

COVID-19 Quick Guide

We can manage the risk of infection by following good health advice and by exerting a little extra patience, care and discipline.

SEVEN GOLDEN RULES

1. Do not attend any club event if you're unwell, even if you have mild symptoms.
2. Take responsibility: Decide for yourself whether to participate based on the current COVID situation in the community, your personal risk factors and the risk to those people close to you. Decide what personal protective equipment you want to use.
3. Follow the directions of the DM on the day and support their efforts. These will relate to the particular vessel or place and exercises being conducted.
4. Wherever practical follow current distancing recommendations. This includes DM briefings, team briefings and buddy-checks.
5. Follow good-hygiene practices - avoid touching your face; cough and sneeze into elbow or use tissues and dispose of them safely; and wash your hands frequently.
6. Follow normal BSAC safe-diving practices: Keep your primary regulator for yourself and have a dedicated AS for your buddy. Keep your mask on and DV in your mouth when close to other divers, esp. before entering and after exiting the water.
7. We strongly encourage members to download the government's COVIDSafe app to allow for contact tracing.

SEVEN PRACTICAL HABITS

These seven practical habits will go a long way to addressing the risk of COVID-19 and other infectious diseases without being too intrusive.

1. **Assemble a compact personal COVID kit** to keep on/close to you when out of the water. It should contain items such as a small bottle of hand sanitiser, mask defog, a packet of antiseptic wipes, tissues as well as any face masks and other personal protective equipment that you will use. It should be in a dry-bag.
2. **Incorporate hand-sanitising into your routine:** e.g. before assembling your kit, after assisting others with kitting up; after loading equipment; after de-kitting.
3. **No-touch items:** As a buddy or assistant, never touch other divers' cylinder valves, masks, or their regulator, snorkel and BC mouthpieces.
4. **Careful stowage:** Stow your mask and snorkel out of the way e.g. in a fin pocket. Clip up and/or tuck in regulators so they don't need to be handled or touched by others and won't be contaminated. This will also prevent damage.
5. **Plan to be self-sufficient:** BYO food, drink bottles, utensils, and don't share! BYO basic tools and spare parts. Equipment should not be shared back and forth.
6. **Practise dive hygiene:** Do not spit in your mask unless well clear of others. Wash your face, blow your nose and rinse your mask carefully in order to avoid possible contamination of others with fluids or droplets.
7. **Speak up** if you see a situation or behaviour you consider unsafe but please do so appropriately - we are all learning and can make mistakes. If you get 'prodded' please don't take offence. Changing behaviour will take time, practice and good will.