

CARLISLE SUB AQUA CLUB

DIVE LOG / RISK ASSESSMENT

SITE / LOCATION / Farne Islands			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	100m along harbour side	Dive profile	Varies with dive site
Terrain	Concrete road, steps to meet boat	Max depth	20m trainees; 30m Sports Divers; 40m Master Divers
Ease of Entry	Giant stride or roll	Steepness of bottom	
Number of exit points	1 – diver lift skipper will explain entry method	Type of bottom	Rocks, gullies, reefs, stone/gravel, sand, kelp
Ease of exit	Very easy	Entanglements	Kelp in shallows, lobster pot lines, wrecks

HAZARD	RISK REDUCTION MEASURES
Busy harbour side & steps down to boat	Take care when moving around with gear. Care needed to steps, can be wet
Ascent with DSMB	Ensure all divers are trained in its use
Seals	Do not chase, respect their space, beware they have sharp teeth
Poor visibility	Keep close to buddy. Ratio 1:1 use torch, strobe, buddy line. Abort dive.
Tides / currents	Take advice from skipper. Change dive site or abort dive if necessary. All divers to be qualified.

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 Seahouses – 01665 720917	Hospital Telephone Newcastle -	Coastguard Telephone 01262 672317 or 999 or CH16
Royal Navy Doctor Helpline 07831 151523		Aberdeen Royal Infirmary Helpline 0845 4086008

