



Dive Site;	GPS Co-Ord;	Date;
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Personnel;	Safety Equipment Checks;	Environment;
Dive Manager;	First Aid Kit []	Weather Conditions;
Assistant DM;	Defib / AED []	Water State;
Cox'n		Water Currents;
Ass. Cox'n	O2 Kit pressure (check!) _____ Bar	Slack Water Times;

RISKS; CONSIDER THE FOLLOWING RISKS SUBJECTS AND RECORD EITHER **L** (low) **M** (medium) OR **H** (high)

Slip Trips And Falls <input type="text"/>	Depth <input type="text"/>	Diving from RIB / hard boat risks <input type="text"/>
Fit & Well? COVID? <input type="text"/>	Diver Separation / low vis <input type="text"/>	Contact with other boats / water users <input type="text"/>
Air / Gas Max depth <input type="text"/>	Entanglement- Entrapment <input type="text"/>	Other Risks? Record on back if more space required
Deco diving <input type="text"/>		<div style="border: 1px solid black; height: 30px; width: 100%;"></div>

RISK PREVENTION MEASURES; (put in place to reduce the risk to an acceptable level).

Examples may be using torch, SMB/DSMB, knife, A.S, gas analysing, etc

PRE DIVE BRIEF: SEEDS - Safety [] Exercise [] Equipment [] Discipline [] Signals []

Key points... Fit & Well? [] Buddies [] Buddy Checks [] Max Dive time [] DSMB time [] A.S required? []

Training or Depth Progression Activity :

DIVE LOG : * If using gas other than AIR, a pre dive gas analysis should be performed & M.O.D recorded overleaf

Pre Dive										Post Dive		
Buddy Pair	Name	Grade	Cyl Size* (ℓ)	DECO Stage* (ℓ)	Cyl start pressure	O2 %**	MAX Plan Depth	Plan Dive Time	Approx. Time In	Cyl end pressure	MAX Recorded Depth	Dive Time
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	
						%	m		:		m	

Post-dive Comments :

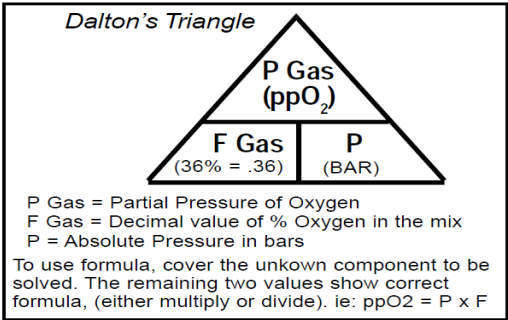
Head Count OUT

Assistant Dive Manager :	Dive Manager :
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LUNESDALE SUB AQUA CLUB - ENRICHED GAS (NITROX) RECORDS

See Dive Log for full Details and Risk Assessments

Name	Travel (Bottom) Gas		Deco Gas	
	O2 %	MOD (1.4)	O2 %	MOD (1.6)
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m
	%	m	%	m



O2%	MOD 1.4	MOD 1.6
21	56.7	66.2
22	53.6	62.7
24	48.3	56.7
26	43.8	51.5
28	40.0	47.1
30	36.7	43.3
32	33.8	40.0
34	31.2	37.1
36	28.9	34.4
38	26.8	32.1
40	25.0	30.0
42	23.3	28.1
44	21.8	26.4
46	20.4	24.8
48	19.2	23.3
50	18.0	22.0
55	15.5	19.1
60	13.3	16.7
65	11.5	14.6
70	10.0	12.9
75	8.7	11.3
80	7.5	10.0
85	6.5	8.8
90	5.6	7.8
95	4.7	6.8
100	4.0	6.0

ROUND UP ACTUAL ANALYSED O2% TO NEXT O2% VALUE ON CHART.

MOD 1.6 ONLY FOR USE WITH DECO GAS UNDER ACCELERATED DECO PROCEDURES.

GPS Co-Ordinates	Latitude	Longitude
Bailiffs Wood, Coniston	54.325398	-3.078811
Brown Howe, Coniston	54.307715	-3.0918904
Wastwater, Pinnacles	54.438487	-3.307781
Hodge Close, Coniston	54.400997	-3.033364
Devils Bridge	54.198374	-2.590606

EMERGENCY NUMBERS
 999
 DCI Emergency Numbers
 Scotland 0345 408 6008
 England DDRC 07831 151 523