

DIVER INFORMATION		DIVE PLAN			PRE- DIVE INFORMATION				POST- DIVE INFORMATION			
Name	Grade	Max depth	Max time	Direction	Air in	Cylinder size	O ₂ mix	Time down	Time up	Air out	Depth	Comments
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												



The Scottish Sub-Aqua Club
Dive Slate

www.scotsac.com

Prior to Every Dive :

DIVERS MUST REPORT TO THE DIVE MARSHAL WITH THEIR DIVE PLAN AND COMPLETE A BUDDY CHECK

SEEDS : SAFETY : EXERCISE : EQUIPMENT : DISCIPLINE : SIGNALS

The Scottish Sub-Aqua Club

Date:	_____	Dive Site:	_____
Dive Marshal:	_____	GPS Location:	_____
Safety Officer:	_____	Weather:	_____
First Aid Officer:	_____	Sea State:	_____
Cox:	_____	High Tide:	_____
Shore/Boat:	_____	Spring/Neap:	_____

Risk Assessment

(1) Identify Hazards	(2) Risk	(3) Control Measures
Record any potential hazards that could result in significant harm.	Evaluate & record the level of risk.	Record and implement measures to remove, or lower the risk, and communicate them to the whole group. Review throughout the day.

Safety and Emergency Information

Nearest A & E facility	Phone / Mobile / VHF
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Any diving - related incident call **999** (VHF Channel 16) and ask for the Coastguard.

Suspected Decompression Sickness/Embolism: lay casualty flat, give 100% oxygen continuously as soon as possible, give casualty water/isotonic drinks, contact the Coastguard.

First Aid

Remove from danger | Maintain breathing/circulation | Stem bleeding | Treat for shock | Seek help