

# UK SPORT DIVER MEDICAL FORM

Any fee in respect of the medical examination is the responsibility of the person being examined.  
**Aqualung training must not be undertaken until the candidate has completed a Medical Declaration or had a Medical Examination confirming fitness to dive**  
 Only valid if signed by a medical referee



### NOTES TO DIVER

Exceptional fitness is not essential; both men and women can dive safely providing they are reasonably fit and do not suffer from any of the possibly disqualifying conditions listed in the questionnaire.  
 Sport diving can at times involve heavy physical exertion. Moreover, recreational diving in the UK is carried out in what can occasionally be a cold, dark and hostile environment and it entails responsibility for the safety of other divers.

### CERTIFICATE OF FITNESS TO DIVE

If you have to see a Medical Referee and are found fit to dive, they will give you a completed Certificate of Fitness to Dive. You should show it to your Diving Officer and insert it in your Qualification Record Logbook for reference purposes and, if still valid, produce it at your next annual declaration.

### VALIDITY & STORAGE

A declaration must be produced each year on the occasion of your renewal of membership. Any subsequent changes in health must be declared as this may affect your fitness to dive. Completed forms with all "NO" answers must be kept by the diver's Branch or the diving organisation's HQ during the period of validity and you should be given a photocopy. If a Medical Referee gives you a certificate of fitness, you should take a photocopy for your Branch but retain the original for your next annual declaration. The Medical Referee is advised to retain the records of those examined.

### SECTION A This portion to be completed by the applicant

Name ..... Address .....

Address ..... Telephone ..... Age .....

Occupation .....

Dive Organisation ..... Branch .....

Date of birth ..... Mem. No .....

GP's Name ..... E-mail .....

..... Postcode .....

..... Postcode .....

### Diver Medical Health Questionnaire

YES NO

	YES	NO
1. Have you suffered at any time from diseases of the heart and circulation including high blood pressure, angina, chest pains and palpitations?		
2. Have you at any time had chest or heart surgery?		
3. Have you suffered from or had to take medication for asthma?		
4. Have you ever had collapsed lung or pneumothorax?		
5. Have you ever had any other chest or lung disease?		
6. Have you suffered at any time from blackouts, fainting, or recurrent dizziness?		
7. Have you had regular ear problems in the past ten years?		
8. Do you have an ileostomy or a colostomy or have you ever had a repair of a hiatus hernia?		
9. Have you ever had epilepsy or fits?		
10. Have you ever had recurrent migraines?		
11. Have you ever had any other disease of the brain or nervous system (including strokes or multiple sclerosis)?		
12. Have you ever had any back or spinal surgery?		
13. Have you any history of mental or psychological illness of any kind, fear of small spaces, crowds or panic attacks?		
14. Have you any history of alcohol or drug abuse in the past five years?		
15. Do you have diabetes?		
16. Are you currently taking any prescribed medication (except the contraceptive pill)?		
17. Are you currently receiving medical care or have you consulted the doctor in the last year for anything other than trivial infection or minor injury?		
18. Have you ever been refused a diving medical certificate or life insurance or been offered special terms?		
19. Have you ever had, or been treated for, decompression illness?		

If you have answered yes to any question, give details below

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*I hereby declare that to the best of my knowledge, I am in good general health and declare that I have not omitted any information which might be relevant to my fitness for diving. I authorise any doctor who has attended me to disclose my medical history if requested to by a Medical Referee.*

Signed

Date

Medical Certificate 01.06.13.doc

**INSTRUCTIONS TO THE APPLICANT ON THE USE OF THIS FORM**

This side of the form is intended to be completed by the Medical Referee.  
 If he considers you fit to dive, he will complete and sign the Certificate of Fitness below and hand it to you. You should then show it to your Training or Diving officer and then keep it in your diver training and qualification record book.

**UK Sport Diving Medical Committee**  
**Medical Certificate**  
*This is to certify that*

Age.....Membership No.....  
 (Delete as necessary)  
 1) *is in my opinion fit to dive at the time of examination*  
 Date.....Valid until .....

2) *is in my opinion fit to dive at the time of examination and further examination is unnecessary unless there are changes in your medical condition*

3) *In the light of the information you have supplied, unless there is a change in the your medical condition, I do not consider examination necessary*  
 a) *For.....years. b) Indefinitely.*

*. Any changes in medical health must be declared.*

Signature of Medical Referee.....

Address.....  
 (or stamp)

Telephone No .....

**Sport Diver Medical Certificate of Fitness to Dive**

Medical Examination 01.07.08.doc

**SECTION B** - To be completed by the Medical Referee who should retain it for record purposes`

Height . metres

Weight kg

**NORMAL?**  
**YES NO**

Ears: R. Drum

Canal

L. Drum

Canal

Sinuses, nose, throat

Chest

Peak Flow

CVS

BP /

Abdomen

CNS

Joints and Limbs

Personality or Mental Disorder

Urine: Free from albumen

Free from sugar

Chest X-ray (only if indicated)

Please comment below on any abnormalities

.....  
 .....  
 .....  
 .....  
 .....  
 .....  
 .....

Date of Chest X-ray .....  
 (if indicated)

Place .....

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Fit	Unfit
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Signature of Doctor.....Date.....

Address .....  
 (or stamp)

.....  
 .....

Telephone No .....

**MEDICAL STANDARDS**

These notes are included for the guidance of doctors who may be unfamiliar with requirements for diving. If in doubt, please discuss with your nearest Medical Referee

SYSTEM	DISQUALIFYING FACTORS	ALLOWABLE FACTORS	OTHER POINTS
General	Gross obesity with BMI > 30, refer to Medical Referee BMI = $\frac{\text{weight in kg}}{(\text{height in m})^2}$		Diving is not advised during pregnancy. Those who have dived before discovering they were pregnant are advised to contact a Medical Referee.
ENT	Perforated eardrum in new entrants, chronic vestibular disease in new entrants.	Perforated eardrum known to have been present during several years of diving. Healed perforation, including "paper thin" scars. Unilateral nasal block. Sinusitis if not adversely affected by diving	Valsalva test of drum mobility should be carried out and if doubtful, practical diving test in pool should be advised. For this purpose any wax obscuring a good view of the drum should be removed. Deafness -- at discretion of Medical Referee the candidate may be restricted to diving with a fit companion Sinusitis may benefit from diving!
Oral Cavity	Dentures must be retained in place on fully opening the mouth and not be dislodged by placing jaws together in any position, or by movement of one denture against the other. They should extend to the muco-buccal fold. If dentures do not satisfy these requirements, they should not be worn while diving, Cleft palate not acceptable without Referee's opinion.		Applicants to be advised about bad teeth and fillings but these should not normally disqualify
RS	Suspicion of active tuberculosis. Tuberculosis scars other than healed primary focus in new entrants. History of spontaneous pneumothorax, lung cysts or bullae normally disqualifies. Possible surgical treatment should be discussed with a Medical Referee. Old spontaneous pneumothorax in candidates over thirty may be allowable. Refer to Medical Referee.	T.B. scars in established diver subject to Referee's opinion. Traumatic pneumothorax not necessarily a disqualifying factor. Any surgical removal of lung tissue or any serious lung complaint to be referred to Medical Referee. Asthma in childhood with full remission by time of examination.	A chest X-ray is not required on entry or at repeat medical examination <b>unless</b> there is a history of significant cardiovascular disease, respiratory disease or occupational exposure (since the last medical in the case of a repeat medical) or if the physical examination reveals an abnormality in the cardiovascular or respiratory systems. Doctors must see film or report before signing certificate. Asthma (except as under "Allowable"), surgical removal of lung tissue, chronic bronchitis or any other serious chest condition should always be referred to a Medical Referee.
CVS	Clinical or where appropriate ECG evidence of ischaemic heart disease, aortic valve disease. Evidence of heart disease other than lone systolic murmur, should be referred. Symptomatic or pathological arrhythmia, systolic pressure over 160 mm Hg, diastolic pressure over 100 mm Hg in established divers and 90 mm Hg in new entrants, or other evidence of hypertensive disease. End organ damage from hypertension	Minor asymptomatic heart disease other than ischaemic (subject to more frequent medical checks). Persons with well controlled hypertension without evidence of end organ damage may be permitted to dive. Intracardiac shunts should be referred to Medical Referee.	Post-exercise ECG recommended in the case of individuals with a poor family history of coronary disease or hyperlipidaemia, particularly if they smoke but needs to be interpreted with caution. Pacemaker to be referred to Medical Referee.
Haematology	Haemophilia, sickle cell disease and polycythaemia will disqualify.	Mild anaemia but advise treatment. Tumours and leukaemia may be allowable but should be referred to Medical Referee. Sickle cell trait.	Sickle cell test only where clinically indicated.
Abdomen/UGS	Significant proteinuria, until the cause has been established.	Peptic ulcer, unless unduly active or troublesome. Abdominal hernias (but advise repair).	
Nervous System and Vision	History of confirmed epilepsy including post-traumatic fits, refer to Referee. Any serious head injury in past three months. Currently symptomatic psychiatric or personality disorders. Any disease of CNS (MS, Polio Petit Mal, etc.) refer to Medical Referee.	Febrile convulsions but no other type of fit allowable. Multiple Sclerosis -- only stable patients acceptable.	A single isolated fit or severe head injury to be referred to Medical Referee. Severe visual impairment to be reported to Referee. A long fit free period off anticonvulsants may be allowable. Refer to Medical Referee.
Endocrine	Diabetes with diabetic complications.	Referral to Medical Referee is required for diabetics and for all other endocrine disorders.	For diabetics, an annual medical is mandatory.
Drugs	The use of the following disqualifies: Oral sympathomimetics (other than proprietary nasal decongestants), oral steroids, muscle relaxants, digoxin, Psychotropic drugs - see comments,,in Other Points column. Alcohol, drug or narcotic abuse to disqualify.	Antihistamines and analgesics should only be used with caution. Oral contraceptives and diuretics are allowable. Smoking is allowable but reduces fitness and predisposes to air embolism, pneumothorax and coronary thrombosis. Inhaled sympathomimetics, such as salbutamol, should not be used therapeutically within 24 hours of diving but may be used as a prophylactic measure by symptomless divers.	If any psychotropic drug (including tranquillisers, sedatives and hypnotics) have been used, the candidate should not dive far at toast 3 months after complete cessation of therapy without the consent of the Referee.
Decompression Illness since last Medical			Refer to Medical Referee or Medical Consultant
Disabilities	Disease, amputation or deformity excessively limiting ability to swim. (May be issued with a restricted certificate at discretion of Referee). Learning disability sufficient to produce problems in understanding and remembering the theory and techniques of diving.	Arthritis, amputation or arthrodesis not severely limiting ability to swim.	Anyone with a significant disability should be assessed by a Medical Referee. Suitable organisations to contact are "Dolphin" (Tel No 01752 408093) or the Headquarters of the Diving Associations who have jointly published this form.