y / N
Are all factors identified in the Risk Assessment still valid?	Y / N
Are the conditions (visibility, tide, sea state, ambient light etc.) suitable for the planned dive?	Y / N
Has all the equipment being used been inspected and found functional for the dive objective by the personnel responsible?	Y / N
Are all divers (including any stand-by divers) fit, well and happy to dive?	Y / N
Have any known underwater risks or hazards been identified to the divers?	Y / N
Are all the divers qualified for the dive or accompanied by a competent instructor if training?	Y / N
Are the oxygen and first aid kits available on site and have they been checked? Oxygen kit contents:                      bar	Y / N
Have first aiders / oxygen administrators and deputies been appointed?	Y / N

Is there a suitable access and egress point and have divers been briefed on an alternative?	Y / N
Has a pre-dive briefing been conducted and responsibilities explained?	Y / N
<b>Have diver separation procedures been explained?</b> <b>Search all around for 1 minute then ascend carrying out all stops.</b>	<b>Y / N</b>
<b>Have divers been briefed on the need for a thorough buddy check (BAR)?</b>	<b>Y / N</b>
<b>Have Dive Leaders been briefed on the need to carry out a SEEDS briefing and the Dive Manager been informed of any training or unusual activities planned?</b>	<b>Y / N</b>
<b>Have all divers been briefed on their actions in the event of an emergency?</b> <b>See Diving Accident Management Flowchart.</b>	<b>Y / N</b>
If required, has the Coastguard been notified of the intended expedition?	Y / N N/A
If diving from a boat has a briefing been given by the skipper on safety and what to do in an emergency?	Y / N N/A
Have all personnel involved in the dive been entered on the Dive Log Sheet?	Y / N

Assessment conducted by:

Signed:

# Carlisle and District Divers Risk Assessment Sheet

<b>Location:</b>	<b>Date:</b>	<b>Dive Manager:</b>	<b>Assistant DM:</b>
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<b>Site Description:</b>	<b>Purpose of Expedition:</b>
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Hazard	Risk	Existing Controls	Risk Control Measures	Person Responsible	Y/N
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
Debris at shore entry site	Injury to diver	None	Change site or move debris or change method of entry. If necessary abort dive.	All people involved in the expedition	
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.	All people involved in the expedition	
Wet decks on boats	Injury to diver	None	No unnecessary movement whilst wearing fins. Buddy to assist in donning and removing kit. Be aware and look out for possible obstacles whilst walking or moving in diving equipment. No running. Carry equipment with caution.	All people involved in the expedition	
Boat ladder	Injury to diver	None	Brief on proper technique for using particular ladder. Request assistance from boat crew or divers already aboard if required. Other divers in the water to keep clear of the ladder when in use.	All people involved in the expedition	
Diver lift	Injury to diver	None	Briefing on correct use to be given by boat skipper. Only authorised personnel to operate lift. Keep clear of lift during operation. Only one diver to use the lift at any one time except in an emergency. Divers in the water waiting to be picked up to keep clear and obey all instructions from lift operator promptly. Do not use lift rails above or below the water as hand holds due to high risk of finger entrapment. Propellers to be fully cowled or drive to be in neutral when picking divers up on lifts mounted in proximity to propellers.	All people involved in the expedition	
Boat propeller	Injury to diver Propeller Entanglement	None	Only competent skippers to operate boat. Brief boat exit and entry techniques. Boat to be in neutral when stopped. On surface all activities are controlled by skipper. Brief divers to look and listen for boat during ascent. Advise location for safety / decompression stops. Use DSMBs wherever feasible. Divers to keep clear of shot line when being picked up.	All people involved in the expedition	
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	
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	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
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.	All people involved in the expedition	Y
Deteriorating weather	Injury to divers	None	Plan dive using up-to-date weather forecast. Liaise with boat skipper. Have contingency plan. Continuously monitor conditions prior to and during dive. Reassess diver comfort level. If diving from a boat notify coastguard of position in advance. Abort dive if necessary.	All people involved in the expedition	Y

# Carlisle and District Divers Risk Assessment Sheet

Hazard	Risk	Existing Controls	Risk Control Measures	Person Responsible	Y/N
Currents	Diver separation leading to injury	None	Agree dive plan with skipper if diving from a boat. Ensure buddy procedures in place. Utilise tide tables where appropriate. Plan to start dive against current (unless a drift dive). Consider deployment of DSMB immediately following descent. Monitor gas and diver comfort continuously. Carry appropriate surface detection aids. Have contingency exit points available. Abort dive if necessary.	All people involved in the expedition	
Fishing line, nets, kelp, obstructions	Panic, entrapment or entanglement, injury to diver, running out of gas	None	Ensure equipment is streamlined on all divers. Ensure all hoses etc properly clipped up. Ensure buddy procedures in place. Ensure all divers have a tool / knife for cutting or attracting attention. Ensure tool / knife is sharp. Ensure tool / knife is located in an accessible position. Change dive site or dive plan if necessary.	All people involved in the expedition	
Wreck penetration Cave penetration	Diver entrapment Drowning	None	Avoid entry into overhead environment unless trained, or being trained, to do so.	All people involved in the expedition	
Multi-day diving Repetitive diving	DCS Injury to diver	None	All divers to dive conservatively within tables or dive computer algorithms; consider setting dive computers to a more conservative algorithm if possible. Utilise nitrox where available and qualified. Consider taking a rest day based on individual circumstance i.e. depth and duration of dives, age, fitness, experience etc.	All people involved in the expedition	
Training: Inexperience Unfamiliar Equipment Increasing Depth	Panic Injury to diver	Instructor knowledge & training	All training to be carried out in accordance with applicable BSAC standards. All exercises to have been appropriately covered in previous theory and / or sheltered water lessons in accordance with BSAC training schedule. Instructor to carry out full SEEDS briefing and thorough BAR buddy check. Instructor to ensure trainee is familiar with all equipment especially correct use of dry-suit. Whilst in the water Instructor to remain in close proximity to trainee at all times. All exercises to be carried out without exceeding the specified depth. Instructor to be accompanied by suitably qualified assistant, preferably Assistant Instructor or Dive Leader, wherever possible	Dive Manager, Instructor, assistant and trainee	
Multiple ascents during single dive	Injury to diver	None	Planned multiple ascents to be carried out at the beginning of the dive wherever possible. Subsequent ascents to be cancelled if maximum ascent rate exceeded or stop missed on previous ascent. Dive profile after ascents are completed to include slow ascent and extended safety stops.	Dive Manager, Instructor, assistant and trainee	
Deep diving (35 to 50m)	Injury to diver	None	All divers to be familiar with 'Deep Diving Guidelines' section of CADD DM's Manual. All divers must be of at least BSAC Dive Leader standard. All divers to have undertaken progressive depth build-up dives. All divers to have an independent back-up gas supply adequate for the dive being planned. Rule of thirds to be adhered to. All divers to calculate gas requirements based on personal consumption rather than 'text book averages'. All divers to be familiar with information given by their dive computer in 'decompression mode'. Where feasible a shot line to be used. Where feasible an emergency gas cylinder to be deployed at level of deepest decompression stop and all divers briefed on location.	Dive Manager and all divers undertaking deep dives	
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.	All people involved in the expedition	
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.	Dive Manager, rebreather diver & buddy	
Other:					
Other:					

**I, the undersigned, confirm that I have read the above Risk Assessment and the Dive Specific Assessment(s) 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: _____	Signed: _____ Date: _____	Signed: _____ Date: _____	Signed: _____ Date: _____
Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____
Signed: _____ Date: _____	Signed: _____ Date: _____	Signed: _____ Date: _____	Signed: _____ Date: _____
Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____	Emergency contact : _____ Phone: _____
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