

# Club rules

The rules are kept to a minimum so it is practical to remember them, They are not a substitutes for good training, common sense, cautious judgment, reviews of knowledge, or regular practice of skills.

## A good diver is a safe diver

A diver is responsible for his own safety. Safe diving is taught in the lectures, pool and open water sessions during diver training. Lecture notes should be reviewed, skills practised in the pool. Most lectures are re-run regularly and divers are always welcome to sit in on lectures. - Keep your knowledge and skills sharp.

## Rules and Recommendations.

### Obtain Permission to Dive

No dive or diving related activity is allowed unless approval has been agreed by the club Diving Officer - this to ensure that dives are always appropriate to experience and training and are properly planned..

### Follow the S.S.A.C. Rules

- The rules set out in the S.S.A.C. membership books issued to each member must be understood and followed, as must any additional rules from the Midlothian Sub Aqua Club. The rules are to help protect you and other divers from danger

If you dive with someone who does not adhere to these rules you are effectively diving without a buddy and, as such, may not be covered by S.S.A.C. insurance.

### Familiarisation with Diving Equipment

Any change in diving equipment/configuration, requires a familiarisation session in the pool before use in open water, to ensure everything continues to function satisfactorily and can be operated easily. This is a recommendation to all divers, but is a rule for trainees.

'Diving equipment/configuration' means a changes to diving equipment as a result of, servicing of equipment, modification of equipment, repair of equipment, change in how equipment is positioned, use of equipment in a new way, use of new or replacement diving equipment. In fact anything that could result in diving equipment failure, or a problem using the diving equipment.

## **Buoyancy Checks**

Buoyancy checks should be performed before dives, unless the diver has used the same diving equipment/configuration very recently in water of the same salinity.

## **Dive within Experience and Training**

Divers must only dive within the limits of their training and experience.

Should any dive prove more demanding than was expected, or a diver feel uneasy, the dive should be terminated following normal safe procedures.

Any dive in more demanding conditions than a diver normally performs must be regarded as a training dive. As such, planning, any required training, requirements for additional equipment, and the actual dive should be overseen by a suitable supervisor (dive marshal).

For trainees, a dive should not be contemplated without prior agreement from their training supervisor and the normal permission from the Dive Officer.

Suitable training supervisors are chosen by the Training Officer or the Dive Officer.

Diving Plan forms are available from the Diving Officer and should be completed and returned before the dive by anyone planning a dive and unsure of the requirements for the organisation of a dive at a given dive site. This applies to all sites new to them and to members who are inexperienced in dive planning. The form has been designed to help you make a success of your dive.

## **Training and diving equipment**

Divers must be trained in the use of every piece of diving equipment they take with them on a dive.

Trainee divers should not contemplate the use of diving equipment with which they are unfamiliar, without agreeing with a training supervisor that they are trained and practised in using the equipment. Such training will be provided as needed.

'New types of diving equipment' means equipment that places different or greater requirements on a diver, for example - the use of a dry suit when the diver has only previously trained with a wet suit, the use of twin tanks when training has been with a single tank.

All equipment should be checked prior to the dive and diving partner(s) equipment should be checked immediately before entry, both for familiarity in an emergency situation and to ensure the equipment is working and fitted properly ('Buddy Check'). The dive plan of the diving partners must be agreed, both mutually and with the dive marshal before entering the water, and should be adhered to. For safety's sake - 'Plan the Dive and Dive the Plan'.

## **Separated Divers procedures**

If a diver becomes separated from their buddy(s), they should look for each other for no more than 60 seconds. Then ascend following normal safe practice. They can then rejoin each other at the surface or raise an alarm that a diver is missing. Any further details required for this procedure (because of the nature of the dive) should be agreed beforehand, with the agreement of the dive marshal.

## **Use of Additional Air Sources**

The following are recommended minimum requirements. You are advised to stay within these limits and consider such factors such as the air consumption of yourself and your buddy(s), the conditions you are diving under, etc.

As with any other diving equipment, the rule on 'Training and Diving equipment' must be considered for additional air sources, see above.

- No diver will dive in open water without at least an octopus as an additional air supply, this may be incorporated into the inflator of his buoyancy device or be a separate Demand Valve.
- An additional 'pony' cylinder is recommended when supervising a trainee diver in open water.
- An additional 'pony' cylinder is recommended when diving below 20 metres or with an overhead environment.
- Please note that a 'pony' cylinder generally becomes inadequate below 35m depth or for the majority of overhead environments.
- Twin cylinder sets can be used in place of a 'pony', provided the diver has had appropriate training. 'Twin sets' become a requirement if a dive exceeds the capabilities of a pony.

## **Rescue Skills**

No diver will dive in open water without first passing the Elementary Rescue exam in the safety of the pool. This is to ensure all divers can perform very basic rescues should their buddy or any other person in the water be endangered.

Only instructors who hold the full S.S.A.C. Rescue qualification may conduct the Elementary Exam

## **During Pool Sessions**

When attending a pool session members or guests must observe the following:

- Walk slowly in the pool area, to avoid slipping.
- Remain in the swimming lane if swimming on the surface.

- Do not dive into the pool as you could collide with a submerged scuba diver or Snorkeller.
- At all times a club instructor must take charge of any training being carried out in the pool
- When Aqua lung training is being carried out there must be minimum of (1) emergency first aider present.