

Diver Training Guidance

This guidance is based on existing knowledge but is subject to change as the situation evolves.

The current Government guidance is "[Living safely with respiratory infections, including COVID-19](#)". The main points are:

- Continuous cough and/or high temperature are the most common symptoms of the onset of coronavirus (COVID-19).
 - **Anyone displaying any symptoms should NOT engage in any activity outside the home**
-

Some diving skills require close personal contact that may result in the transmission of the virus. Being immersed and rinsing with water both reduce the risk of transmission.

The risk of transmission during diver training can be reduced by following the guidance below.

Swimming pools

If swimming pools are treated with chlorine in line with Pool Water Treatment Advisory Group (PWTAG) guidelines this removes the risk of COVID-19 transmission. Ultraviolet (UV) light also contributes to disinfection.

Before using a swimming pool, the management should be contacted to ensure that the pool is maintained in line with PWTAG guidelines. It is also important to comply with any other COVID-19 procedures that the swimming pool may have in place.

Mouthpieces

Divers should avoid touching or using mouthpieces, including those on Buoyancy Compensators, intended for use by another person.

Alternate Source (AS)

Teaching the AS skill normally requires instructors and students to breathe from the Alternate Sources carried by each other. The modified drill below is recommended:

On a dry run:

- Instructors should **not** breathe from the student's AS but can use it to demonstrate access
- Instructors should use their primary regulator if a switching demonstration is required
- Students should repeat using the same process as the instructor

In water:

- Instructors should **not** breathe from the student's AS but can use it to demonstrate access
- Instructors should use their primary regulator if a switching demonstration is required

- Students can breathe from each other's AS

The instructor's AS will not have been used so is available for a real out of gas situation.

On Land Rescue Breaths

On land Rescue Breath training must only be conducted with a manikin.

In Water Rescue Breaths

Changes to the risk of serious COVID-19 infection means that normal in water rescue breath training is now possible.

Instructors need to ensure that:

- People with COVID-19 symptoms do not participate
- Anyone who has been infected has followed the UK DMC guidance on returning to diving
- All participants should avoid breathing directly onto each other
- All participants rinse their faces immediately after physical contact

The procedure above may not be suitable for people who have an increased need to avoid the risk of infection. Those in this situation can use the alternative methods previously recommended by BSAC in the document below:

<https://www.bsac.com/document/diver-training-guidance/>

Cardiopulmonary Resuscitation (CPR)

CPR training must only be conducted with a manikin.

Use of Manikins

All surfaces of manikin which have had contact should be cleaned using disinfectant/alcohol wipes and allowed to dry naturally between each user. This procedure should also be followed at the end of each training session.

There are two types of manikins; ones which have non-return valves in the airways and newer simple ones which do not.

- If the manikin has a non-return valve then the lungs and airways must be replaced after each training session but is not required between users
- If the manikin does not have a non-return valve then the lungs and airways must be replaced between users and after each training session

After each training session manikins should be cleaned and allowed to dry naturally

Efficacy of Rescue Techniques

The 2018 BSAC Incident Report has a detailed analysis of the importance of different rescue techniques in achieving a successful outcome. This can be accessed at

www.bsac.com/incidentreport