

STATUS

These notes are intended to provide a framework for a return to diving following easing of government restrictions as a result of the COVID-19 pandemic. This guidance is based on current knowledge and understanding of the risks associated with the outbreak and the current scientific evidence informing decisions by government and other relevant authorities. It is acknowledged that the evidence base and knowledge surrounding the outbreak is rapidly and continually evolving and so the guidance will be reviewed regularly and be subject to update and amendment as appropriate.

STATUS

Currently in the UK different criteria applies within each of the devolved administrations. The current criteria are listed below.

Protecting others and reducing the demands on the NHS

Current advice on avoiding transmission of the virus can be found on the Government Website.

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

The advice for anyone in any setting is to follow these main guidelines:

- The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started (if you live alone), or 14 days (if you live with someone who has symptoms). You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
- Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.
- To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.
- Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

Anyone displaying any symptoms should NOT engage in any activity outside the home.

Ensure you are not showing any symptoms of Coronavirus (temperature, cough, difficulty breathing, or loss of smell and/or taste).

Government guidance for England can be found at <https://www.gov.uk/coronavirus> and includes links to any similar local restrictions for Northern Ireland, Scotland and Wales.

ENGLAND

From Friday 18 March 2022 England removed the requirement to take a Covid-19 test before travelling abroad. Most other legal restrictions have been lifted.

However, Covid-19 cases continue and everyone is advised to follow appropriate precautions to safeguard themselves and others.

NORTHERN IRELAND

From Friday 18 March 2022 Northern Ireland removed the requirement to take a Covid-19 test before travelling abroad.

Legal restrictions requiring the wearing of facemasks and limits on numbers of people gathering were lifted on 15 February 2022.

Importance of continued responsible behaviour

The NI Executive currently view sports clubs and organisations as a responsible sector. Please continue to maintain this responsible behaviour to ensure the positive view of the NI Executive is not reduced.

SCOTLAND

From Friday 18 March 2022 Scotland removed the requirement to take a Covid-19 test before travelling abroad.

From Monday 21 March Most legal coronavirus (COVID-19) restrictions, including on wearing face coverings, will end. For more information on plans to ease restrictions and manage and recover from the pandemic, [read 'Coronavirus \(COVID-19\): staying safe and protecting others' on gov.scot](#)

WALES

From Friday 18 March 2022 Wales removed the requirement to take a Covid-19 test before travelling abroad.

Face coverings remain a legal requirement in shops, health and care setting and on public transport.

If the current public health situation remains stable, all remaining restrictions will be removed on 28 March 2022.

Isle of Man

The Isle of Man government site <https://covid19.gov.im/general-information/latest-updates/>

Channel Isles

Guernsey

Guernsey relaxed most of their restrictions in line with the rest of the UK.

Travel guidance valid from 17 February 2022

<https://covid19.gov.gg/guidance/travel/july>

Divers are advised to check with the chamber locally to ensure it remains operational.

<https://www.gov.gg/hyperbaricchamber>

Jersey

Jersey has relaxed most of their restrictions in line with the UK government. [Jersey Covid guidance](#).

Outside UK

Each country and the relevant government will produce their own rules and guidance in relation to relaxation of lockdown. Divers should follow any relevant national, regional and local government rules as well as exercising appropriate caution for the safety and wellbeing of themselves and their fellow divers. Following the framework guidance for a return to diving activity should help keep everyone safe.

Travel Quarantine

People travelling to the UK (either returning UK residents or visitors) may be subject to additional checks on arrival and may be subject quarantine restrictions dependent on where they have travelled from. The list of countries exempt from the quarantine restrictions is subject to regular change and different restrictions dependent on the point of arrival (England, Scotland, Wales and Northern Ireland). Details can be found at

<https://www.gov.uk/uk-border-control>

Divers should check the status for their chosen destination prior to travelling and plan accordingly for their return.

To be used in conjunction with other guidance including:

- Medical guidance
- Equipment guidance
- Shore diving
- CPR and rescue procedures
- Diver Training
- Travel Guidance
- Charter boat diving
- RIB diving
- Swimming pool usage
- Organised Events Guidance
- Etc.