

## Information for all TSAC Divers

# Reducing Risk during Covid-19, some practical steps

**COVID-19 primarily spreads by inhaling small droplets exhaled by an infected person (respiratory transmission), and by touching the eyes, nose and/or mouth after touching something an infected person touched or sneezed/coughed on (contact transmission). By staying aware of both, risk-reduction is usually straightforward.**

- 1. Self-isolate if you need to.** Don't go diving if you have symptoms, or have been exposed to Covid 19. Isolate until you are healthy and cleared medically.
- 2. Keep to a safe distance of 2 metres.** Apply social distancing on the surface and out of the water, by keeping 2 metres from each other.
- 3. Sanitise/wash your hands before and after touching all dive kit,** even if you were in water. Don't touch someone else's gear unless absolutely necessary. It's not clear that immersion reduces COVID-19 contact risk, so assume that it doesn't.

*NB Recommended hand sanitisers are 60%+ alcohol and highly flammable. Do not use hand sanitiser near oxygen nor a fire source and be sure hands are fully dried before using either.*

- 4. Wear a mask.** Our masks help to protect each other. Please wear them in the boatshed and around others when preparing to dive and after diving.
- 5. Scuba masks and regulators offer protection.** Your mask reduces eyes and nose contact-risk, and breathing from a regulator reduces your respiration transmission risk.
- 6. Clean and sanitise your kit and think about your own actions.**

**Disinfect** (e.g. with [Milton sterilising tablets](#)) and rinse masks, snorkels, regulators and BCDs before another person uses them, and after use.

**Use defog** (e.g. [Sea Drops](#)), not spit, in your mask and don't sling the ... stuff... out of your mask after a dive. Rinse it somewhere appropriately.

**Avoid spitting/blowing** nose etc. into the water where others will be. Use tissues and discard them appropriately.

**Wash/sanitize your hands** after touching high contact surfaces like railings, door handles, etc.

- 7. Think about your exhalations.** Dive gear and wind affect the direction and distance our exhalations travel. Stay aware and avoid being on, or having someone else on, the "receiving end" when clearing snorkels. Regulator-breathing helps to protect you, but your exhalations might also affect someone who's too close and not using a regulator.
- 8. Keep your octopus / AS disinfected.** Don't test breathe your alternate second stage. Test purge it during checks, but leave it disinfected in case someone needs it.