

Stirling University Sub Aqua Club
Safety Regulations



1. **Local Rules**

These local rules must be used in conjunction with the Scottish Sub-Aqua Club whose safety guidelines and training schedule must be followed. The exceptions being where the local rules differ, in which case the local rules of SUSAC must take precedence.

- a) All training and diving must take place in accordance with the SSAC Code of Practice. All training should be given by divers of at least 2nd class standard and preferably by qualified Instructors. In the absence of suitably qualified personnel the Diving Officer may appoint experienced 3rd class divers to assist with training.
- b) All Branch diving (where club equipment or inexperienced divers are present) MUST receive prior approval from the Diving Officer who has the power of veto.
- c) The Diving Officer and Training Officer are to maintain accurate records of all members, as regards the level of training, medical details, competence, etc.
- d) The Dive Marshall shall be appointed by the Diving Officer and is responsible for the pairing of divers and should take care to pair the least experienced with the most experienced divers.
- e) All divers attending open water dives must ensure that the Dive Marshall is aware of their levels of training and experience.
- f) The following restrictions shall apply:
 - (i) Trainees may only dive with 2nd Class divers or experienced 3rd Class appointed by the Diving Officer.
Depth limitations
Maximum dives 1-3 10m
Maximum dives 4-10 20m
 - (ii) 3rd Class may dive with other third class divers. Maximum depth 30m, dive beyond this depth must be cleared with the Diving Officer who has the right of veto.

- (iii) 2nd Class may dive with any diver. Maximum depth 40m. All dives over 40m must be cleared in advance with the National Diving Council.
- g) Decompression dives are not to be undertaken without the express approval of the Diving Officer who should be acquainted with the full dive plan.
- h) Pressure shall not be placed on any divers to complete a dive.
- i) Any difficulties, such as apprehension, panic or an in water incident MUST be reported to the Diving Officer for inclusion in the Branch Records. The Diving Officer should notify the appropriate personnel (e.g. Dive Marshal) of any potential problems.
- j) If restrictions are placed on a dive by the DIVING OFFICER, OR APPOINTED DIVE MARSHAL, they **MUST BE STRICTLY ADHERED TO**. (Especially in relation to training, deep, repeat and multiple dives).
- k) Any boat used in support of diving activities shall be occupied by at least two competent handlers.
- l) All craft used in support of diving activities shall be operated in a careful and vigilant manner and at a reasonable distance from people and property.
- m) The DIVING OFFICER has the authority, without prior consultation, to restrict or to suspend a diver or divers who are of unsatisfactory standard or who act in an irresponsible manner.
- n) The Club shall appoint a SAFETY OFFICER to oversee all aspects of safety within the Club and shall be responsible for reviewing the safety regulations as and when required.
- o) Any diver found to breach any of the above regulations will be immediately suspended pending a Club inquiry. Such an inquiry could suspend the diver for an indefinite period from diving with the Club. In such a case the suspended diver will have the right to one appeal against the suspension. This appeal must be lodged within 14 days of imposed suspension.

2. SSAC Diving Rules

- a) The Training Schedule of the Scottish Sub-Aqua Club must be followed and diving carried out as laid down by the Scottish Sub-Aqua Club.

- b) Members may not dive with an aqualung in open water until bath tests and open water snorkel tests have been completed.
- c) No member shall use an aqualung in open water until they have demonstrated a good knowledge of all relevant lectures.
- d) Members of the Club shall not dive for personal gain while using Club equipment.
- e) Members' diving logbooks must be properly witnessed by an accompanying diver, and training dives must be witnessed by a Training Officer (Branch Diving Officer or Branch Training Personnel).
- f) An expedition must consist of a minimum of eight persons, six of whom must dive.
- g) An expedition leader shall be appointed to be in charge of each diving expedition. He may delegate his authority to suitable members for specific aspects of the expedition.
- h) The Expedition Leader in charge of an expedition may suspend for the duration of the outing any member who fails to obey his instructions as officer-in-charge.
- i) No member may use oxygen rebreather or mixed gas equipment during any indoor swimming session, gala or outing which is the responsibility of the Scottish Sub-Aqua Club, unless there is in operation a fully qualified and approved instructor and course of instruction on the equipment.
- j) No person shall dive with an aqualung, whether privately owned or not, on a club dive or expedition without wearing an adjustable life-jacket (ABLJ) if wearing a wet suit, or wearing an ABLJ or surface life-jacket (SLJ) if wearing a dry suit.
- k) No member shall dive deeper than 20m until s(he) has gained the 3rd Class Diver Certificate.
- l) Never dive alone unless in an emergency or unless roped, with the rope manned on the surface by a competent tender.
- m) Diving whilst taking drugs, other than those prescribed by a Medical Practitioner, and approved by SSAC's Medical Advisers is prohibited.

3. Pool Training Rules

- a) Always carry out the instructions of the Pool Authorities.

- b) Always obey the instructions of Training Personnel and the Club and Branch Bye Laws.
- c) Entry into the water must not be by diving from the side or board except with special permission.
- d) Do not interfere with other swimmers or divers or hinder them when training. Branches may allot lanes for various specific purposes.
- e) Never engage in underwater endurance contests.
- f) Never swim or dive with a cold or other infectious disease.
- g) Training should be carried out only by Branch Members authorised by the Branch Diving Officer and by visiting Club Instructors. These persons are referred to as Branch Training Personnel (BTP).
- h) Take great care not to damage the pool and its fittings.
- i) Nose clips, goggles and ear plugs are not permitted.
- j) During snorkel training, the trainee will be instructed by BTP in the potential dangers of hyperventilation, hypoxia, excessive eardrum pressure and how to clear ears by pressure equalisation through eustachian tubes, life saving, resuscitation, use and importance of life jackets and diving signals.
- k) BTPs must always ensure the safety of trainee(s) - in many instances by entering the water before trainee(s) and leaving it after trainee(s).
- l) Trainees may not at any time dive or use diving equipment whilst alone in the pool.
- m) Allowances for weighting will be made during training with regard to buoyancy.

4. Open Water Expedition Procedure

Equipment

- a) All snorkellers must wear a surface lifejacket (SLJ), but wearing of adjustable lifejacket (ABLJ) is allowed as an alternative providing the snorkeller has received instruction in its use.

- b) All wet suit divers must wear an ABLJ or other buoyancy aid capable of supporting a fully kitted diver, face up, on the surface and ABLJs must be fitted with an inflation device in addition to an oral inflation tube. Alternative inflation devices must be checked before every dive. For recommendations for dry suit divers see section 2.
- c) Always carry a knife, not attached to your weight belt.
- d) Your weight belt must always be separate from your aqualung. It should be put on outside other equipment - it must have a quick release device.
- e) Always carry a snorkel tube and depth gauge.
- f) Never wear ear plugs.

Before the Dive

It is the Expedition Leader's responsibility to choose the dive site and obtain entry permission and to ensure that before the dive the following information is obtained and recorded and is readily available at any time during and after the dive in the form of a log.

- a) Nearest operable telephone to dive site.
- b) Nearest doctor and telephone number.
- c) Nearest coastguard.
- d) Weather forecast and local information on tides, etc.
- e) Nearest operating decompression chamber and telephone number.
- f) Telephone number of HMS Vernon (for decompression advice).
- g) Names of all diving personnel and their experience.
- h) All equipment to be used, including shot line and weight where use of this is mandatory.
- i) Details of dive site, location, depths, local information etc. Also ensure that access to and exit from the site is easy.
- j) Appoint diving personnel as under:

- (i) Dive Marshal
 - (ii) Dive Leaders
 - (iii) Equipment Officer
 - (iv) First Aid/Safety Officer
 - (v) Boat handlers and crew
 - (vi) Stand-by diver - fully kitted
- k) Ensure a First Aid kit is available.
- l) Ensure each diver takes adequate clothing and sufficient food and drink.

Do Not Dive

- a) If you are unfit, tired, cold or feel unwell in any way.
- b) If you are suffering from a cold, nasal or bronchial catarrh.
- d) If you are unhappy about any aspect of the safety of the dive plan, e.g. sea condition, current, etc.
- f) In areas where fishing or boat movements are in progress. Do not dive in shipping channels, on designated wrecks or in restricted areas. (List from SSAC Office).
- g) In deep water without a shot line.

During the Dive

- a) Avoid finning long distances on the surface with aqualung.
- b) Never hold your breath while using an aqualung. Always breathe normally.
- c) Protect yourself against cold and avoid over-exertion.
- d) Abandon a dive if you are feeling worried, unwell or unsure about it.
- e) Never allow your underwater interests to absorb you to the point of exhaustion or danger.
- f) Make use of surface cover, boats, floats, etc.
- g) Limit ascent rates to 15 metres per minute or less.

After the Dive

- a) Always report any symptoms which make you feel apprehensive or unwell.
- b) Be willing to tidy up the site and help with equipment, e.g. boat recovery.
- c) Wash all equipment in fresh water.

On Site

The Expedition Leader's responsibilities are to:

- a) Ensure log is complete as above before diving commences.
- b) Ensure diving personnel are briefed by Dive Marshal on the all aspects of the dive, and that the Dive Leaders brief their buddies on individual dive plans.
- c) The Dive Marshal must list the order of diving by name. Pair up least experienced divers or trainees with most suitably experienced divers. Trainees should normally dive with BTPs.
- d) Note actual free air available for dive and record before and after dive cylinder contents or pressure gauge readings.
- e) Ensure adequate air is available for planned dive.
- f) Ensure each diver carries out buddy check on equipment and reports to Marshal before entering the water.
- g) Display Flag A from boat or shore whilst dive is in progress.
- h) Record times of leaving and regaining surface very carefully. A lookout must be appointed.
- i) Record maximum depth dived and bottom time.
- j) Prior to a dive or a repeat dive which might require decompression stops, consult the current RNPL decompression tables and SSAC advice on 'Deep Diving Recommendation' in SSAC Manual.
- k) Record any decompression stops.
- l) After dive, debrief Dive Leaders and record remarks.
- m) Ensure each diver is safe and well and has adequate creature comforts.

- n) Leave the dive site tidy and undamaged. Pay any harbour dues, close gates etc.
- o) Lodge dive log with BDO for record purposes.

5. Snorkel Diver Certificate

The following training programme and tests must be completed to qualify for the Scottish Sub-Aqua Club Snorkel Diver Certificate. The candidate may only proceed with this programme once all notes on pool training have been read and fully explained. Tests in each group must be completed at a single pool session. The candidate must also attend all recommended snorkel training lectures or attain sufficient knowledge and then pass the Snorkel Diver Award Theory Test.

Swimming Test

- a) Swim 200m freestyle (except backstroke) without stopping.
- b) Swim 100m on the back.
- c) Swim 50m wearing 5kg weight belt. (See note 13 in section 3).
- d) Float on back for 5 minutes with minimal hand and leg movement.
- e) Tread water for 30 seconds with hands and forearms clear of the water.
- f) Recover three objects, one at a time, from a depth not less than 2m or greater than 3m.
- g) Swim a distance of 15m underwater.

Basic Snorkel Test (Fins, mask, snorkel and SLJ to be used throughout)

- a) Sink all equipment in deep end, duck dive, recover and fit on surface whilst treading water and then clear mask underwater using snorkel.
- b) Fin 200m, diving to the bottom at least every 20m, demonstrating a correctly executed surface dive each time.
- c) Tow a snorkel diver, of equal weight, 50m by a recognised method to the satisfaction of the BTP.
- d) As a test of mobility and buoyancy control demonstrate three forward and three backward rolls, using minimal arm and leg movement. Breaths may be taken between each roll.

- e) Fin 20m underwater.
- f) Submerge for 30 seconds underwater without mask and snorkel.
- g) Without mask and snorkel tread water for one minute with hands and forearms clear of the water.

Advanced Snorkel Test (Fins, mask, snorkel, ABLJ or SLJ, weight belt and weights to be worn throughout).

- a) Fin 100m wearing 5kg weight belt (see note 13 in section 3).
- b) Adjust buoyancy to neutral, whilst treading water at the deep end, remove mask, surface dive and place on the pool bottom, surface and fin 100m with face submerged using snorkel tube only.
- c) Compete 2 at the deep end, surface dive and recover and replace mask and fit whilst treading water. Give signal 'I am OK'.
- d) Orally inflate and deflate your LJ on the surface.
- e) Carry out a simulated rescue. Answering a surface distress signal, fin 50m at speed to the victim. Inflate LJs as necessary and tow a further 50m giving EAR. Land body at the deep end and continue with EAR for two minutes, finally placing victim in recovery position.

Open Water Snorkel Tests

These tests to be taken with snorkel equipment, SLJ and weighted for neutral buoyancy.

- a) Fin 500m in open water.
- b) Snorkel dive to a depth of 6m and recover an object.
- c) Perform a rescue of a snorkel diver in open water and tow 50m by a recognised method, whilst giving EAR.
- d) Act as a snorkel cover for a party of divers on two separate occasions, maintaining contact with, and marking position of divers. Render assistance as necessary.