



Dive Site	_____	High Water	_____	Coastguard Tel No	_____
Date	_____	Low Water	_____	Hospital Tel No	_____
Dive Marshall	_____	Slack Water	_____	Doctor Tel No	_____
Deputy	_____	Sea State	_____	Nearest Chamber	_____
Cox'n Boat 1	_____	Current	_____	Radio Call	_____
Cox'n Boat 2	_____	Swell	_____	Marshalling Comments	_____
Start Diving	_____	Weather	_____		_____
Finish Diving	_____		_____		_____

	Name	Qual'n	Code	Nitrox		Gas		Cyl	Time		Stops		Dive	Max	Code	Comments	
				IN	%	MOD	IN		OUT	Size	IN	OUT					9m
G r o u p 1																	
G r o u p 2																	
G r o u p 3																	
G r o u p 4																	
G r o u p 5																	

In Emergencies: at sea call the Coastguard on **Channel 16**, on land call the Royal Navy Doctor on **0831-151523**, in Scotland call Aberdeen Royal Infirmary on **01224-681818**. Ask for the *DUTY MEDICAL OFFICER* or *DUTY LT COMMANDER*, advise him of a *POSSIBLE DIVING INCIDENT* and give *FULL MEDICAL DETAILS* including *DIVE PROFILE*, *NAME*, *LOCATION* and *TELEPHONE NUMBER*. **DO NOT DELAY IN GETTING HELP.**

Maximum Descent Rate of 30 Metres per Minute
 Maximum Ascent Rate of 15 Metres per Minute up to 1st stop (minimum 6 Metres) and then 1 Minute to Surface
 Minimum Safety Stop of 1 minute at 6m for any No-Stop (No De-co) dive (3 minutes is recommended)