

ORPINGTON BSAC (BRANCH 812)

BRANCH DIVING REGULATIONS

1 GENERAL

1.1 The following British Sub Aqua Club (BSAC) documents form part of these Diving Regulations:

- a. Club Constitution and Rules
- b. Branch Constitution and Rules
- c. Safe Diving Practices
- d. Sport Diving for all
- e. Branch Officers Handbook
- f. Instructors Manual

1.2 All people taking part in branch diving club activities do so **entirely at their own risk** and must:

- a. Be current full members of the BSAC
- b. Hold a current medical certificate stating they are fit to dive or having signed a self-declaration in accordance with BSAC policy.
- c. Have satisfactorily completed the relevant pool training and tests.
- d. Make their diving logbooks available for inspection by the Expedition Organiser/Marshal before the expedition if he/she requests it and take them with them on the expedition.

1.3 The Branch Diving Officer (BDO) must be informed of any condition, medical or otherwise that a diver may have which may affect his/her diving capability, whether temporary or permanent.

2 BRANCH DIVING EXPEDITIONS

2.0 No diver shall dive alone, unless under the following special circumstances.

- a. Training using rope drills with a diver tender and standby diver.
- b. Permission is given by the Branch diving officer – i.e. to free the boat propeller a standby diver should be present.
- c. If separated from buddy the diver should return to the surface immediately.

2.1 All branch diving expeditions must be authorised in advance by the BDO or his/her delegated deputy in his/her absence. The BDO will approve the Expedition Organiser, who will normally also be the Expedition Marshal if suitably qualified, if not then the BDO will appoint an Expedition Marshal.

2.2 All branch diving expeditions should be open to all members, subject to diving experience and/or qualification, and should be advertised in advance at branch meetings.

2.3 All branch expeditions using the branch boat must be open to all branch members, subject to the requirements of Para 2.2. Preference should be given firstly to branch members and secondly to non-members.

2.4 Confirmation that all expedition members meet the requirements of paragraph 1.2 of this Code of Practice must be checked by the Expedition Organiser in advance.

2.5 Fully completed dive logs must be returned to the BDO after each expedition.

2.6 Only suitably trained divers may enter wrecks or areas of no clear surface –must be planned and permission is given by the Expedition Marshall.

2.7 Expedition Organisers should ensure that they take adequate deposits from expedition members so that they can cover the cost if individual members drop out of the expedition.

### 3 DIVING STANDARDS OF EXPEDITION MEMBERS

3.1 The Expedition Organiser is responsible for the efficient running of the expedition. He/she will appoint an Expedition Boatman if required and may delegate responsibility for organising transport, air, food and accommodation to other expedition members.

3.2 The Expedition Marshal should be at least Advanced Diver or approved by the BDO in advance and is responsible for the safe conduct of the expedition.

3.3 The Expedition Boatman should have satisfactorily completed an approved boat handling course and is responsible for ensuring the boat or boats are suitable equipped and handled on the expedition. He/she is responsible for the return of the boat or boats in a fit state for future expeditions. Any defect or malfunction must be reported to the Branch Boat Officer.

3.4 On dives more than five miles offshore, at least one and preferably two people on the boat should have the following qualifications:

- a. Advanced Diver
- b. DOT/RYA Restricted Certificate of Competency in Radio Telephony
- c. Diver Coxswain
- d. Oxygen Administration
- e. First Aid for Divers

3.5 Boat Handlers must have attended an approved boat handling course or be trainees under the supervision of somebody who has.

3.6 Dive Marshals are appointed by the Expedition Organiser and should be of Advanced Diver Standard or a suitable trainee under the supervision of an Advanced Diver, suitably qualified instructor or Expedition Marshal.

3.7 Diving Leaders on expeditions are appointed by the Dive Marshal and should be of the following minimum standard unless approved by the BDO in advance:

- a. Advanced Diver or suitably qualified instructor when diving with an Ocean diver
- b. Advanced Diver when performing a dive requiring decompression.
- c. Sports Diver with dive leading experience when diving with another Sports Diver
- d. Sports Diver when diving with a Dive Leader.

3.8 Dive Buddies should be of the following minimum standard unless approved by the BDO in advance:

- a. Dive Leader when performing a dive requiring decompression
- b. Dive Leader when diving with Sports Diver without dive leading experience.

### 4 OPEN WATER TRAINING

4.1 Any training or assessments performed in open water must be done under the supervision of a BSAC Nationally Qualified Instructor.

## 5 DEPTH RESTRICTIONS

5.1 Skills training dives should be within the BSAC recommended maximum depths which are currently:

- a. 6m for first open water dive
- b. 10m for Second open water dive
- c. 12-15m for Third open water dives
- d. 15-20m for Forth open water dive
- e. 12-20m for Fifth open water dive

Above are in accordance with BSAC instructor manual

5.2 All other dives should be within the BSAC recommended maximum depths which are currently:

- a. Ocean divers - up to the recommended maximum depth on their last skills training dive
- b. Sports divers - 35m
- c. Dive leaders and above - 50m

5.3 Dive leaders must brief their buddies to stay within the recommended depth limits and should be aware that they are not covered by BSAC insurance if they exceed the recommended depth limits.

## 6 DIVE RECORDING

6.1 The following must be recorded prior to the start of the dive:

- a. Names of dive leader and buddies
- b. Current tissue code if using decompression tables

6.2 The dive entry time shall be recorded immediately the divers have descended.

6.3 The following shall be recorded immediately after the divers have surfaced:

- a. Maximum depth
- b. Dive time
- c. Time of surfacing
- d. Decompression stops if performed
- e. Surfacing tissue code if using decompression tables

## 7 DIVE PROFILES AND REPETITIVE DIVES

7.1 Redescending during a dive should be avoided. A dive during which a diver ascends towards the surface and then descends once more provokes added decompression problems. Dive profiles which involve any return to depth after you have left your maximum depth should be avoided.

7.2 Multiple deep dives over a short period of time will erode your safety margin. This includes two dives a day for a week's holiday. It is recommended that a break from diving be taken after 3 consecutive days diving.

8 DECOMPRESSION DIVES

8.1 Dives requiring decompression should only be undertaken if:

- a. the diver leader is qualified to Advanced Diver or higher
- b. the buddy is qualified to Dive Leader or higher
- c. Both divers have dived to at least the planned maximum depth before

8.2 If decompression stops are required then the following safeguards should be taken:

- a. Each diver should have an alternative air supply (pony cylinder, second regulator or octopus second stage).
- b. A suitable weighted shot line should be provided marked at the decompression shot depths.
- c. A means of ensuring the divers can easily return to the shot line, for example an SMB reel line tied to or near the shot.
- d. If planned decompression is significant -as deemed by dive marshal, it is recommended that spare aqualungs are available.
- e. Diving boats should be fitted with marine band VHF radiotelephones.
- f. Diving boats must be equipped with an Oxygen Resuscitation kit.

9 DECOMPRESSION TABLES

9.1 The BSAC 88 tables shall be used.

9.2 Dive Marshals must ensure that all divers are able to calculate no stop and decompression stop times correctly.

9.3 If the dive time exceeds the planned no stop time then consult the "Submersible Dive Conduct Slate" to ascertain the correct decompression procedure. If for any reason a diver is unable to do this then a "safety stop" of 3 minutes at 6m will be adequate in the majority of occasions. This situation should not be allowed to repeat itself.

9.4 If, after surfacing prematurely a diver cannot continue on tables B or C (BSAC 88 tables), then the dive should be abandoned.

9.5 If undertaking diving at sea level when the atmospheric pressure falls below 985 mb, the Level 1 table should not be used. Reference to the BSAC 88 Tables (Levels 1-4) for the appropriate table to use.

9.6 If diving at altitude, reference should be made to the BSAC 88 Tables (Levels 1-4) for the appropriate table to use.

10 DECOMPRESSION COMPUTERS

10.1 Diving computers used on all branch dives and expeditions are used by divers **entirely at their own risk**.

10.2 The instructions provided with the Decompression Computers must be read and fully understood before using it. In particular follow any safety measures that are recommended by the manufacturer.

10.3 Dive Marshals must ensure that all divers using Decompression Computers are familiar with their operation.

10.4 All divers should be aware of the increased risk of decompression sickness when diving up to the limit of no stop time on a Decompression Computers.

10.5 Decompression Computers should only be used by one diver and must only be transferred when the

Decompression Computer shows that there is no residual nitrogen left in the tissues.

10.6 If only one Decompression Computer is used on a dive then:

- a. The divers should only start to dive as a pair using the Decompression Computer when both divers have no residual nitrogen left in their tissues as indicated by either Decompression Computers or Decompression Tables depending on what they used on their last dive
- b. The diver without the meter should at all times stay shallower than the diver with the Decompression Computer.
- c. Divers should remain paired until the Decompression Computer shows that there is no residual nitrogen left in the tissues.
- d. Dives involving decompression must not be undertaken.
- e. In the event of the failure of a Decompression Computer, the dive should be terminated and all divers should return to the surface at the ascent rate recommended by the manufacturer.

10.7 If more than one Decompression Computer is used on a dive then:

- a. The one showing the least remaining bottom time, most decompression time, slowest ascent rate should be used to regulate the dive.
- b. In the event of the failure of one Decompression Computer, the dive may continue using the rules set out in 10.6 b. to e. provided the requirements of 10.6 a. have been met and the dive is still no stop. If both these conditions are not met then the dive should be terminated and all divers should return to the surface at the ascent rate, and with decompression stops indicated by the working Decompression Computer.

## 11 EQUIPMENT

- 11.1 Adjustable Buoyancy Lifejackets (ABLJs) or Buoyancy Compensators (BCs) should be worn by all divers when diving.
- 11.2 Everybody in a boat engaged in diving activities shall have a ABLJ, BC, "Stab" or lifejacket available for their sole use. ABLJs, BCs, or lifejackets must be worn if instructed to do so by the Dive Marshal or Boatman.
- 11.3 All aqualungs shall be fitted with a working pressure gauge.
- 11.4 an alternative air supply must be carried (pony cylinder, second regulator or octopus second stage) be carried by each diver.
- 11.5 On all dives at least one diver of the pair must be wearing a working depth gauge and watch/dive timer or decompression computer.
- 11.10 On dives to greater than 10m all divers must be wearing a working depth gauge and watch/dive timer or decompression computer.
- 11.11 All divers shall carry a suitable diving knife and snorkel.
- 11.12 Dry suits may be used when the diver has satisfactorily completed an approved course of instruction. They must have a means of venting air during the course of a dive (other than the wrist/neck seals alone).

- 11.13 Divers wearing membrane dry suits should be aware that the suit provides no buoyancy if punctured or if the zip is left open. They therefore:
- a. Must wear a ABLJ or BC in the water when wearing a weightbelt
  - b. Should wear an ABLJ or BC in the water when not wearing a weightbelt, except when passing a cylinder with a BC attached in or out of the boat.
- 11.14 A weight belt shall be donned in such a way that it can be quickly and easily removed in an emergency, without snagging on other equipment.
- 11.15 A buddy check should be carried out immediately before diving.
- 11.16 It is strongly recommended that all divers and surface cover carry suitable means to increase their visibility using such devices as flags, buoys, whistles, reflective strips ect

## 12 Nitrox diving

- 12.1 Branch Nitrox (O<sub>2</sub> enriched air) when using Nitrox divers must use Nitrox tested and cleaned equipment
- 12.2 Nitrox must only be used by Nitrox qualified divers.
- 12.3 When using Nitrox maximum operating depth (MOD) must not be exceeded. UPTD or oxygen toxicity limits must not be exceeded. It is good practice to check O<sub>2</sub> percentage in Nitrox immediately before diving. BSAC recommends a maximum ppO<sub>2</sub> of 1.4
- 12.4 All divers using Nitrox shall use BSAC Nitrox decompression tables or the individual use of a Nitrox diving computer.

## 13 SURFACE MARKER BUOYS

- 13.1 Surface marker buoys should be used on all dives where practical. They must be used on all dives where there is a significant tidal stream, or where there is more than one pair down at a time from a boat except where:
- a. Diving on a site with restricted and definite boundaries, for example a wreck, and the divers are briefed and able to ascend if they loose contact with the site
  - b. Diving with a line connected to or near the shot or anchor.

## 14 BOAT DIVING

- 14.1 When diving from a boat the standard procedure is for the boat to travel to the divers and pick them up once they have surfaced. However when diving in a confined site (such as a wreck) or shallow site from a hard boat, it may be necessary for the divers to swim to the boat. All divers should be briefed on the pick up procedures prior to entering the water.

14.2 Boats used for diving should be equipped with:

- a. Marine band VHF radio
- b. Oxygen Resuscitation kit
- c. First Aid kit
- d. Flares
- e. "A" flag
- f. Means of anchorage
- g. Tool kit and spares
- h. Diving ladder if required

14.3 The qualifications required for boat handlers are specified in the section on diving standards of expedition members.

## 15 POOL TRAINING

15.1 All instruction in the pool must be authorised by the BDO or Branch Training Officer (BTO) and be conducted under the supervision of a BSAC Nationally Qualified Instructor.

15.2 Everybody using an aqualung in the pool must either:

- a. Be a current branch member and have a current diving medical stating they are fit to dive
- b. Be taking part in a "Have a Go" evening or "Introduction to Diving" courses
- c. Be approved by the BDO or BTO in advance

15.3 Anybody wishing to use an aqualung in the pool without a current medical must sign a disclaimer before entering the water.

## 16 POOL DISCIPLINE

16.1 When using the pool priority should be given first to people undertaking formal training, secondly to those using aqualungs, thirdly to snorkellers and finally to swimmers.

16.2 Jumping or diving into the water is not allowed when there are people wearing aqualungs in the water, unless it forms part of approved training.

16.3 Over arm strokes are not allowed except when part of approved training or in approved swimming areas.

16.4 Swimmers and divers should always look down before entering the water or when descending in the water and should look up when ascending to ensure the area is clear.

16.5 Underwater endurance contests and racing are forbidden.

16.6 Heavy items of equipment must not be dropped in the pool.

16.7 Running is not permitted on the poolsides.

16.8 People with a cold, catarrh, open wound or other infection should not enter the water.

16.9 Any mishap resulting in injury to any person, whether a member of BSAC or not, or any damage to

equipment or the pool must be reported immediately to the BDO, or any Committee Member if the BDO is not available.

17        USE OF POOL BY GUESTS

- 17.1        Guests use the pool **entirely at their own risk.**
- 17.2        Non members over the age of 14, other than those starting Novice Diver training, taking part in a "Have a Go" evening or "Introduction to Diving" course must get the approval of a Branch Committee Member before using the pool.
- 17.3        Children under the age of 14 must be sponsored by an adult and must get the approval of the BDO or BTO before using the pool. The children must be supervised by their sponsor at all times.
- 17.4        Rules on the use of aqualungs in the pool are covered in the section on Pool Training.
- 17.5        All guests must be briefed on the pool discipline procedures in this Code of Practice.
- 17.6        Guests or prospective members are allowed to use the pool for 6 weeks only. The branch is not insured for additional usage.
- 17.7        Payment for use of the pool by guests must be made to a committee member on the night of use.

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