

CARLISLE SUB AQUA CLUB

DIVE LOG / RISK ASSESSMENT

SITE / LOCATION / St Abbs		DATE			ORGANISER				MARSHALL / SAFETY / FIRST AID				
PURPOSE		WEATHER			WIND – STRENGTH - DIRECTION				SHORE / BOAT				
SEA CONDITIONS		TIDE STATE		H.W. TIME		CURRENT		WATER TEMP.		VIZ		O2/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	50m to harbour side; 100m to slipway	Dive profile	
Terrain	Cement road, can be slippery on slipway	Max depth	20m trainees; 30m Sports Divers; 40m Master Divers
Ease of Entry	Backward roll - easy	Steepness of bottom	Most sites slope away from shore
Number of exit points	1 - ladder	Type of bottom	Rocky reef, gravel, sand, gullies, tunnels, caves
Ease of exit	Remove fins before climbing ladder	Entanglements	Kelp in shallows, lobster pot lines, occasional fishing line

HAZARD	RISK REDUCTION MEASURES
Busy car park	Take care when moving around with gear
Ladder down harbour side	Care needed when climbing up/down at low tide
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
See overleaf for dive boat hazards, etc	

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 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	

