

CARLISLE SUB AQUA CLUB

DIVE LOG / RISK ASSESSMENT

SITE / LOCATION Jackdaw Quarry / Capernwray		DATE		ORGANISER			MARSHALL / SAFETY / FIRST AID				
PURPOSE		WEATHER		WIND – STRENGTH - DIRECTION			SHORE / BOAT				
SEA CONDITIONS N/A	TIDE STATE N/A		H.W. TIME N/A		CURRENT N/A		WATER TEMP.		VIZ		02/FIRST AID KIT Y / N
DIVER	QUAL	CYL	AIR IN	AIR OUT	TIME IN	DEPTH	DURATION	INTER	DEC	NITROX %	DIVER INITIAL
TRAINEE	TRAINING						INSTRUCTOR			INST/TRAINEE INITS.	

WATER ENTRY / EXIT		DIVE SITE	
Distance car park – entry point	Approx. 200M	Dive profile	Steep sides, undulating bottom. Training area from 1 – 10m
Terrain	Tarmac, gravel & stone path	Max depth	20m at Sump – average 14m in main area.
Ease of Entry	2 bays & jetty for jump	Steepness of bottom	Undulating with some hillocks
Number of exit points	2 bays	Type of bottom	Rock, gravel, stone, sand & silt
Ease of exit	Easy but can be crowded in training areas.	Entanglements	Number of underwater attractions, old cars, boats etc

HAZARD	RISK REDUCTION MEASURES
Car park very busy & crowded, gear lying around, children & pets running around	Watch for traffic, care needed when walking in gear.
Can be a long walk with gear on especially in hot weather, uneven underfoot	Trainee – kit up near water, put dry suit on last. If problems with back use a trolley to move gear to water. Care needed when walking to entry point
Training area can be crowded	Be aware of divers when entering & exiting the water. Watch for feet when underwater in the shallows. Keep close to buddy.
Poor visibility, especially second dive.	Stay close to buddy. 1:1 ratio; use buddy line, torch. Know separation procedure. Abort dive if necessary
Jump from jetty	Explain procedure to trainees / inexperienced divers. Keep equipment close to body to prevent injury to diver or damage to equipment.
Any diving - related incident call 999 (VHF Channel 16) and ask for the Coastguard. Suspected Decompression Sickness/Embolism: lay casualty flat, give 100% oxygen continuously as soon as possible, give casualty water/isotonic drinks, contact the Coastguard. First Aid Remove from danger Maintain breathing/circulation Stem bleeding Treat for shock Seek help	
Doctor Telephone EMERGENCY TELEPHONE ON SITE	Hospital Telephone Coastguard Telephone 0151 9313341 / 999
Royal Navy Doctor Helpline 07831 151523	Aberdeen Royal Infirmary Helpline 0845 4086008

