

CARLISLE SUB AQUA CLUB

DIVE LOG / RISK ASSESSMENT

SITE / LOCATION HAUSE POINT / CRUMMOCK WATER		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	100m to bay from bottom CP 25m to rocks from top car park	Dive profile	Slope from bay, steep drop around rock face
Terrain	Road, grass and rocks	Max depth	30-32m along rock face
Ease of Entry	Easy from bay, awkward from rocks.	Steepness of bottom	West – gradual slope to 30m SE steep rock face to 30m
Number of exit points	Wide bay or rock ledge	Type of bottom	Rock, shale & silt
Ease of exit	Easy in bay, awkward to rock ledge.	Entanglements	Number of tree branches scattered around, occasional fishing line.

HAZARD	RISK REDUCTION MEASURES
Car park can be busy, gear lying around, uneven ground, potholes etc	Watch for traffic, keep gear tidy. Take care walking with gear on
Walk from CP to bay, bad bend, traffic, gravel on beach	Watch for traffic keep to grass verge care needed on steps to bay can be wet, gravel can be awkward to walk on with fins when entering the water.
Walk can be tiring for trainees especially in summer	If necessary kit up at bay – especially trainees. Help with gear and entry into water.
Training area can be crowded	Be aware of other divers when entering & exiting. look for bubbles
Poor visibility especially on rock face to 30m Rock face can be dark, drops away from 16m	Stay close, use buddy line, torch. Trainees no deeper than 20m. Abort dive if nec. Trainees no further than big tree until they have good buoyancy .
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 01900 648866 Dr Wilmot Workington	Hospital Telephone 01228 523444 or 01946 693181
Coastguard Telephone 01407 762051 or 999	
Royal Navy Doctor Helpline 07831 151523	Aberdeen Royal Infirmary Helpline 0845 4086008

