# MOD DIVING DEFENCE CODE OF PRACTICE (DCOP)

## CONTENTS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>About This Book</td>
<td>3</td>
</tr>
<tr>
<td>About DCOPs</td>
<td>3</td>
</tr>
<tr>
<td>Presentation</td>
<td>4</td>
</tr>
<tr>
<td>The other diving DCOPs</td>
<td>5</td>
</tr>
<tr>
<td>Definitions in the Regulations</td>
<td>5</td>
</tr>
<tr>
<td>Regulation 2 - Interpretation</td>
<td>5</td>
</tr>
<tr>
<td>Regulation 3 – Application and Extent</td>
<td>6</td>
</tr>
<tr>
<td>Regulation 5 – The Diving Officer</td>
<td>6</td>
</tr>
<tr>
<td>Clients and Others</td>
<td>7</td>
</tr>
<tr>
<td>Regulation 4 – Duty to Ensure Compliance With These Regulations</td>
<td>7</td>
</tr>
<tr>
<td><strong>Dive Site Owners</strong></td>
<td>7</td>
</tr>
<tr>
<td><strong>Vessel Operators</strong></td>
<td>8</td>
</tr>
<tr>
<td>The Diving Officer</td>
<td>8</td>
</tr>
<tr>
<td>Regulation 5 – The Diving Officer</td>
<td>9</td>
</tr>
<tr>
<td>Regulation 6 – Duties of The Diving Officer</td>
<td>10</td>
</tr>
<tr>
<td>Diving Project Plans and Risk Assessment</td>
<td>12</td>
</tr>
<tr>
<td>Regulation 6 – Duties of The Diving Officer</td>
<td>12</td>
</tr>
<tr>
<td>Regulation 8 – Diving Project Plan</td>
<td>12</td>
</tr>
<tr>
<td><strong>Risk Assessment</strong></td>
<td>13</td>
</tr>
<tr>
<td><strong>Breathing Gases</strong></td>
<td>14</td>
</tr>
<tr>
<td><strong>Quantity of Gases</strong></td>
<td>14</td>
</tr>
<tr>
<td><strong>Quality of Gases</strong></td>
<td>14</td>
</tr>
<tr>
<td><strong>Technical Diving</strong></td>
<td>14</td>
</tr>
<tr>
<td>Cave Diving</td>
<td>15</td>
</tr>
<tr>
<td>Cavern Diving</td>
<td>15</td>
</tr>
<tr>
<td>Ice Diving</td>
<td>15</td>
</tr>
<tr>
<td>Wreck Diving</td>
<td>15</td>
</tr>
<tr>
<td>Decompression Illness</td>
<td>15</td>
</tr>
<tr>
<td>Decompression Procedures</td>
<td>16</td>
</tr>
<tr>
<td>Exposure Limits for Diving</td>
<td>16</td>
</tr>
<tr>
<td>Breath Hold Diving/Free Diving/Snorkelling</td>
<td>16</td>
</tr>
</tbody>
</table>
Dive Teams and Associated Working Practice 17
  Regulation 6 – Duties of The Diving Officer 17
  Dive Teams 17
  First Aid Training and Competence 18

Diving Plant 20
  Regulation 6 – Duties of The Diving Officer 20
  Dealing With Emergencies 20
  Availability of Compression Chambers 20
  Suitability of Compression Chambers 22
  Oxygen Availability 22

Maintenance of Diving Plant 23
  Regulation 6 – Duties of The Diving Officer 23

Supervisors 24
  Regulation 9 – Appointment of Supervisor 24
    Supervisor’s Appointment 24
    Supervisor’s Competency 24
  Regulation 10 – Duties of Supervisor 25
    Supervisor’s Responsibility 25
  Regulation 11 – Power of Supervisor to Give Directions 26
    Directions 26

Divers and Persons Who Dive in a Diving Project 27
  Regulation 13 – Duties of and Restrictions on Persons Engaged in a Diving Project 27
    Competence 27
  Regulation 12 – Duties and Restrictions on Divers 28
    Qualifications 28
  Regulation 13 – Duties of and Restrictions on Persons Engaged in a Diving Project 28
  Regulation 12 – Duties and Restrictions on Divers 29

Medical Checks 30
  Regulation 13 – Duties of and Restrictions on Persons Engaged in a Diving Project 30
    Fitness 30
    Prescribed Safety Critical Duties and Prescribed Alcohol Limits 31
    Safety Critical Duties 31
  Regulation 12 – Duties and Restrictions on Divers 32
  Regulation 15 – Certificate of Medical Fitness to Dive 32
INTRODUCTION

MOD DIVING DEFENCE CODE OF PRACTICE (DCOP)

1. The basis of diving activities undertaken by MOD Joint Service Sub-Aqua divers is undertaken in accordance with the guidance set down in The Health and Safety Executive’s (HSE) Diving at Work Regulations 1997: Recreational diving projects Approved Code Of Practice (ACOP) and guidance. Due to the nature and location of certain diving tasks undertaken by MOD Joint Service Sub-Aqua divers their scope lies outside of the scope of the ACOP therefore the MOD has developed its own Defence Code Of Practice (DCOP) in consultation with the HSE.

About This Book

2. This Defence Code of Practice (DCOP) sets out what you have to do to comply with the requirements of the Defence Diving Regulations (the Diving Regulations). The DCOP text and associated guidance provide practical advice on how you can comply with the requirements of the Regulations.

3. This DCOP applies to all diving projects conducted in support of MOD Joint Service Sub-Aqua Diving projects.

4. This DCOP does not apply to:
   a. MOD Military Diving Projects.
   b. MOD Commercial Diving Projects.

About DCOPs

5. DCOPs are approved by the Defence Diving Regulator with the consent of the Secretary of State.

6. The DCOP describes preferred or recommended methods that can be used (or standards to be met) to comply with the Diving Regulations and the duties imposed by the Health and Safety at Work etc. Act 1974 (HSW Act). The accompanying guidance also provides advice on achieving compliance, or it may give information of a general nature, including explanation of the requirements of the law, more specific technical information or references to further sources of information.

7. The legal status of DCOP and guidance text is given in DSA01.1 Defence Policy for Health, Safety and Environmental Protection and DSA-DMR Defence Diving Regulations.

8. This Code has been approved by the DSA in consultation with the Health and Safety Executive, with the consent of the Secretary of State. It gives practical advice on how to comply with the law. If you follow the advice you will be doing enough to comply with the law in respect of those specific matters on which the Code gives advice. You may use alternative methods to those set out in the Code in order to comply with the law.
9. However, the Code has a special legal status. If you are prosecuted for breach of health and safety law, and it is proved that you did not follow the relevant provisions of the Code, you will need to show that you have complied with the law in some other way or a Court will find you at fault.

Presentation

10. The text of the Regulations is in italics with the accompanied Guidance in normal type. Coloured borders also indicate each section clearly.

The other diving DCOPs

11. There are 2 other DCOPs covering Defence diving:

   a. DSA03/DMR/DCOP 20 Guidance on MOD Military Diving Projects

   b. DSA03/DMR/DCOP 21 Guidance on MAB Diving Projects
DEFINITIONS IN THE REGULATIONS

Regulation 2 Interpretation

2.1.c “diver” means a person at work who dives;

12. All personnel who dive as part of their duties on a MOD Joint Service Sub-Aqua Diving project are deemed to be ‘at work’. The phrase covers divers who dive as part of their duties as a MOD employee or as a civilian deemed essential to the delivery of the diving project. Diving does not have to be the main work activity of the employee or a civilian deemed essential to the delivery of the diving project. The Diving Regulations apply to any diving project when at least one diver is at work.

13. All Cadet Force adult volunteers, Officers and instructors involved in the conduct of MOD sponsored Cadet Force Sub-Aqua diving activities are deemed to be diving ‘at work’ and are required to comply with the Diving at Work Regulations 1997 (DWR 97). Cadets participating in Joint Service Sub-Aqua diving are not considered to be diving at work.

2.2 For the purposes of these Regulations a person “dives” if:

a. they enter:

   (i) water or any other liquid; or

   (ii) a chamber in which they are subject to pressure greater than 100 millibars above atmospheric pressure; and

b. in order to survive in such an environment they breathe in air or other gas at a pressure greater than atmospheric pressure;

14. Environments such as scientific clean rooms or submersible craft subject to an internal pressure of less than 100 millibars above local ambient atmospheric pressure are not covered by the Diving Regulations.

2.1.g “diving project” means any activity, made up of one or more diving operations, in which at least one person takes part or will take part as a diver and extends from the time when that person, or the first such person, commences to prepare to dive until that person, or the last such person, has left the water, chamber or other environment in which the dive, or any part of the dive, took place and has completed any requisite decompression procedures, including, where it may be reasonably anticipated that this will be needed, any therapeutic recompression;

15. ‘Diving project’ is the term used for the overall diving job – whether it lasts two hours or two months. It can be made up of one or more diving operations.

16. A number of diving projects could take place on one site at the same time. Each of these projects could be separate from the others, and each could have a separate Diving Officer in charge.
2.1.e  ‘diving operation’ means a diving operation identified in the diving project plan pursuant to regulation 8;

17. ‘Diving operations’ can be made up of either a number of dives or, sometimes, a single dive. A diving operation should be that portion of a diving project identified in the diving project plan which one supervisor can safely supervise. One supervisor must be appointed for each diving operation.

18. When deciding the size and structure of the proposed diving operation, the Diving Officer shall take into account factors such as the type of instruction or dive, the nature of the lesson or the aim of the dive, the experience of the students or divers and the dive site location. The Diving Officer will also need to be satisfied that they allocate themselves a manageable team.

19. All these points and others should be taken into account when preparing the diving project plan. Supervisors shall not participate in a diving operation which they consider to be unsafe because insufficient supervisors have been appointed or which they are not competent to supervise.

Regulation 3 Application and Extent

3.1 These Regulations shall apply to and in relation to any diving project apart from the following:

a. the care or treatment of patients in a hospital or other place, not under the control of the Diving Officer, where emergency medical treatment is provided or in transit to such hospital or place where the means of transit is provided by or in respect of the hospital or other place.

20. The use of compression chambers within diving projects is covered by these Regulations. However, those receiving hyperbaric treatment at a hospital or other place are outside the scope of the Diving Regulations. This is to avoid duplication of responsibilities when another authority is involved in the medical treatment of a diver.

Regulation 5 The Diving Officer

5.1 Those holding Client responsibilities shall appoint a single Diving Officer for each diving project.

21. The term ‘person’ used to identify the Diving Officer under this regulation means any person nominated by their Line Manager, Commanding Officer, Head of Establishment or other parties holding Client responsibilities to undertake the duties of, and hold the responsibility of, the diving contractor.
Regulation 4 Duty to Ensure compliance with These Regulations

Every person who to any extent is responsible for, has control over or is engaged in a diving project or whose acts or omissions could adversely affect the health and safety of persons engaged in such a project, shall take such measures as it is reasonable for a person in their position to take to ensure that these Regulations are complied with.

22. There are a number of people whose activities can have an involvement with or impact on the conduct of a diving project and who therefore have responsibilities for ensuring that the Regulations are complied with in relation to matters under their control. These people include the Duty Holders, the Duty Holders facing, the owners of dive sites, the operators of vessels being used as part of the diving project, and a client for whom the work is being carried out.

23. The Duty Holders:

   a. Senior Duty Holder (SDH).
   b. Operating Duty Holder (ODH).
   c. Delivery Duty Holder (DDH).

Duty Holders responsibilities are articulated in DSA02-DMR Defence Diving Regulations Part D.

24. The Duty Holders facing:

   a. Training Authority (TA).

Duty Holders facing responsibilities are articulated in DSA02-DMR Defence Diving Regulations Part D.

Dive Site Owners

25. Owners of a dive site shall:

   a. highlight any known hazards or difficulties which could affect the safety of the diving project, such as underwater obstructions, water intakes or discharges, and possible contamination;
   b. ensure that any equipment or activities under their control do not affect the safety of the diving project.
Vessel Operators

26. Operators of vessels used in a diving project shall:

   a. ensure that any equipment under their control does not adversely affect the safety of the diving project;

   b. keep the Diving Officer and supervisor informed of any changes in circumstances which may affect the safety of the diving project;

   c. co-operate with the Diving Officer and supervisor to enable their obligations under the Regulations to be fulfilled.

27. Everyone who is involved in the planning and organisation of a diving project has a responsibility to:

   a. take reasonable steps to ensure that the Diving Officer is capable of complying with the Regulations;

   b. provide sufficient detail of the content of the diving project to allow it to be carried out safely;

   c. highlight any known hazards or difficulties which could affect the safety of those engaged in the diving project, such as underwater obstructions, water intakes or discharges, and possible contamination;

   d. ensure that any equipment or activities under the control of the client do not affect the safety of the diving project;

   e. provide adequate resources to enable the Diving Officer to perform their duties under the Diving Regulations;

   f. co-operate with the Diving Officer and supervisor to enable the diving contractor’s Agent’s obligations under the Diving Regulations to be fulfilled.

28. The duty under this regulation also extends to Diving Officers, supervisors, divers and to people indirectly involved in the diving project such as dive site operators.
Regulation 5 The Diving Officer

5.1 Those holding Client responsibilities shall appoint a single Diving Officer for each diving project.

5.2 The Diving Officer shall be the employer of the diver or divers engaged in the diving project.

29. The Diving Regulations require that one person is identified as the Diving Officer for each diving project. The main duties under the Diving Regulations are placed on the Diving Officer.

30. The Diving Officer shall be the most appropriate in date, registered Expedition Sub-Aqua Diving Supervisor (ESADS). Where the aim of the diving is restricted to training personnel to conduct open water diving operations within the context of Service branches at known locations listed on the branch site register and no ESADS is available, a registered Branch Sub-Aqua Diving Supervisor (BSADS) may, exceptionally, assume the duties and responsibilities of the Diving Officer.

31. In Military MOD Approved Centres the Diving Officer will be the employer of instructors. The person appointed to carry out the duties must be competent to perform them and shall be the most appropriate in date, registered ESADS.

32. In Commercial MOD Approved Centres in the situations covered by this DCOP, the diving contractor will be the proprietor of a diving school and the employer of instructors or dive guides. The employer has a duty (legal in the UK) to act as the diving contractor, they could carry this out by instructing a suitable person with expertise in diving matters to discharge some of the specialist duties on their behalf. The person instructed to carry out the duties must be competent to perform them.

33. ‘Competence’ means having a combination of training, knowledge and experience which enables a person to do the job required in a safe manner. Evidence of past experience in organising a diving project in a safe and effective manner and appropriate qualifications would be ways of demonstrating competence. The person selected will also need the authority and resources effectively to discharge those duties. The responsibility will remain with the Line Manager, Commanding Officer, Head of Establishment or other party holding Client responsibilities, who should be satisfied that the person selected will be able to perform the duties on their behalf without risk to that person or the dive team.
34. Where more than one duty holder contributes divers for the diving project, it must be established and recorded in writing:

a. Who will be the responsible duty holders

b. Who will be the Diving Officer for that project.

### Regulation 6 Duties of The Diving Officer

<table>
<thead>
<tr>
<th>Regulation 6</th>
<th>6.2 The Diving Officer shall:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>ensure that, before the commencement of the diving project, a diving project plan is prepared in respect of that project in accordance with regulation 8 and that the plan is thereafter updated as necessary during the continuance of the project;</td>
</tr>
<tr>
<td>b.</td>
<td>before the commencement of any diving operation:</td>
</tr>
<tr>
<td></td>
<td>(i) appoint a person to supervise that operation in accordance with regulation 9; making a written record of that appointment; and</td>
</tr>
<tr>
<td></td>
<td>(ii) ensure that the person appointed is supplied with a copy of any part of the diving project plan which relates to that operation;</td>
</tr>
<tr>
<td>c.</td>
<td>as soon as possible after the appointment of a supervisor, provide that supervisor with a written record of their appointment.</td>
</tr>
<tr>
<td>g.</td>
<td>ensure, so far as reasonably practicable, that any person taking part in the diving project complies with the requirements and prohibitions imposed on him by or under the relevant statutory provisions and observes the provisions of the diving project plan;</td>
</tr>
<tr>
<td>h.</td>
<td>ensure that a record containing the required particulars is kept for each diving operation; and</td>
</tr>
<tr>
<td>i.</td>
<td>ensure that the diving operation record is retained in the diving unit for at least six years after the date of the last entry in it.</td>
</tr>
</tbody>
</table>

35. The Diving Officer has overall responsibility for the safety of the diving project. This includes ensuring that:

a. a suitable risk assessment and diving project plan have been prepared which identify the number of supervisors, divers and equipment needed (see the ‘Diving project plan and risk assessment’ section).

b. the size and abilities of the dive team are sufficient to enable the diving project to be carried out safely (see the ‘Dive teams and associated working practice’ section).

c. the place from which the diving is to be carried out is suitable and safe.
d. supervisors are appointed in writing (this must be done by the Diving Officer) for the diving operation which they are to supervise and are supplied with copies of their formal appointment and the part of the diving project plan relevant to their operation.

e. a sufficient number of suitably qualified personnel are used and that they are competent to undertake the tasks assigned to them (see the ‘Supervisors’ and ‘Divers and persons who dive in a diving project’ sections).

f. the team is medically fit to dive (see the ‘Medical checks’ section).

g. the supervisor and dive team are fully briefed on the project and aware of the contents of the diving project plan.

h. suitable plant and equipment are provided and are properly maintained (see the ‘Diving plant’ and ‘Maintenance of diving plant’ sections).

i. adequate arrangements exist for emergencies, including first aid and medical treatment (see the ‘Dive teams and associated working practice’ section).

j. an up-to-date record is kept for each diving operation.

k. all other relevant regulations are complied with.
DIVING PROJECT PLAN AND RISK ASSESSMENT

Regulation 6 Duties of The Diving Officer

6.2 The Diving Officer shall:

a. ensure that, before the commencement of the diving project, a diving project plan is prepared in respect of that project in accordance with regulation 8 and that the plan is thereafter updated as necessary during the continuance of the project;

Regulation 8 Diving Project Plan

8.1 The diving project plan shall be based on an assessment of the risks to the health and safety of any person taking part in the diving project and shall consist of a record of the outcome of the planning carried out in accordance with regulation 6.1 including all such information and instructions as are necessary to give advice to and to regulate the behaviour of those so taking part to ensure, so far as is reasonably practicable, their health and safety.

8.3 The diving project plan shall identify each diving operation which makes up the diving project and the nature and size of any diving operation so identified shall be such that it can be safely supervised by one person.

36. The Diving Officer is responsible for ensuring that before the start of the diving project a suitable risk assessment and diving project plan have been prepared.

37. The diving project plan may refer to information from standard manuals, recommendations made by the national governing body: BSAC Safe Diving and BR2 2806(5) Joint Service Sub-Aqua Diving Manual. A copy of any part of the diving project plan relevant to their operation shall be provided to the supervisor.

38. This standard information, applicable to each of the Diving Officer’s projects, should be supplemented with a site-specific risk assessment, detailing any special precautions or procedures necessary to reduce the risk and listing specific emergency actions and contacts. A reconnaissance of the site is the best way to make the site-specific plan and to assess the risks. The diving project plan shall include the quickest means of communicating with the emergency services, and contact arrangements for HM Coastguard, ambulance, doctor and decompression illness specialist medical advice and the Diving Standards Team Duty Officer. Both the risk assessment and the diving project plan shall be documented.

39. The diving project plan shall specifically identify how the diving project is broken down into individual operations which can safely be supervised by one person. When making this decision the Diving Officer shall take into account the size and nature of the diving project.
40. The Diving Officer shall check that the divers are competent to dive in accordance with the diving project plan.

Risk Assessment

41. For divers who instruct others, the objective may be to achieve a specified task at a fixed location, for example a swimming pool. However, more commonly the objective is actually to perform the dive, or training drill and, within given parameters, the precise location is unimportant.

42. In these circumstances the supervisor is responsible for confirming that the chosen dive site is suitable (see paragraph 103), although the Diving Officer has the overall responsibility to ensure that the diving project is planned, managed and conducted in a manner which protects everyone taking part. The Diving Officer shall therefore ensure that a risk assessment has been done. The following factors shall be taken into account in assessing the dive site:

a. water conditions, including wave motion, movement, temperature, depth, visibility, weather, daylight and bottom type.

b. pollution of the water or atmosphere.

c. access to and from the water/boat/platform.

d. the type of equipment and breathing mixture being used.

e. the depth and planned duration.

f. the task or training drill to be performed and the experience level of those participating;

g. emergency procedures, including the location and proximity to emergency facilities and medical expertise.

43. This is not a complete list of all hazards and measures needed to control risks. An appraisal of the hazards at a specific dive site will identify the full extent of the safeguards needed to protect the safety of the dive team.

44. As a matter of safe working practice, the supervisor shall keep the site-specific risk assessment under review to ensure that it is adequate and does not need to be revised.
45. A risk assessment made under these Regulations will cover in part the obligation to make an assessment under the Management of Health and Safety at Work Regulations 1999 (the Management Regulations). There will be no need to repeat those aspects of the assessment, so long as they remain valid, in any other assessment that the Diving Officer carries out. However, the Diving Officer will need to ensure that all significant risks not covered by the diving project assessment (including risks to members of the public arising from the diving project/diving activities) are covered by the risk assessment carried out under the Management Regulations (or in any assessment required to be carried out under other specific regulations).

Breathing Gases

Quantity of Gases

46. The quantities of gases required for diving operations, including primary and secondary source of breathing gas and for therapeutic treatments, shall be calculated and procedures for the provision of them stated when planning a diving project. Diving shall be stopped if the quantity of gas acceptable for safety purposes falls below the planned minimum.

Quality of Gases

47. Procedures for checking and maintaining gas purity standards shall be provided. Standards are to be in accordance with JSP 319.

Technical Diving

48. Technical diving is a discipline where special methods and equipment are used to improve diver safety and performance, enabling the user to conduct dives in environments and perform tasks beyond the scope of traditional recreational diving techniques.

49. Technical diving uses particular SCUBA-diving techniques which HSE considers to be high hazard activities and which require additional precautions to be taken to minimise the risk so far as reasonably practicable. People at work conducting technical diving operations for recreational divers shall meet the requirements of the national governing body: BSAC Technical training progression. Provided such requirements are met, it is recognised that on balance the additional risk involved will be reasonably controlled and enough safety measures will be provided for those Joint Service Sub Aqua Divers who decide to participate in these activities.

50. For BSAC Sports Divers and above qualified in Advanced Nitrox Diver or Accelerated Decompression Procedures the following Technical training progression is authorised by the Defence Diving Regulator:

a. Open circuit Sports Mixed Gas Diver (50m) and Explorer Mixed Gas Diver (60m) at Joint Service Sub-Aqua Diving Centre (Plymouth) and Joint
Service Adventure Training Wing (Cyprus)
b. Closed Circuit Rebreather (CCR) Diver (40m), Sports Mixed Gas Rebreather Diver (50m) and Explorer Mixed Gas Rebreather Diver (60m) at Joint Service Sub-Aqua Diving Centre (Plymouth)

51. Cadets shall not conduct technical diving.

**Cave Diving**

52. Cave diving is not covered in BSAC diver training and shall not be undertaken as an Adventurous Training diving activity.

**Cavern Diving**

53. Subject to a High Risk and Remote presentation, cavern diving may be undertaken in accordance with TDI procedures which is the recognised national governing body for cavern diving.

54. All divers are to hold a cavern or cave diving qualification from a recognised agency such as TDI, IANTD, GUE and RAID. The supervisor shall confirm the qualification before allowing any diver to participate in cavern diving (see paragraph 103).

**Ice Diving**

55. Ice diving may be undertaken in accordance with BSAC Safe Diving.

**Wreck Diving**

56. Wreck diving may be undertaken in accordance with BSAC Safe Diving.

**Decompression Illness**

57. Joint Service sub aqua divers shall adhere to the decompression requirements of the national governing body (BSAC). Provided such requirements are met, it is recognised that on balance the risk of suffering a decompression related illness will be reasonably controlled and enough safety measures will be provided for those participating in AT diving. The following BSAC tables are recognised:

   a. For air diving the BSAC 88 Decompression Tables Level 1 to 4.

   b. For Nitrox diving the BSAC Nitrox Decompression Tables.

   c. For accelerated decompression the BSAC Ox-Stop Decompression Tables.

58. For mixed gas diving AT Divers shall use one of the proprietary decompression programmes recommended by BSAC in their course documentation.
59. For commercial reasons manufacturers of dive computers will not publish their algorithms; it is therefore impossible to know exactly what regime is being used. In order to provide some level of assurance only CE approved dive computers shall be used.

60. For authorised ELC courses at non-BSAC MOD approved centres, decompression tables produced by the agency involved in delivering the training may be used.

De compression Procedures

61. Decompression procedures (including the use of a decompression computer) shall be appropriate for the type of diving technique undertaken and their use included in the diving project plan. All decompression procedures shall be designed to take into account the risks of a particular type of dive and shall include the various rules and procedures needed in order to reduce the risk of decompression illness (DCI).

Exposure Limits for Diving

62. Diving carries an inherent risk of decompression illness (DCI). The incidence of DCI drops if the length of time that a diver spends at any particular depth is limited. Limiting time spent at depth on a single or combined dive results in a significant reduction in the incidence of DCI.

Breath Hold Diving/Free Diving/Snorkelling

63. Breath hold diving and free diving shall not be undertaken as part of any AT diving activity.

64. Snorkelling may be undertaken as part of a recognised BSAC course.

65. Open water surface snorkelling may be undertaken as part of an AT diving operation following a suitable risk assessment. The activity is to be supervised by a SADS. At no point shall the diver leave surface.\(^1\)

---

\(^1\) In UK legislation, breath hold diving, free diving and snorkelling are not classed as diving. With the exception of activities at Paragraphs 64 & 65 snorkelling is not covered under the DDR or this DCOP. Breath hold diving, free diving and snorkelling are not recognised AT activities. Due to risks involved, personnel wishing to undertake these activities are to seek approval from their duty holding chain and ensure that it is cleared separately using the JSATFA process.
Regulation 6 Duties of The Diving Officer

6.2 The Diving Officer shall:

d. ensure that there are sufficient people with suitable competence to carry out safely and without risk to health both the diving project and any action (including the giving of first-aid) which may be necessary in the event of a reasonably foreseeable emergency connected with the diving project.

Dive Teams

66. The Diving Officer shall identify the minimum size of team for a safe diving operation based on the requirements of the risk assessment and diving project plan. The team shall be of a sufficient size to comply with the risk assessment and the diving project plan and to enable the diving operation to be completed safely. For recreational diving instruction this needs to take into account the number of 'trainees' and appropriate instructor-to-student ratios in the water.

67. The minimum team size for a dive using recreational techniques is four, the supervisor on the surface, two divers in the water (see paragraph 70) and a member of the team available on the surface in a position to render first aid. The acceptability of this number must be based on the risk assessment and diving project plan. One diver, the senior in grade or experience, shall be elected as the dive leader unless the junior diver is gaining experience whilst been overseen by a senior diver. Additional personnel may be required to operate or maintain specialist plant, such as boats, winches, and to assist in an emergency.

68. The two divers in the water (see paragraph 70) shall be capable of rendering assistance to each other in the event of an emergency under water. Under specific circumstances, one of these divers can be a student undergoing training, provided that they have been trained in rescue techniques, have been assessed as competent to carry out rescue techniques and have reached the minimum competency level required for this task set out by BSAC.

69. Trio diving can carry additional risks which shall be considered by the Diving Supervisor using guidance in BSAC Safe Diving.

70. Solo diving should not be routinely conducted. If required it shall be risk assessed and carried out using guidance in BSAC Safe Diving. A standby diver must be immediately available to dive in the event of an emergency. Both the diver and the standby diver are to have a surface tender who should be a diver.

71. The SADS and the member of the team available in a position to render assistance on the surface shall be familiar with the diving project plan and the arrangements for obtaining assistance in the event of an emergency.
72. All the people who form part of the dive team must be competent to discharge the duties they hold. The Defence Diving Regulator approves certain qualifications for diving under this DCOP which indicate that a minimum level of competence has been assessed. Qualifications alone do not always demonstrate fitness to undertake a task. The Diving Officer has a duty to engage competent people, which may require that the dive team’s competence is verified or demonstrated.

73. BSAC diving signals will be used for all communication. Where other signals are required these are to be recorded in the diving project plan and everyone involved in the project are to be familiar with these signals.

**First-Aid Training and Competencies**

74. The Diving Officer is responsible for ensuring that enough people in the diving project are trained and competent in first aid. Collective First Aid Training (CFAT) is the minimum qualification required to support a recreational Joint Service Sub-Aqua diving project. The risk assessment shall identify the first-aid equipment required on site and the number of qualified personnel needed to use it.

75. At least one person on the surface, other than the supervisor, shall be qualified and in date in first aid. The supervisor shall be responsible for arranging their duties so that they shall be able to administer first aid. They shall not hold any other duties which could conflict with the need to administer first aid in an emergency.

76. Those identified in the dive team as being qualified to give first aid shall be able to:

   a. recognise symptoms of decompression illness and provide appropriate first-aid treatment prior to and during transfer to a decompression facility.

   b. administer oxygen to an unconscious patient.

   c. perform resuscitation using the techniques of artificial ventilation (AV) and external cardiac compression (ECC).

   d. recognise the symptoms of shock and provide appropriate first-aid treatment.

   e. administer appropriate first-aid treatment for burns, bleeding and broken bones.
77. There are situations where some members of the dive team should have additional training in first aid. The need for additional training may arise where remoteness from local emergency medical services means there is a need to maintain life until the emergency medical services are able to assume responsibility; or where the diver requiring first aid is inside a compression chamber and medical assistance cannot be provided by normal emergency medical services. Where the dive team’s risk assessment, the MEDPLAN or a HR&R identifies the requirement for increased medical support this could be met by suitable specialist team training or provision of specialist personnel such as a DMT or a single service attachment from the Medical branch.
Regulation 6 Duties of The Diving Officer

(3) The Diving Officer shall:

e. ensure that suitable and sufficient plant is available whenever needed to carry out safely and without risk to health both the diving project and any action (including the giving of first-aid) which may be necessary in the event of a reasonably foreseeable emergency connected with the diving project;

78. The equipment necessary to perform the dive safely and without risk to health depends on the type and location of the dive and shall be set out in the diving project plan.

79. For normal open water diving activities the diver shall be provided with a sufficient supply of pure breathing gas, adequate exposure protection and a means of controlling/adjusting buoyancy. The breathing gas will normally be air but could also be a gas mixture or pure oxygen for decompression. Breathing gases shall comply with standards in JSP 319.

80. The minimum equipment to be provided for each diver shall be in accordance with the requirements laid down in BRd 2806(5) paragraph 0210.

Dealing With Emergencies

81. For each diving project the risk assessment shall include a suitable casualty evacuation plan. This shall include the emergency recovery of a casualty from the water and their transportation to a compression chamber or specialist treatment centre. The details of the emergency arrangements shall be recorded in the diving project plan. The initial stages of these arrangements shall be tested periodically in order to ensure that they are effective.

Availability of Compression Chambers

82. The Diving Officer has a responsibility to ensure the provision of facilities so that a diver can be recompressed in an emergency, should this be necessary. Treatment of DCI in a compression chamber should commence as soon as possible (subject to medical advice). The provision of a compression chamber shall be in accordance with the decompression procedures selected as part of the diving project plan.

83. In addition, the following minimum standards shall be applied:

a. For dives that are shallower than 10 metres with planned in-water decompression not exceeding 20 minutes, the Diving Officer shall identify the nearest suitable operational two-person, two-compartment chamber. Under no circumstances shall this be more than 6 hours travelling distance from the dive site.
b. For dives between 10 and 50 metres with planned in-water decompression not exceeding 20 minutes, the Diving Officer shall assess the risk of DCI and likelihood of a diver requiring emergency recompression. This shall be based on the depth and duration of the planned dives. The assessment shall also consider factors which may increase the risk of DCI such as water temperature, type of work, and the number of dives/ascent. If the assessment demonstrates a significant risk of DCI a suitable, operational, two-person, two-compartment chamber shall be provided for immediate use at the site of the diving project. If the assessment demonstrates relatively low risk of DCI, the Diving Officer shall identify the nearest suitable operational two-person, two-compartment chamber. Under no circumstances shall this be more than 6 hours travelling distance from the dive site.

c. For dives in excess of 50 meters or with planned in-water decompression stops greater than 20 minutes the Diving Officer shall provide a suitable, operational, two-person, two-compartment chamber for immediate use at the site of the diving project. The controls of a compression chamber shall only be operated by people competent to do so. Such competence will be achieved by a combination of training and experience. The degree of supervision provided should reflect the experience of the operator.

d. If unable to comply with the requirements in paragraph 83 (a-c) AT diving may be undertaken outside of UK territorial waters when dives are:

(i) Limited to a maximum depth of 21 metres.

(ii) Conducted using CNBA or Nitrox mixtures only.

(iii) Planned no stop diving and no diver shall come closer than 5 minutes to the need for in-water decompression during a dive.

(iv) Incorporate a three minute safety stop to be completed at 6 m for all dives greater than 9 m.

(v) Planned to have a 24 hour break to be taken after 4 consecutive days of diving regardless of depths attained.

(vi) CASEVAC to a suitable 2 person, 2 compartment compression chamber can be achieved in 24 hours (see paragraph 84).

(vii) There is sufficient O² available to support the casualties for the duration of a transfer of a diver to a compression chamber (see paragraph 88).
84. The diving project plan shall demonstrate that in an emergency, where the compression chamber is not located on the site, a diver will be able to be transported and recompressed to ensure, so far as reasonably practicable, their safety. If the diving project plan relies on the support of any emergency services, then that plan should be subject to continued assessment and take into account any factors which may affect such support (for example changing weather conditions). Whilst aircraft can be used in an emergency, because of their historic high rate of unavailability in support of previous incidents, their use is to be excluded from timings when considering the emergency transportation plan. The diving project plan shall only take into account the diving team’s organic transport or recognised emergency service assets, excluding aircraft. When considering access to a suitable operational two-person, two-compartment chamber (paragraph 83(d)), the 24 hour travelling distance may include the use of suitable aeromedical assets equipped with a pressurised cabin, the cabin pressure is to be maintained as close to sea level as possible and shall not be reduced below the equivalent of 300m altitude.

85. If a situation arises where a diver may need hyperbaric treatment at a chamber provided by another chamber owner, then provision for this should be made in the diving project plan.

86. The SADS is responsible for the injured diver until handed over to appropriate Emergency Services. Thereafter they retain responsibility for the duty of care for the casualty. A suitable individual is to remain with them where possible until treatment is complete.

Suitability of Compression Chambers

87. Two-person, two-compartment compression chambers shall be suitable for the purposes intended. The following can be considered by the supervisor:

a. MOD Type A, Type B and TMCC recompression chambers.

b. NHS two person, two compartment therapeutic chambers.

c. DAN approved two person, two compartment compression chambers.

Oxygen Availability

88. A suitable first-aid kit and oxygen administration set shall be provided at the site of the dive. Oxygen shall be immediately available at all locations covered by this DCOP, including those where there is a compression chamber. Sufficient gas shall be provided for the duration of a transfer of a pair of divers to a compression chamber, hospital or other place. Gas may be provided using a suitable medical $O_2$ rebreathing system. It shall be provided by a tight-fitting mask or by a mouthpiece with a noseclip.
MAINTENANCE OF DIVING PLANT

Regulation 6. Duties of The Diving Officer

6.2 The Diving Officer shall:

f. ensure that the plant made available under paragraph 6.2e is maintained in a safe working condition.

89. Diving plant and equipment is used under extreme conditions, including frequent immersion in salt water. It therefore requires regular inspection, maintenance and testing to ensure that it is fit for use, and not damaged or suffering from deterioration.

90. In order to ensure that the equipment is maintained, the Diving Officer shall have a written scheme of equipment maintenance and inspection. All plant and equipment shall be checked by a competent person immediately before use and this check entered in the diving operation record.

91. The equipment maintenance scheme shall be based upon the manufacturers’ recommendations and be in accordance with appropriate National (BS), European (EN) or International (ISO) standards.

92. Gas cylinders shall be subjected to periodic internal visual inspection and hydrostatic testing in accordance with the appropriate BS, EN or ISO standards. When diving overseas, gas cylinders are to be in date for test to local host nation standards.

93. All maintenance shall be carried out by a competent person. Written inspection and maintenance records shall be kept.

94. Divers using their own diving equipment shall provide suitable evidence to the diving officer that demonstrates that it has been serviced in accordance with the appropriate equipment supplier’s service schedule and that all the cylinders have been tested for fitness-for-use in line with statutory requirements in accordance with the relevant BS, EU or ISO standard. Prior to the dive, this shall be confirmed to the supervisor and recorded in the diving operation record for their operation.

95. The Diving Officer shall also ensure that, before the start of the diving operation, divers will be asked to carry out a pre-dive visual inspection and check of their equipment to ensure that it is in a serviceable condition and working correctly.

96. Where breathing and similar equipment is likely to be shared, appropriate disinfection procedures shall be used.
SUPERVISORS

Regulation 9. Appointment of Supervisor

9.1 Only one supervisor shall be appointed to supervise a diving operation at any one time.

Supervisor’s Appointment

97. A supervisor must be appointed in writing by the Diving Officer. Normally, given the smaller size and shorter duration of typical diving projects using recreational diving techniques, one supervisor should be sufficient. However, if a diving project is complex or taking place over such an area or time-scale that its operation cannot be safely supervised by one supervisor, then the project should be divided up and further supervisors should be appointed for specific operations. Enough supervisors must be appointed to cover the entire diving project.

98. Written appointments shall clearly define the times and areas of control. The supervisor must have immediate overriding control of all safety aspects for the diving operation for which they are appointed.

99. During the period of appointment the supervisor shall not leave the dive site or dive without formally handing over to another supervisor. The handover shall be entered in the diving operation record.

9.2 No person shall be appointed, or shall act, as a supervisor unless they are competent and, where appropriate, suitably qualified to perform the functions of supervisor in respect of the diving operation which they are appointed to supervise.

Supervisor’s Competency

100. In order to be appointed as a supervisor the individual concerned shall hold an appropriate SADS qualification which indicates that they are qualified in dive leadership and organisation, rescue management and the recognition and treatment of diving-related injuries.

101. Advanced Divers (AD) may be appointed as a supervisor. They shall only act as a supervisor when deputy to ESADS or BSADS to allow them to dive. Only one Advanced Diver may be nominated to deputise for a SADS with only a single wave of divers permitted to enter the water.

102. Before appointing a supervisor the Diving Officer shall ensure that, in addition to possession of the appropriate qualification, the individual concerned has relevant previous experience and can be considered competent to supervise the specific diving operation to be undertaken.
Regulation 10. Duties of Supervisor

10.1 The supervisor shall, in respect of the diving operation for which they have been appointed:

a. ensure that it is carried out, so far as is reasonably practicable:

   (i) without risk to the health and safety of all those taking part in that operation and of other persons who may be affected thereby.

   (ii) in accordance with the requirements and prohibitions imposed on them by or under any relevant statutory provisions; and

   (iii) in accordance, where this would not conflict with either (i) or (ii) above, with the diving project plan; and

b. before the commencement of the operation, ensure that each person taking part is aware of the contents of the diving project plan which relate to that operation; and

c. enter in the diving operation record the particulars required by regulation 6.2h during the course of the operation.

10.2 The supervisor shall not dive during the diving operation which they are supervising.

Supervisor’s Responsibility

103. The supervisor has legal responsibility for the safety of the diving operation they are supervising and shall be on site, in direct control of the diving operation taking place. This includes confirming that:

a. the proposed dive site and the water and weather conditions are suitable.

b. the risk assessment is still valid for the circumstances on the day of the dive.

c. all relevant authorities are aware that a diving operation is in progress, and all the necessary permits and permissions have been obtained.

d. the equipment provided is appropriate, adequate and has been checked by a competent person prior to use and recorded in the diving operation record.

e. the personnel they are supervising are qualified and competent to perform the tasks required of them and that as far as the supervisor is able to ascertain, they are fit to undertake the task that they are assigned.

f. the diving project plan and arrangements for dealing with foreseeable emergencies are clearly understood by all those engaged in the diving operation. This would normally be ensured by a pre-dive briefing session with all those involved.
g. proper records of the diving operation are maintained. As a minimum, this would include a description of the dive, the names of those taking part and their dive qualifications, the date, time and location, maximum depth attained by each diver and their bottom time or dive time, the decompression schedule being used and a record that the equipment has been checked prior to the dive.

Regulation 11. Power of Supervisor to Give Directions

<table>
<thead>
<tr>
<th>Regulation</th>
<th>11</th>
</tr>
</thead>
<tbody>
<tr>
<td>A supervisor may, whilst supervising the diving operation in respect of which they are appointed, give such reasonable directions to any person taking part in that operation or who may affect the safety of that operation as are necessary to enable them to comply with regulation 10.</td>
<td></td>
</tr>
</tbody>
</table>

| DCOP | 11 |
| Directions |
| 104. As the person in charge, the supervisor may give reasonable instructions to any person taking part in the diving operation. |
DIVERS AND PERSONS WHO DIVE IN A DIVING PROJECT

Regulation 13. Duties of and Restrictions on persons engaged in a diving project

13.1 No person shall dive in a diving project:

a. unless they are competent to carry out safely and without risk to health any activity they may reasonably expect to carry out while taking part in the diving project;

DCOP 13

Competence

105. Divers covered by this DCOP shall be competent to dive with a buddy who shall also be competent for the conditions likely to be encountered in open water using recreational diving equipment. They shall:

a. have a good understanding of diving physics and physiology and decompression.

b. be able to recognise the signs and symptoms of diving-related injuries in themselves and others, initiate appropriate treatment and carry out a diver rescue, including the performance of resuscitation techniques (Note: an Ocean Diver is not trained, and is therefore not expected, to be able to undertake resuscitation techniques in water);

c. be able to initiate appropriate actions in the event of an emergency.

d. be competent to operate any special equipment being used.
Regulation 12. Duties of and Restrictions on Divers

12.1 No diver shall dive in a diving project unless they:

b. have, subject to paragraph a, an approved qualification which is valid for any activity they may reasonably expect to carry out while taking part in the diving project.

Qualifications

106. All divers undertaking Joint Service Sub-Aqua diving must hold an approved BSAC qualification suitable for the diving that they intend to do. ESADS can accept divers from other recognised training agencies (CMAS, HSE Commercial Divers, NASDS, NAUI, PADI, RAID, SAA, SSI and military professional divers (RN, RM and Army)) as expedition participants however, all diving is to be conducted in accordance with BSAC rules and guidelines. The Diving Officer shall carry out a risk assessment on each diver to ensure that they have the necessary qualifications and skills to meet the aim of the expedition. If additional training is identified, this must be completed either before deployment or during a dedicated training session on arrival at the expedition location. Divers are to be familiar with BSAC decompression tables and procedures. Appropriate work up training to ensure that all divers are capable of meeting the expedition aims is to be carried out either through pre-deployment training or as part of the expedition plan. In order to continue to participate in Joint Service sub-aqua AT diving on their return they must become BSAC members and undertake the requisite training to achieve BSAC equivalency.

107. Additional competences and qualifications are required for some tasks. All instructors shall have an appropriate BSAC instructor qualification. In order to teach diving using mixed gases or rebreathers, an appropriate instructor qualification in that technique is needed. Diving using rebreathers requires not only a qualification in the general understanding of the dive technique but an additional qualification in the specific type of rebreather endorsed by the manufacturer.

Regulation 13. Duties of and Restrictions on Persons Engaged in a Diving Project

13.2 Every person engaged in a diving project shall comply with:

a. any directions given to him by a supervisor under regulation 11;

and

b. where they would not conflict with those directions, any instructions applicable to them in the diving project plan.

108. All people in the dive team and students under instruction have a responsibility to co-operate with the supervisor and to follow any reasonable directions and instructions that the supervisor gives.
109. All the dive team shall thoroughly familiarise themselves with the equipment used in the diving operation. This shall be done before the operation commences. This routine safety check shall also be carried out by any students diving with the team.

**Regulation 12. Duties of and Restrictions on Divers**

12.3 *Every diver engaged in a diving project shall:*

   a. *maintain a daily record of their diving.*

   and

   b. *keep that record in their possession for at least six years after the date of the last entry in it.*

110. Every diver shall maintain an accurate daily record of their diving. They shall include as a minimum the information required in accordance with BRd 2806(5) paragraph 0241.
Regulation 13. Duties of and Restrictions on persons engaged in a diving project

13.1 No person shall dive in a diving project:

b. if they know of anything (including any illness or medical condition) which makes them unfit to dive.

DCOP 13

Fitness

111. Any person who dives whose medical fitness may be in doubt for any reason, for example fatigue, minor injury, recent medical treatment or who are taking any medication, must inform their supervisor. Even a minor illness, such as the common cold or a dental problem, can have serious effects on a diver under pressure, and should be reported to the supervisor before the start of a dive. Medications routinely taken may have significant side effects in hyperbaric environments. Supervisors shall seek guidance from the Duty Diving Medical Officer if there is doubt about a diver’s fitness to dive.

112. There is evidence that exposure to increased pressure during pregnancy may have possible harmful effects to a foetus. Consequently if a woman is pregnant, suspects she may be, or is trying to become pregnant, she is not authorised to dive in the MOD. If a woman discovers she is pregnant and has been diving during the pregnancy, she is to discuss her case with a Medical Officer, who in turn can contact the Diving Medicine Department of the Institute of Naval Medicine for further advice. Post-partum, a woman remains temporarily unfit for diving for a period of 3 months. It is the responsibility of the individual female to inform the supervisor and/or Diving Officer that she is not allowed to dive.

113. Divers who have suffered an incident of DCI shall record details of the treatment they received in their Diving Log. They shall show this to the supervisor before taking part in their first dive after the treatment in order that a check can be made of their fitness to return to diving. Supervisors shall seek guidance from the Duty Diving Medical Officer if there is doubt about a diver’s fitness to dive.

114. To allow for complete re-hydration and replenishment of circulating blood cells, no routine diving shall take place for 7 days after giving blood.

115. Mefloquine (Larium) is the standard anti malaria tablet given to personnel on certain deployments. Divers who have been given Mefloquine are temporarily medically unfit to dive for 10-12 weeks, due to the long half-life of the drug. When deploying, divers should request that they are given an alternative anti malaria tablet such as Malarone, in accordance with Annex C of the "Surgeon General's Policy Letter".
116. Full plate dentures shall be removed before diving. Partial dentures may be worn if they are adequately secured to the remaining teeth, and contribute to effectively retaining a diving mouthpiece. There remains a remote possibility that they could become dislodged and cause an obstruction to the airway, which might prove fatal should the diver lose consciousness. Cases of doubt should be referred to a Service Dental Officer for their opinion. Divers shall inform the supervisor if they are conducting diving operations whilst wearing a partial denture.

117. There is a risk of diving related eye infection with the use of all types of contact lens. Divers may wear soft daily disposable contact lenses during diving operations governed by this DCOP. Contact lenses shall be removed and disposed of as soon as reasonably practicable after diving. Other types of lenses are not to be used unless the user has a letter of authority from INM. A copy of the letter of authority is to be retained within the individual diving log. Divers shall inform the supervisor if they are conducting diving operations whilst wearing contact lenses.

Prescribed Safety-Critical Duties and Prescribed Alcohol Limits.

118. Divers are subject to the higher prescribed alcohol limit of 35 microgrammes of alcohol in 100 millilitres of breath, 80 milligrammes of alcohol in 100 millilitres of blood or 107 milligrammes of alcohol in 100 millilitres of urine. No person shall act as a member a dive team in excess of these limits. It is an individual’s Personal responsibility to ensure they are not in excess of these limits when Reporting to work as a member of a diving team.

119. Diving Officers and Supervisors shall not allow individuals who they have reasonable cause to believe to be in excess of the higher prescribed alcohol limit or under the influence of drugs to participate in a diving project. They shall refer them to the Commanding Officer (CO) for testing (see paragraph 120).

Safety Critical Duties.

120. A CO has the power to require a person who is subject to Service law to cooperate with preliminary testing for alcohol or drugs when the CO has reasonable cause to believe that the person's ability to carry out the duty is impaired through alcohol or drugs or the person is over a set prescribed limit. When any member of the dive team is suspected to be over the higher prescribed alcohol limit (see paragraph 118) they shall not be allowed to participate in the diving project until guidance has been sought in accordance with JSP 835 Chapter 5 and BRd 9600 (Ships General Orders Chapter 10).

Regulation 12. Duties of and Restrictions on Divers

12.1 No diver shall dive in a diving project unless they:

   a. have a valid certificate of medical fitness to dive.

121. All military divers must have a valid certificate of medical fitness to dive iaw BRd 1750A. The certificate of medical fitness to dive is a statement of the diver’s fitness to perform work underwater, and is valid for a maximum of 12 months.
122. All MOD Civil Servants employed to deliver Joint Service Sub-Aqua diving and Joint Service Sub-Aqua essential civilian divers must have a valid certificate of medical fitness to dive issued by a HSE medical examiner of divers, generally known as Approved Medical Examiner of Divers (AMED). The certificate of medical fitness to dive is a statement of the diver’s fitness to perform work underwater, and is valid for as long as the doctor certifies, up to a maximum of 12 months. A list of HSE medical examiners is available on the HSE diving website.

123. Where an annual medical examination is carried out less than a month before the expiry of the current HSE medical certificate to dive, the start date of the new certificate may begin from the expiry date of the current certificate.

124. It is the divers responsibility to remain medically in date to dive and declare to the supervisor anything (including any illness or medical condition) which may make them unfit to dive.

Regulation 15. Certificate of Medical Fitness to Dive

Regulation 15 15.2 For regular and reserve military personnel undertaking adventurous training diving, a certificate of medical fitness to dive is a certificate from a medical examiner of divers in accordance with BRd 1750A (or from the Institute of Naval Medicine (INM) following an appeal in accordance with BRd 1750A) that the person issuing the certificate considers the person named in the certificate to be fit to dive.

15.3 For MOD civil servants employed to deliver Joint Service Sub-Aqua diving or Joint Service Sub-Aqua essential civilian divers, a certificate of medical fitness to dive is a certificate from a medical examiner of divers (or from the HSE following an appeal under paragraph 15.6) that the person issuing the certificate considers the person named in the certificate to be fit to dive.

DCOP 15 125. The medical examination and assessment look at the diver’s overall fitness to dive. These include the main systems of the body – cardiovascular system, respiratory system and central nervous system – as well as the ears, nose and throat, vision, dentition, and the person’s capacity for exercise.

Regulation 15 15.8A “medical examiner of divers” for regular and reserve military divers, means a medical practitioner who is, or who falls within a class of medical practitioners in accordance with BRd 1750A, approved in writing by the INM for the purposes of this regulation; and any which may be given generally or restricted to any class of diver or dive.

15.9A “medical examiner of divers” for MOD civil servants employed to deliver Joint Service Sub-Aqua diving or Joint Service Sub-Aqua essential civilian divers, means a medical practitioner who is, or who falls within a class of medical practitioners which is, for the time being, approved in writing by the HSE for the purposes of this regulation; and which may be given generally or restricted to any class of diver or dive.

DCOP 15 126. The Institute of Naval Medicine approves doctors to carry out diving medical examinations.

127. HSE approves doctors to carry out diving medical examinations. A list of these medical examiners is available on the HSE diving website.