

# CARLISLE SUB AQUA CLUB

## DIVE LOG / RISK ASSESSMENT

SITE / LOCATION /		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	200m along very busy road with fast traffic	Dive profile	Gentle slope down to 20m. Rock reef between 8/25m
Terrain	Pavement; steep footpath to shore	Max depth	20m trainees; 30m Sports Divers; 40m Master Divers
Ease of Entry	Easy walk into water	Steepness of bottom	Gradual slope then steeper to 40m
Number of exit points	Level shore line	Type of bottom	Rocky reef, gravel, sand & silt at lower depths
Ease of exit	Easy on to beach, shore line can be rocky	Entanglements	Kelp in shallows

HAZARD	RISK REDUCTION MEASURES
Very busy main road with fast traffic	Take EXTREME care crossing the road from lay by - use the pavement. Use trolley for moving gear if necessary
Walk from layby especially if the weather is hot	Kit up by Loch shore. Assist each other with gear. Dry suit last.
Steep path to shore	Take care descending especially with gear. path can be muddy & slippery when wet from rain/wet gear etc.
Poor visibility	Keep close to buddy. Ratio 1:1 use torch, strobe, buddy line. Abort dive.
Loch shore – rocks can be slippery at certain states of the tide	Assist each other when entering exiting the water. Don't walk with fins on

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 <b>Arrochar – 01301 702531</b>	Hospital Telephone <b>Glasgow – 0141 2112000</b>	Coastguard Telephone <b>01475 729988 or 999</b>
Royal Navy Doctor Helpline <b>07831 151523</b>		Aberdeen Royal Infirmary Helpline <b>0845 4086008</b>

