

Travel Guidance

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. Please refer to the [STATUS document](#).

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.

TRAVEL

Currently there are no travel restrictions within the UK. Travel outside the UK is subject to specific limitations applied by the destination and there may be a requirement for Covid-19 testing before during and after travel.

Divers may want to consider their own Covid-19 risk assessment and consider the following options.

Car Travel

With amount of equipment required by divers travel from home to a diving location most commonly involves travelling by car. Except for very short journeys it is normally common for two divers (occasionally more) to share a single vehicle. This reduces costs and the environmental impact, allows discussion of the dive plan and other relevant aspects of the dive and a review of

experiences after the dive.

With the exception of divers from the same household, the maintenance of social distancing when sharing the same vehicle may be difficult to achieve. The most efficient safety measures have proved to be wearing masks, keeping the vehicle well ventilated and exercising good hygiene. **(see separate PPE guidance?)**

Public transport

Current Government advice is:

When travelling by public transport:

- avoid rush hours and busy times if you can
- cover your cough or sneeze with a tissue, then throw the tissue in the bin
- follow [advice on staying away from others](#)
- wash your hands often with soap and water for at least 20 seconds
- if soap and water are not available, use an alcohol-based hand sanitiser”

Flying UK

Current Government advice allows for air travel throughout the UK without restrictions but airlines are likely to require passengers to wear masks and exercise good hygiene protocols.

Flying Overseas

Current Government advice allows for travel outside the UK without the need for confirmed negative tests before flying.

However, other countries may also impose their own restrictions on travel.

To be used in conjunction with other guidance including:

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