

# BRITISH DIVING SAFETY GROUP

## DIVING ACCIDENT

### ↓ PRE-SEASON CHECK LIST

#### ASSUMING THAT YOU HAVE NOT DIVED CONTINUOUSLY THROUGH THE WINTER MONTHS



##### Fitness

- Get fit enough to dive.
- Do not plan to start the new season with deep or demanding dives. Start with shallower dives and build up your fitness.
- If you have ANY concerns consult a Diving Medical Referee.
- Plan dives based upon a realistic assessment of your own current fitness.



##### Equipment

- Have your regulators and demand valves serviced.
- Ensure that other critical equipment is working correctly; suit and BC inflators, computers, gauges etc.
- If you have any new equipment, take a try-out dive in sheltered water to familiarise yourself, and iron out any niggles.



##### Boats

- Have the engine serviced.
- Ensure the flares are in date, and that you have enough.
- Keep the battery charged.
- Check and service the steering, electronics, fuel systems etc.
- Check and service all safety equipment, O2 kit. First Aid kit.