

# CARLISLE SUB AQUA CLUB

## DIVE LOG / RISK ASSESSMENT

SITE / LOCATION / Eyemouth		DATE			ORGANISER				MARSHALL / SAFETY / FIRST AID		
PURPOSE		WEATHER			WIND – STRENGTH - DIRECTION				SHORE / BOAT		
SEA CONDITIONS	TIDE STATE	H.W. TIME		CURRENT		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	100 – 200m to pontoon	Dive profile	Varies with site
Terrain	Good road, pontoon with non slip covering	Max depth	20m trainees; 30m Sports Divers; 40m Master Divers
Ease of Entry	RIB - Backward roll - easy	Steepness of bottom	
Number of exit points	RIB entry	Type of bottom	Rocky reef, gravel, sand, gullies, tunnels, caves
Ease of exit	As per RIB entry	Entanglements	Kelp in shallows, lobster pot lines, occasional fishing line

HAZARD	RISK REDUCTION MEASURES
Busy car park	Take care when moving around with gear
Pontoon slope can be steep at low tide	Care needed when climbing up/down at low tide especially with gear. HOLD ON to railings
Ascent with DSMB	Ensure all divers are familiar with use of DSMB
Current/tide – depends on state of tide & dive site	Take advice from skipper. Change site. Abort dive.
See overleaf for dive boat hazards, etc RHIB	Keep gear tidy before & after dive, listen to skipper re seating etc
<b>Any diving - related incident call 999 (VHF Channel 16) and ask for the Coastguard.</b> <b>Suspected Decompression Sickness/Embolism: lay casualty flat, give 100% oxygen continuously as soon as possible, give casualty water/isotonic drinks, contact the Coastguard.</b> <b>First Aid</b> <b>Remove from danger   Maintain breathing/circulation   Stem bleeding   Treat for shock   Seek help</b>	
Doctor Telephone Eyemouth – 01890 750599	Hospital Telephone Berwick – 01289 307484
Coastguard Telephone 01890 750348 or 999 or CH 16	
Royal Navy Doctor Helpline 07831 151523	Aberdeen Royal Infirmary Helpline 0845 4086008

