

OPEN WATER TRAINING (Inland Sites)

Site: Inland Dive Sites

Cromhall, Dosthill, Stoney Cove & Vobster Quay

Project: Entry Level Training & Skills Review

Club name: InDepth Dive Centre & Club



RECREATIONAL PROJECT PLAN



OPEN WATER TRAINING (Inland Sites)



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CONTENTS

1. Overview

2. Project Plan

- i. Basic Description
- ii. Key Hazard List

3. Method Statement

- i. Work Summary
- ii. Access & Site Environment
- iii. Lifting & Associated Operations
- iv. Site Controls & Responsibilities
- v. Miscellaneous

2. Project Plan

- i. Site Induction
- ii. Project Briefings
- iii. Task (Dive) Specific

3. Club Recreational Project Plan

4. Dive Planning

5. Dive 1 Tasks

6. Dive 2 Tasks

7. Dive 3 Tasks

8. Dive 4 Tasks

9. Dive 5 Tasks

10. Risk Matrix

11. Emergency Action Flowchart

12. Emergency Action Plan

13. Emergency Action Plan - Cycle of Care Plan

14. Emergency Action Plan - Unresponsive/Unconscious Diver

15. Emergency Action Plan - Injured Diver

16. Emergency Action Plan - Trapped/Entangled Diver

17. Emergency Contact List

18. Dive Management Sheet

19. Location Information

- i. Addresses
- ii. What Three Words

OPEN WATER TRAINING (Inland Sites)



RECREATIONAL PROJECT PLAN OVERVIEW

Site: Inland Dive Sites

Cromhall, Dosthill, Stoney Cove & Vobster Quay

Project: Entry Level Training & Skills Review

Club name: InDepth Dive Centre & Club

Revision Dates: 11/22, 11/23

Date of next review: November 2024

VERSION 1.0 REVISION 3

Project Plan created by: James Neal

Date: October 2021

SIGNED.....
James Neal

THIS IS A DIVE CLUB RECREATIONAL PROJECT

For the purposes of clarity, it should be noted that this is a recreational project being carried out by members, (Instructors, Divemasters & Support) of InDepth Dive Club. (James Neal is the Diving Officer for InDepth and all parties taking part are members of the club also.) No team members are being paid or are at work. However, despite being a recreational project, all diving and diving related activities will be conducted in a professional and safe manner. Appropriate documentation and Risk Assessments have been created. The use of logos for Inland Dive Centres, Hardboats, or any other body, are purely to identify the location or nature of the project and for aesthetic reasons and does not imply any form of work related activity.

BASIC TASK DESCRIPTION

To undertake recreational diver training courses as laid out by the Sub-Aqua Association and PADI (Professional Association of Diving Instructors). These courses will follow strict agency protocols and 'standards' as dictated by the issuing agency.

To build on knowledge development and skills learnt both in the classroom and confined water (swimming pool) environment by taking those skills and putting them into practice in an open water (inland dive site) environment. The skills being further developed will include such skills as: dive & gas planning, equipment set-up, pre-dive safety checks, deep water entry, buoyancy control, mask flooding, regulator recovery & freeflows, alternate air source use, out of gas drills, DSMB deployment, dry suit control, weight belt removal, underwater navigation, descents and ascents both with and without a shot line or visual reference, removal and replacement of scuba unit, tired diver tows, cramp removal, snorkel regulator exchange. For a definitive list of skills being undertaken on each dive please refer to the 'Dive Schedule' within this Project Plan.

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RECREATIONAL PROJECT PLAN

Site: Inland Dive Sites

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VERSION 2.0 REVISION 3

BASIC TASK DESCRIPTION	To undertake 2, 4 or 5 dives depending on certification level in order to facilitate entry level scuba diver training. 2 dives for PADI Scuba Diver, 4 PADI Open Water Diver or 5 if completing a Dry Suit 'Bolt-on' course. A similar number of dives is required if completing either the SAA Elementary or Open Water Diver certifications.
SITE INFORMATION	For this level we use the main inland dive sites nearby, which are: Cromhall, Dosthill, Stoney Cove & Vobster Quay
SITE SPECIFIC HAZARD CONTROLS	There is a substantially increased risk of slips, trips and falls at Cromhall, due to the uneven surface and all dive sites have trip hazards below the surface at entry and exit points. Advise team members to take additional care, particularly when carrying kit or on entry/exit of the water..
CLIENT	This is a club dive, as such there is no client. the training is provided to club members.

Key Site Hazard List:

1.	No communication between divers and surface. Whilst we have an 'OceanEars' Diver Recall System, this can not be used inland.
2.	Slips, trips and falls, particularly when carrying equipment. Deep water, uneven surfaces, unseen underwater hazards, cold water.
3.	Cromhall waterside is remote access.
4.	Exposure to elements.
5.	Communication between surface and EMS. (Mobile Signal Coverage)* *Providers network coverage should be checked each day.

OPEN WATER TRAINING (Inland Sites)



METHOD STATEMENT

1. WORK SUMMARY	<p>The works required for this entry-level training project are typically light weight works, particularly in-water. The team would typically consist of two or more divers, the instructor and at least one student(s). Although it is preferable to have a third diver (support diver) or even a fourth if there are additional students. A maximum of 4 students (8 permitted by standards) is the club policy. The divers would typically spent about 30 to 45 minutes on each dive. Each dive would be planned in advance with specific skills in mind. See 'Dive Schedule' for comprehensive skills list.</p>
2. ACCESS & SITE ENVIRONMENT	<p>Access to the water is typically via a 'Giant Stride'. However, it is possible to enter the water at some inland sites via a sloping entrance and fin ladders. In some instances it is preferable to access the water via this method.</p> <p>ACCESS OPTIONS:</p> <ul style="list-style-type: none">i. Giant Stride from Pontoonii. Fin Ladders on Pontooniii. Sloping Roadiv. Casualty -Spine Boardv. Casualty - 'Fireman's Lift' <p>Removing a casualty from the water can present certain issues, in most instances it would be necessary to first 'de-kit' the casualty and the rescuer would also potentially need to de-kit in order to assist with lifting the casualty from the water.</p>
3. LIFTING & ASSOCIATED OPERATIONS	<p>The works required for this entry-level training project are typically light weight works. With items such as 12 litre cylinders, weight belts and cameras typically being the heaviest individual items. However, some items can be awkward to carry. Particularly cylinders. Proper lifting techniques should be used and appropriate care taken. Uneven pontoon and loose gravel are the main hazards when carrying these items.</p> <p>Divers are also required to regularly climb in and out of the water, either via steps or sloping bottom. Any additional kit should be removed and either clipped off or handed up. Divers should not attempt to exit the water carrying all kit. Example, Insructors may have additional cylinders, DMs may have cameras.</p>
4. SITE CONTROLS & RESPONSIBILITIES	<p>Dive operations, sub surface works, any works that directly or indirectly may impact the diving operations are under the control of the Dive Supervisor.</p> <p>Only the Dive Supervisor (instructor) can activate a diver, however any member of the dive team or site management can call a stop on diving operations.</p>
5. MISCELLANEOUS	<p>Appropriate clothing and ancilliaries should be provided to all persons remaining on the surface. Warm clothing for winter, waterproof jackets, umbrellas etc. And suitable shade and cooler clothing in the summer.</p>

OPEN WATER TRAINING (Inland Sites)



INDUCTION & BRIEFINGS

1. SITE INDUCTION	
<p>Site Basics Check-in / Registration / Paperwork Shop / Cafe Changing Rooms & Toilet Facilities Gas Room</p> <p>Special Precautions Uneven Surfaces</p> <p>Diving Safely Access and Egress of Divers and Vehicles Lifting Operations</p>	<p>Any Questions?</p>
2. PROJECT BRIEFING	
<p>Details of Project</p> <p>Working site description</p> <p>COVID-19 PRECAUTIONS (Gas Sharing Drills & Skills)</p> <p>Training Requirements</p> <p>Surface Cover / Dive Supervisor Access to mobile phone signal? (Check) Last Vehicle Down / Emergency Route Clear Dive Management Gas Management</p> <p>Emergency Procedures First Aid Location O2 Location / Use DeFib Location / Use Emergency Action Plan Missing Diver Unresponsive Diver Injured Diver Trapped / Entangled Diver</p>	<p>Any Questions?</p>
3. TASK (Dive) SPECIFIC	
<p>Dive Skills on each dive per the 'Dive Schedule' (Agency Slates)</p>	<p>Any Questions?</p>

OPEN WATER TRAINING (Inland Sites)



CLUB RECREATIONAL PROJECT PLAN

USE SEPARATE BLANK SHEETS & COMPLETE FOR EACH COURSE

NAME(S) OF PROJECT	[INSERT AGENCY AND COURSE TITLE]			
DATE(S)	[INSERT DATE(S)]			
LOCATION OF DIVING ACTIVITIES	There is a substantially increased risk of slips, trips and falls at Cromhall, due to the uneven surface and all dive sites have trip hazards below the surface at entry and exit points. Advise team members to take additional care, particularly when carrying kit or on entry/exit of the water..			
DIVE SUPERVISOR IN CHARGE & QUALIFICATION	NAME:		SIGNATURE: _____	
	QUALIFICATION:			
NAME(S) OF FIRST AIDERS & O2 ADMINSTRATORS	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]
	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]
IN-WATER SUPPORT DIVER(S)	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]	[INSERT NAME]
STUDENT RATIOS	8:1 PERMITTED			
	4:1 POLICY			
LOCATION OF:	FIRST AID	O2	DEFIB	
	[INSERT]	[INSERT]	[INSERT]	
EQUIPMENT REQUIRED (per diver)	MASK HOOD WEIGHT BELT / HARNESS CYLINDER REGULATOR SET DRY SUIT / SEMI DRY SUIT / WETSUIT THERMAL UNDERSUIT (With Dry Suit)		SNORKEL GLOVES WEIGHTS BCD / WING FINS COMPUTER (Optional)	
BREATHING GAS(SES)	AIR			
IN-WATER COMMS	DSMBs and hand signals. Briefed during each pre-dive briefing.			

OPEN WATER TRAINING (Inland Sites)



CLUB RECREATIONAL PROJECT PLAN

USE SEPARATE BLANK SHEETS & COMPLETE FOR EACH COURSE

CLUB EQUIPMENT SAFETY CHECK	<p>"I have checked the club equipment for operation immediately prior to its use and am satisfied that it has all been serviced according to manufacturers guidelines" (signed supervisor(s)):</p> <p>NAME:</p> <p style="text-align: right;">SIGNATURE:</p>
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STUDENT OWNED EQUIPMENT SAFETY CHECK	<p>STUDENT NAME: STUDENT NAME:</p> <p>SIGNATURE: SIGNATURE:</p> <p>STUDENT NAME: STUDENT NAME:</p> <p>SIGNATURE: SIGNATURE:</p>
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LOCATION OF DIVING ACTIVITIES	<p>There is a substantially increased risk of slips, trips and falls at Cromhall, due to the uneven surface and all dive sites have trip hazards below the surface at entry and exit points. Advise team members to take additional care, particularly when carrying kit or on entry/exit of the water..</p>
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SITE SPECIFIC DETAILS:	DEPTH(S)	VISIBILITY	TEMPERATURE	CONSERVATION
	[INSERT]	[INSERT]	[INSERT]	[INSERT]
	DIVE TIME	BOTTOM COMP	ACCESS	POLLUTION
	[INSERT]	[INSERT]	[INSERT]	[INSERT]

IN-WATER SUPPORT DIVER(S)	[INSERT NAME]	[INSERT NAME]
	[INSERT NAME]	[INSERT NAME]

DIVING TASKS	DIVE 1	[INSERT]
	DIVE 2	[INSERT]
	DIVE 3	[INSERT]
	DIVE 4	[INSERT]
	DIVE 5	[INSERT]

PROJECT BRIEFINGS UNDERSTOOD:	<p>STUDENT NAME: STUDENT NAME:</p> <p>SIGNATURE: SIGNATURE:</p> <p>STUDENT NAME: STUDENT NAME:</p> <p>SIGNATURE: SIGNATURE:</p>
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OPEN WATER TRAINING (Inland Sites)



DIVE PLANNING

Entry level divers are required to learn basic dive planning.

It is InDepth's policy to teach proper dive & gas planning at entry level and to reinforce this on all successive courses. The sort of thing covered in a typical dive plan would be:

1. Calculate available gas. Cylinder size x bar. i.e. 12L x 210 bar = 2,520 Ltrs
2. Using a SAC (Surface Air Consumption) rate of 25 ltrs per minute for new divers. Calculate how long that gas would last at 10 mtrs, 20 mtrs & 30mtrs
3. Teach students the rule of thirds / reiterate min 50 bar on the surface
4. On dives 3, 4 and 5, have students calculate how long their gas should last, before they enter the water, for the dive they are about to do.

Example: 12Ltrs x 210 bar = 2,520 Ltrs total gas.

Divide by 3 gives a reserve of = 840 Ltrs & useable gas of = 1,648 Ltrs

Using a SAC rate of 25 Lpm the useable gas would last = 67 minutes

At 10 mtrs depth it would last = 33 minutes

At 20 mtrs depth it would last = 22 minutes


At 30 mtrs depth it would last = 16 minutes

Reinforce ascent rate to students of 10 mtrs per minute and the need for a safety stop. Ensure students understand that at 18 mtrs they are at least 5 minutes away from the surface! Upon realising this, most students then have a better grasp of why gas planning is so important. Reiterate the need to calculate the ascent rate and account for the safety stop in their dive plan.

Have students calculate what their own SAC rate is on one of the dives (10 mtrs for 5 mins) and then recalculate for each of the above depths using their SAC rate.

EXAMPLE DIVE PLAN (for illustration purposes only) BELOW:

DEPTH	55m	50m	21m	18m	15m	12m	9m	6m
PLAN		22	2:47 28	2:00 30	2:00 32	2:00 34	2:00 36	18:00 54
+ 5 MTRS	22		2:13 28	2:00 30	2:00 32	2:00 34	2:00 36	23:00 59
+ 5 MINS		27	2:47 33	2:00 35	2:00 37	2:00 39	2:00 41	26:00 67
+5/5	27		4:00 35	2:00 37	2:00 39	2:00 41	4:00 45	30:00 75
LOST DECO		22	0:47 26	2:00 28	2:00 30	3:00 33	7:00 40	66:00 106

 Denotes NOTOX Gas Switch
21m = 50%
9m = 80%*

(*if planned / carried)

OPEN WATER TRAINING (Inland Sites)



OPEN WATER DIVES DIVE 1

Dive 1 will consist of the following skills in order to meet course requirements or 'standards:

MAXIMUM DEPTH FOR DIVE 1: 12 Metres

ANTICIPATED DIVE TIME: 30-45 MINUTES

1. Site Briefing & Health & Safety
2. Dive Briefing & Hand Signals Review
3. Pre-Dive Acclimatisation
4. Equipment Assembly
5. Pre-Dive Safety Checks
6. Entry (positively buoyant) & Good Surface Habits
7. Weight Check
8. Snorkel-to-Regulator Exchange (Dive Flexible)
9. Controlled 5 Point Descent - SORTED (Use of SHOT Line or sloping bottom)
10. Trim Check
11. Clear Partially Flooded Mask
12. Regulator Recovery & Clear
13. Explore Dive Site
 - i. Good Bouyancy Skills
 - ii. Good Gas Management / Awareness
 - iii. Good Environment & Depth Awareness
14. Controlled 5 Point Ascent - STELA
15. Good Surface Habits
16. Emergency Weight Drop (Dive Flexible)
17. Safe Exit
18. Equipment Disassembly & Post-Dive Care
19. Debrief & Log Dive

OPEN WATER TRAINING (Inland Sites)



OPEN WATER DIVES DIVE 2

Dive 2 will consist of the following skills in order to meet course requirements or 'standards:

MAXIMUM DEPTH FOR DIVE 2: 12 Metres

ANTICIPATED DIVE TIME: 30-45 MINUTES

1. Dive (& Gas) Planning & Briefing (Hand Signals)
2. Equipment Assembly
3. Pre-Dive Safety Checks
4. Entry & Good Surface Habits
5. Weight & Trim Check
6. BCD Oral Inflation on the Surface
7. Cramp Release (Dive Flexible)
8. Tired Diver Tow (Dive Flexible)
9. Controlled 5 Point Descent - SORTED
10. Neutral Buoyancy Practice
11. Clear Fully Flooded Mask
12. Alternate Air Source use (As donor & Receiver) - NOTE: COVID Precautions
13. Explore Dive Site
 - i. Good Bouyancy Skills
 - ii. Good Gas Management / Awareness
 - iii. Good Environment & Depth Awareness
14. DSMB Deployment (Dive Flexible)
15. Controlled 5 Point Ascent - STELA
16. Good Surface Habits
17. Safe Exit
18. Equipment Disassembly & Post-Dive Care
19. Debrief & Log Dive

OPEN WATER TRAINING (Inland Sites)



OPEN WATER DIVES DIVE 3

Dive 3 will consist of the following skills in order to meet course requirements or 'standards:

MAXIMUM DEPTH FOR DIVE 3: 18 Metres

ANTICIPATED DIVE TIME: 30-45 MINUTES

- 1. Dive (& Gas) Planning & Briefing (Hand Signals)**
- 2. Equipment Assembly**
- 3. Pre-Dive Safety Checks**
- 4. Entry & Good Surface Habits**
- 5. Weight & Trim Check**
- 6. Weight System & Scuba Kit Removal & Replacement on Surface (Dive Flexible)**
- 7. Straight Line Compass Swim on Surface (Dive Flexible)**
- 8. Controlled 5 Point Descent (with Visual Reference) - SORTED**
- 9. CESA - Controlled Emergency Swimming Ascent (Dive Flexible)**
- 10. 2nd Controlled 5 Point Descent (with Visual Reference) - SORTED**
- 11. Hovering with Oral BCD Inflation**
- 12. Mask Removal & Replacement**
- 13. Underwater Compass Navigation (Dive Flexible)**
- 14. Explore Dive Site**
 - i. Good Bouyancy Skills**
 - ii. Good Gas Management / Awareness**
 - iii. Good Environment & Depth Awareness**
- 15. Controlled 5 Point Ascent - STELA**
- 16. Good Surface Habits**
- 17. Safe Exit**
- 18. Equipment Disassembly & Post-Dive Care**
- 19. Debrief & Log Dive**

OPEN WATER TRAINING (Inland Sites)



OPEN WATER DIVES DIVE 4

Dive 4 will consist of the following skills in order to meet course requirements or 'standards:

MAXIMUM DEPTH FOR DIVE 4: 18 Metres

ANTICIPATED DIVE TIME: 30-45 MINUTES

1. Dive (& Gas) Planning & Briefing (Hand Signals)
2. Equipment Assembly
3. Pre-Dive Safety Checks
4. Entry & Good Surface Habits
5. Weight & Trim Check
6. Free Descent without Visual Reference - SORTED
7. Explore Dive Site
 - i. Good Bouyancy Skills
 - ii. Good Gas Management / Awareness
 - iii. Good Environment & Depth Awareness
8. Controlled 5 Point Ascent - STELA & Safety Stop
9. Good Surface Habits
10. Safe Exit
11. Equipment Disassembly & Post-Dive Care
12. Debrief & Log Dive

OPEN WATER TRAINING (Inland Sites)



OPEN WATER DIVES DIVE 5 - Dry Suit Bolt-On

Dive 5 will consist of the following skills in order to meet course requirements or 'standards':

MAXIMUM DEPTH FOR DIVE 5: 18 Metres - ALL UNDERWATER SKILLS IN 6 METRES

ANTICIPATED DIVE TIME: 30-45 MINUTES

1. Dive (& Gas) Planning & Briefing (Hand Signals)
2. Equipment Assembly
3. Pre-Dive Safety Checks
4. Entry & Good Surface Habits
5. Weight & Trim Check
6. Descent with SHOT Line or Sloping Bottom - SORTED
7. Hovering & Buoyancy Skills
8. Dry Suit Inflator Removal & Replace
9. Inversion Exercise
10. Explore Dive Site
 - i. Good Bouyancy Skills
 - ii. Good Gas Management / Awareness
 - iii. Good Environment & Depth Awareness
11. Controlled 5 Point Ascent - STELA & Safety Stop
12. Good Surface Habits
13. Safe Exit
14. Equipment Disassembly & Post-Dive Care
15. Debrief & Log Dive

OPEN WATER DIVES SKILL REVIEW / REFRESHMENT

Skill review and refreshment dives will consist of all skills as detailed in dives 1-5 in order to meet course requirements or 'standards'.

OPEN WATER TRAINING (Inland Sites)



RISK ASSESSMENTS

All in-water activities (courses) have to be Risk Assessed.

We use the Risk Matrix below to assess each activity/site.

Please refer to individual Risk Assessments prior to any in-water activities.

RISK MATRIX

Consequence (C)	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
		1	2	3	4	5
Likelihood (L)						

GUIDANCE

1. Establish what hazards are associated with the proposed task.
2. Identify who is at risk, how they might be harmed, and the existing risk control measures.
3. Calculate an initial Risk Rating for the activity.
4. Identify risk control measures that reduce the risks to an acceptable level
5. Calculate a revised Risk Rating – you should consider how much safer the task will be if the additional controls are followed; you should be looking to change the Likelihood (L) and Consequence (C) ratings.
6. Record any required actions, who is responsible for these and when they will be completed by.

20 - 25	STOP	Stop activity and take immediate action
15 - 16	URGENT ACTION	Take immediate action, stop activity if necessary and maintain existing controls rigorously
8 - 12	ACTION	Improve (if possible) Ensure risks are well briefed and understood
3 - 6	MONITOR	Monitor for any incidents and look to improve if possible
1 - 2	NO ACTION	No further action, but ensure controls are maintained and reviewed

Likelihood (L) Classifications

1. **Very Unlikely:** Remote or Improbable; past experience shows no known instances of any event occurring.
2. **Unlikely:** Past experience suggests that event rarely happens.
3. **Fairly likely:** Experience shows that events can occur, either frequently or occasionally.
4. **Likely:** Experience shows isolated incidents occur.
5. **Very Likely:** Very likely to happen unless actively prevented, possibility of repeated incidents.

Consequence (C) Classifications

1. **Insignificant:** No injury, no damage to property or the environment.
2. **Minor:** Minor injury possibly needing first aid, resulting in no loss time; little or no damage to property or the environment.
3. **Medium:** Up to 3 days absence; relatively minor injury, moderate damage to property or the environment requiring short remedial work.
4. **Major:** More than 7 days absence, serious injury / damage to property or the environment
5. **Catastrophic:** Accident resulting in death(s); destruction of property; irreversible damage to the environment.

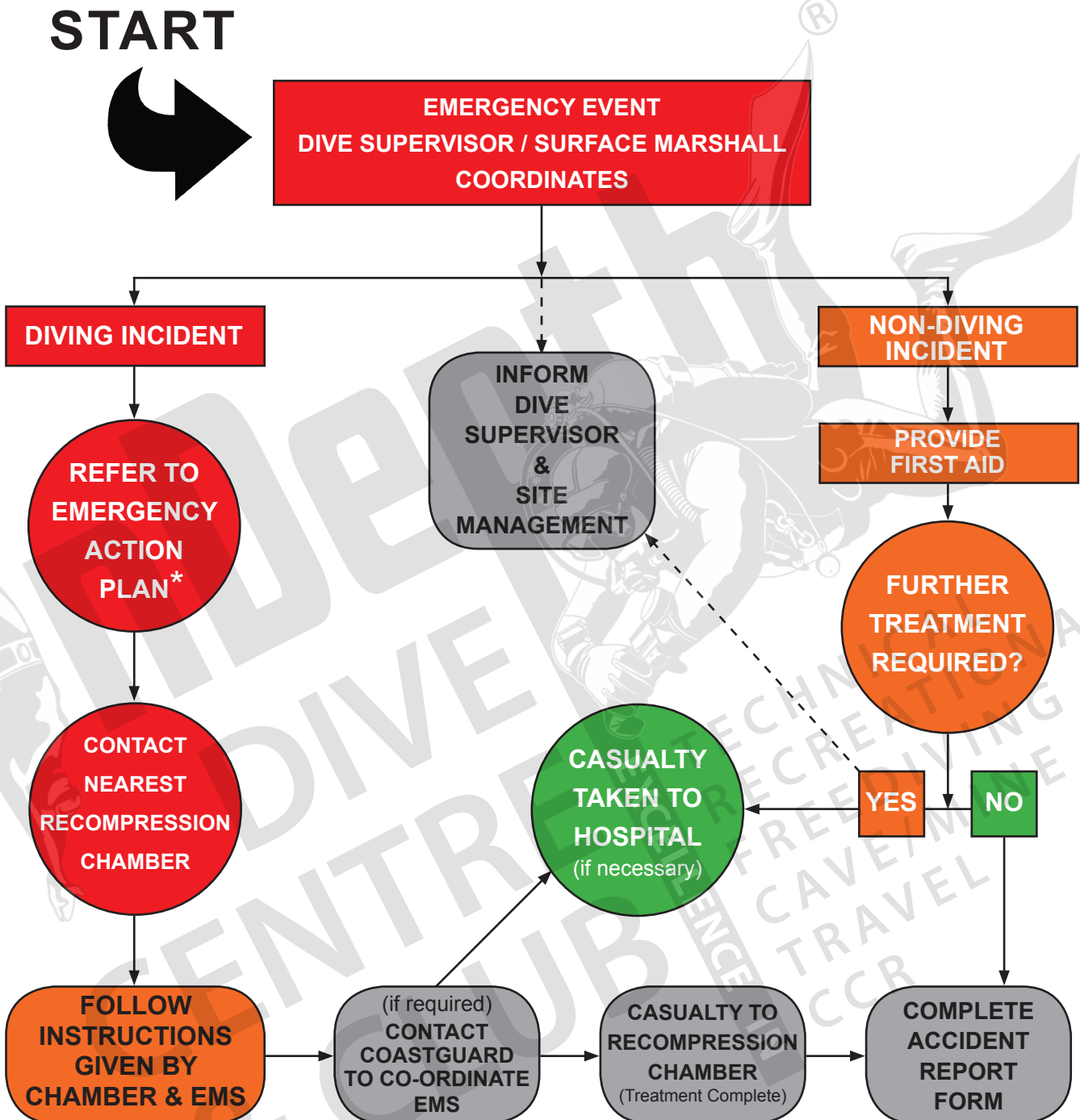
REVIEW DATE:

This risk assessment should be reviewed periodically. Review sooner should conditions change, if additional equipment is introduced, or processes change, new hazards identified or an accident or incident.

OPEN WATER TRAINING (Inland Sites)



EMERGENCY ACTION FLOWCHART



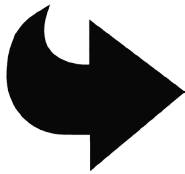
* A copy of the Emergency Action Plan should be kept with the Surface Marshall at all times. A copy is overleaf for reference.

OPEN WATER TRAINING (Inland Sites)



EMERGENCY ACTION PLAN

START



EMERGENCY

DIVER RESPONSIVE?

NO

SHOUT FOR HELP

OPEN AIRWAY

BREATHING NORMALLY?

NO

YES

CALL THE EMERGENCY SERVICES: 999

YES

SIGNS / SYMPTOMS?
 Fatigue, Skin Rash, Pain, Pins & Needles, Visual Disturbances, Balance Problems, Weakness, Coughing / Shortness of Breath, Dizziness, Paralysis

YES

NO

CONTACT DDRC 01752 209999

LIE FLAT ADMINISTER 100% O2

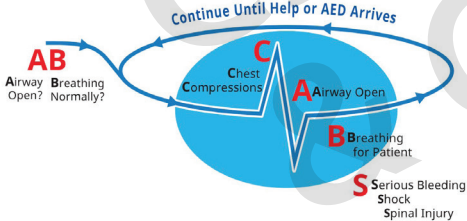
RECOVERY POSITION ADMINISTER 100% O2

5 RESCUE BREATHS

30 CHEST COMPRESSIONS

5 RESCUE BREATHS 30 CHEST COMPRESSIONS

REASSESS DIVER



Continue Until Help or AED Arrives

EMERGENCY ACTION PLAN

CYCLE OF CARE

The meaning and prioritized flow of AB-CABS is:

A = **A**irway Open?

B = **B**reathing Normally?

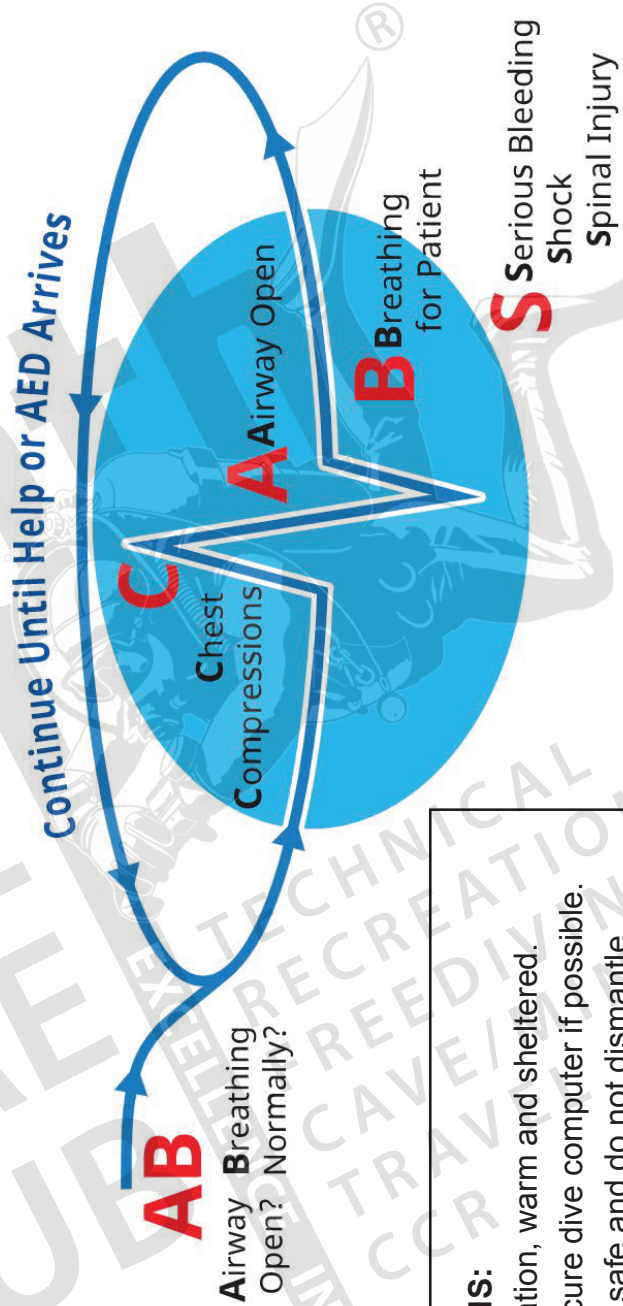
C = **C**hest Compressions

A = **A**irway Open

B = **B**reathing for the Patient

S = **S**erious Bleeding, **S**hock, **S**pinal Injury

Cycle of Care: AB-CABS™



OTHER CONSIDERATIONS:

- Keep diver under observation, warm and sheltered.
- Review diving partner. Secure dive computer if possible.
- Keep any other equipment safe and do not dismantle.
- Record in writing as much information as possible.

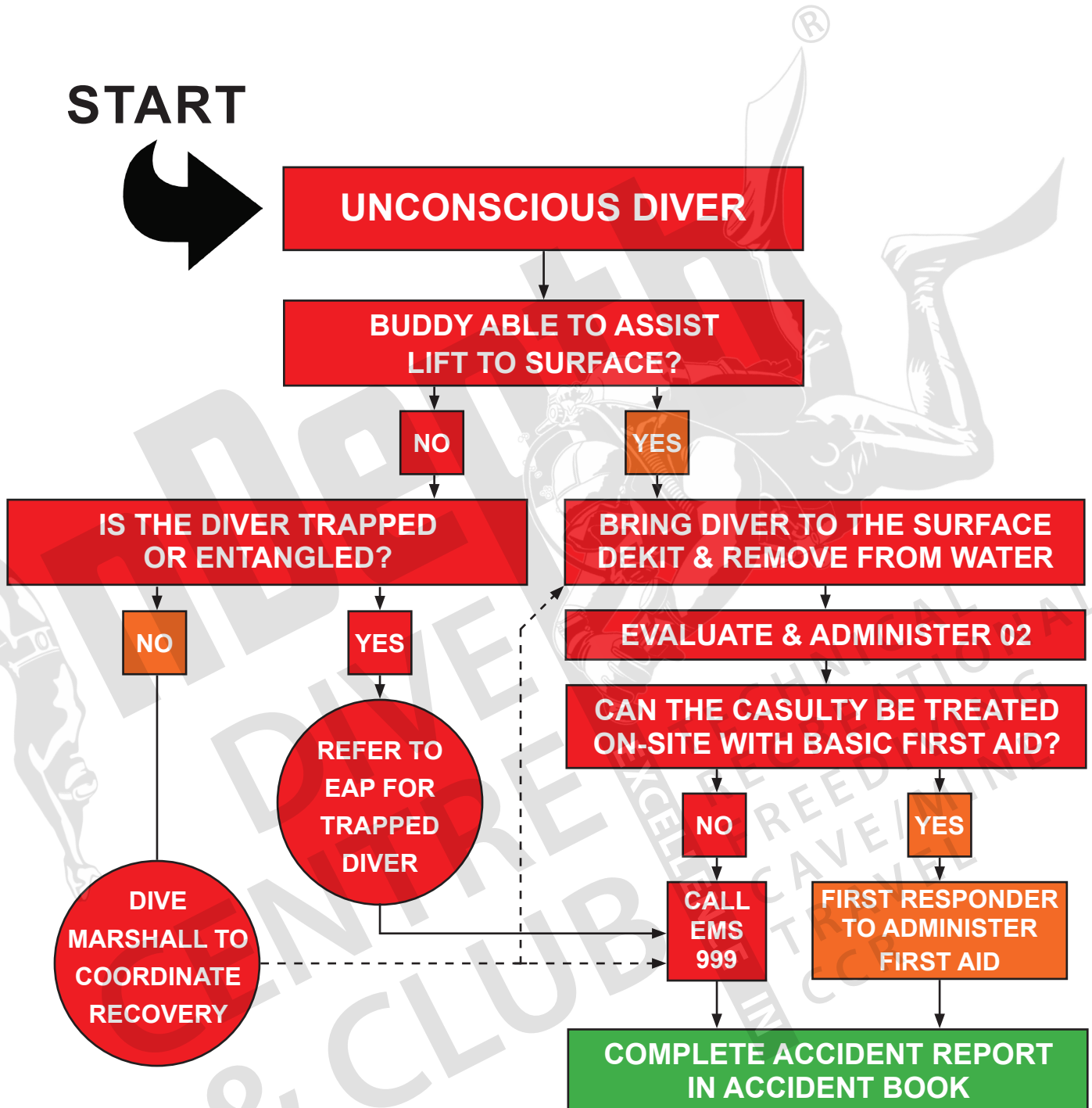
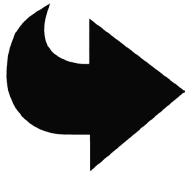
OPEN WATER TRAINING (Inland Sites)



EMERGENCY ACTION PLAN

UNRESPONSIVE / UNCONSCIOUS DIVER

START



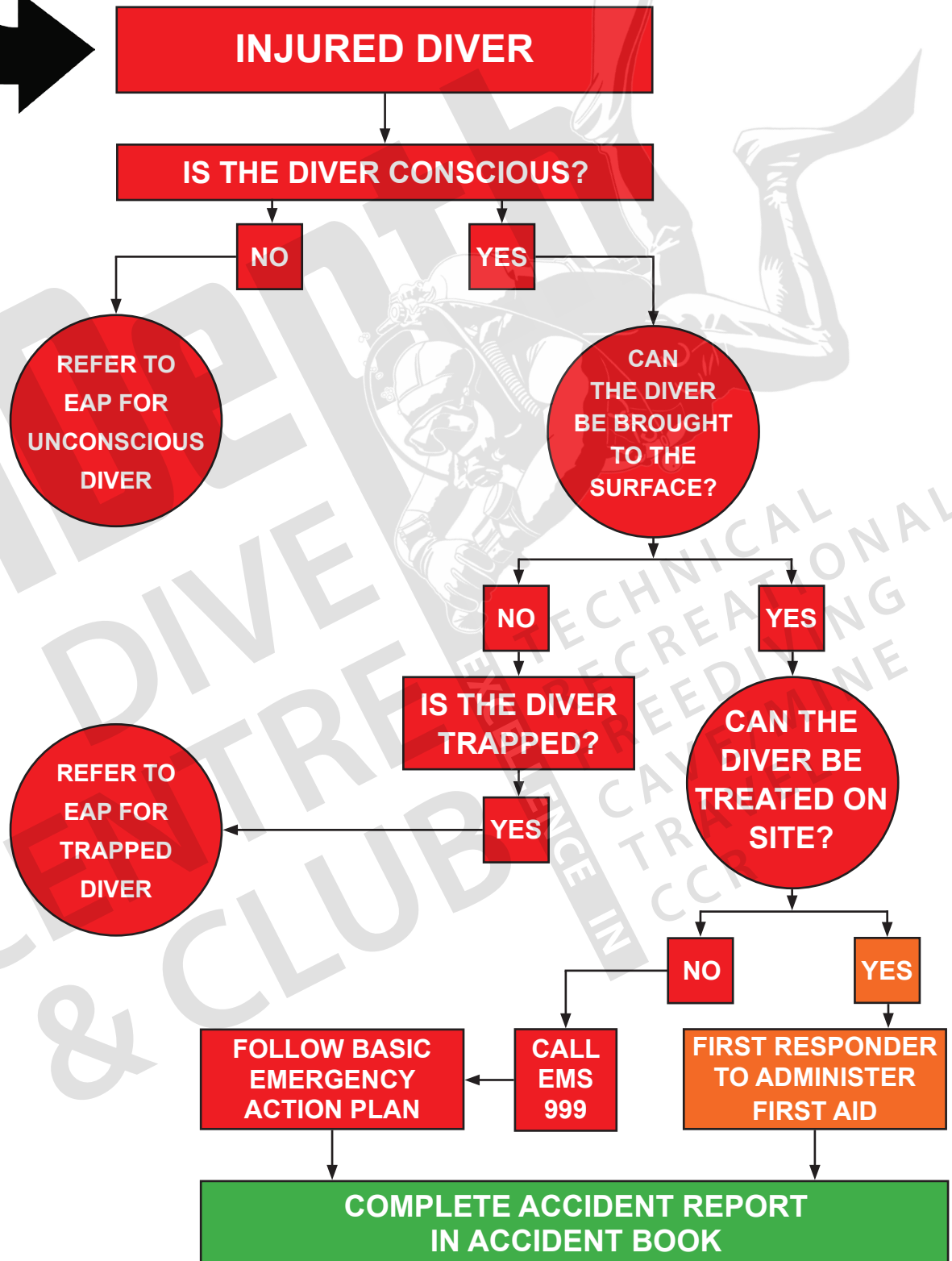
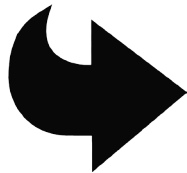
OPEN WATER TRAINING (Inland Sites)



EMERGENCY ACTION PLAN

INJURED DIVER

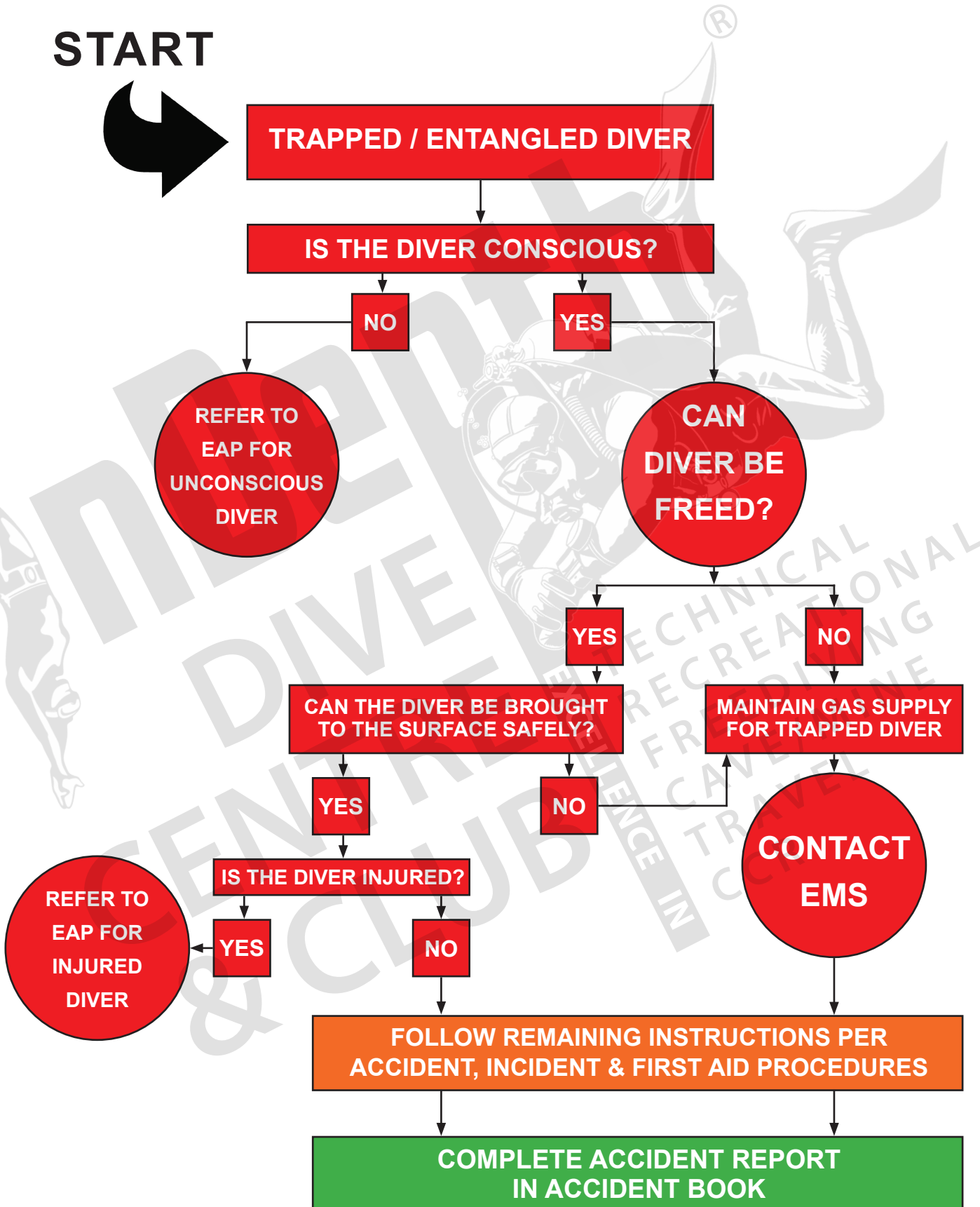
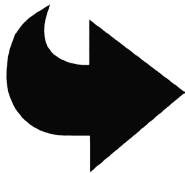
START



EMERGENCY ACTION PLAN

TRAPPED / ENTANGLED DIVER

START



OPEN WATER TRAINING (Inland Sites)



EMERGENCY CONTACT LIST

EMERGENCY RELATED CONTACT LIST:

CONTACT	NAME:	NUMBER:
CROMHALL	JOHNATHAN DAVIES	01454 260130
DOSTHILL	DUTY MANAGER	01827 281304
STONEY COVE	MATT KING	01455 273089
VOBSTER QUAY	AMY STANTON	01373 814666
DIVE SUPERVISOR	JAMES NEAL	01291 418181
RECOMPRESSION CHAMBERS	DDRC MIDLANDS DIVING CHAMBER	01752 209999 01788 579555

PROJECT RELATED CONTACT LIST:

CONTACT	NAME:	NUMBER:
AMBULANCE	EMS	999
NEAREST A&E	SOUTHMEAD HOSPITAL (BRISTOL) LEICESTER ROYAL ROBERT PEEL COMMUNITY HOSPITAL (Dosthill)	0117 950 5050 0300 303 1573 01283 566333
DOCTOR (UKDMC)	DR. NICKY ELLIOTT	07796 271656
HSE DIVING DOCTOR	HYPERDIVE DR. OLI FIRTH	07539 467990

OPEN WATER TRAINING (Inland Sites)



DIVE TEAM MANAGEMENT SHEET

THIS DOCUMENT IS AVAILABLE SEPARATELY AND MUST BE COMPLETED FOR ALL DIVES.

InDepth Dive Centre & Club Dive Management Sheet



Dive Supervisor / Leader: _____

Dive Site: _____

Date: _____

Dive 1:

Diver's Name	Diver's Qualification	Back Gas (Air 21% EANX 32, 36, TMX)	MOD (Mtrs)	Deco Gas (50%, 80% etc)	MOD (Mtrs)	Gas In (BAR)	Time Down	Time Up	Total Time	Max Depth (Mtrs)	Deco Accumulated (Total Minutes)	Gas Out (BAR)

Dive Supervisor / Leader Confirms no incidents Dive 1: _____

Dive 2:

Diver's Name	Diver's Qualification	Back Gas (Air 21% EANX 32, 36, TMX)	MOD (Mtrs)	Deco Gas (50%, 80% etc)	MOD (Mtrs)	Gas In (BAR)	Time Down	Time Up	Total Time	Max Depth (Mtrs)	Deco Accumulated (Total Minutes)	Gas Out (BAR)

Dive Supervisor / Leader Confirms no incidents Dive 2: _____

Dive Management sheets record the following information:

- | | | |
|--------------------------|-----------------------|--|
| 1. Divers names | 7. Air Out (BAR) | 18. Stage Cylinders |
| 2. Site Brief Understood | 8. Equipment Checked | i. Air In |
| 3. Air In (BAR) | 9. Estimated Duration | ii. Cylinder Size |
| 4. Cylinder Size | 10. Position | iii. EANx |
| 5. EANx | 11. Leaving Surface | iv. MOD |
| 6. MOD | 12. Arriving Surface | v. Air Out |
| | 13. Total Dive Time | |
| | 14. Max Depth | 19. All divers sign to confirm no incidents. Or complete incident report / near miss report accordingly. |
| | 15. Deco Time | |
| | 16. Safety Stop | |
| | 17. Surface Interval | |

OPEN WATER TRAINING (Inland Sites)



LOCATION INFORMATION

ADDRESSES:

CROMHALL (South West Maritime Academy)

Wotton Road

Cromhall

GL12 8AA

DOSTHILL

Wigford Road

Dosthill

Tamworth

B77 1LL

STONEY COVE

Stoney Stanton

Leicester

LE9 4LR

VOBSTER QUAY

Upper Vobster

Radstock

BA3 5SD

WHAT THREE WORDS:

CROMHALL: newsprint.glidens.safety

DOSTHILL: movies.upgrading.takes

STONEY COVE: activates.topping.tiling

VOBSTER QUAY: cobbled.relaxed.billiard

