

# UK SPORT DIVER MEDICAL FORM

This form is based on the original work of the Medical Committee of the British Sub-Aqua Club.  
Any fee in respect of the medical examination is the responsibility of the person being examined.

**Aqualung training must not commence until the candidate holds a valid Certificate of Fitness to Dive**

## NOTES TO THE DOCTOR CONDUCTING A DIVING MEDICAL EXAMINATION

Before anyone can undertake diver training with any of the associations who have jointly published this form, it is necessary for him or her to have a medical examination and be certified fit to dive. Repeat medicals are required at the intervals specified on the Certificate of Fitness to Dive. 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 disqualifying conditions described in the table of Medical Standards referred to below. Nevertheless, sports 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 other divers, it is suggested that these considerations be borne in mind when assessing the candidate's fitness for diving.

### Medical Standards

A reference table describing the more common medical conditions which may cause problems for divers, or disqualify them from diving altogether, is set out on the following pages.

### Advice

Should you have any doubts as to a person's fitness for diving, you can seek the opinion of any Medical Referee listed on the back of this form, either by telephone or letter, or by marking the 'Refer to Referee' box in Section B and returning the form to the applicant to take to the Referee when attending for further examination. It will assist the Referee if you give full information about the problem and **indicate your own opinion** regarding fitness to dive.

### Certificate of Fitness to Dive

If you find the applicant fit to dive, please complete and sign the Certificate of Fitness to Dive. The member is required to affix this in his/her diver training and qualification record book.

### Fee

Any fee for this examination (and X-Ray if required) is to be paid by the person being examined. When deciding on the level of fee, please bear in mind that the examination is for sport and not for commercial purposes.

## SECTION A - To be completed by the applicant

Name.....  
Address.....  
.....  
.....Postcode.....

Telephone..... Age.....  
.....  
Occupation.....  
Diving Association.....  
Branch.....  
Date of birth.....  
Mem No.....

- 1. Have you ever had a diving medical? If so give date of last one in further details section
- 2. Have you ever attended or been admitted to hospital?
- 3. Are you diabetic?
- 4. Do you wear dentures?
- 5. Do you regularly or frequently take any medication or other treatment with or without prescription?
- 6. Have you ever had any form of decompression sickness?
- 7. Are you currently receiving medical care, or have you consulted the doctor in the past year?
- 8. Have you ever been refused a diving medical certificate or life insurance or been offered special terms?
- 9. Has there been any change in your physical or mental health since your last medical?
- 10. Do you smoke? (give approximate indication of number of cigarettes per day or amount of tobacco per week below)

- 11. Have you any family history of heart disease or high blood pressure or had a blood test for blood lipids (fats)?
- 12. Have you ever you suffered at any time from any of the following ?
- (a) Ear trouble, earache, discharge or deafness
- (b) Sinus trouble
- (c) Chest disease, including Asthma, Bronchitis or TB, Pneumothorax, collapsed lung or exposure to dust.
- (d) Attacks of giddiness, blackouts and fainting.
- (e) Fits or any nervous disorders, including persistent headaches or concussion
- (f) Anxiety, "nerves", nervous breakdown
- (g) Diseases of the heart and circulation, including high blood pressure, chest pains and palpitation

If the answer is YES to any question, please give further details .....  
.....  
.....

Name and Address of G.P.....

I declare that to the best of my knowledge, I am in good general health and 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 any details of my past or present medical history if requested to do so by the Medical Officer of my diving association.

Signed.....Date.....

**INSTRUCTIONS TO THE APPLICANT ON THE USE OF THE UK SPORT DIVER MEDICAL FORM**

Complete Section A and take this form with you when you attend a diving medical examination. If you are certified fit to dive, the doctor will sign the Certificate of Fitness, which should be cut from the form and shown to your Branch/Club Diving Officer before affixing it in your diver training and qualification record book. If you are referred to a Medical Referee, the doctor will either send this form to the Referee nominated by you, or will return the form to you to take to the Referee when you attend for further examination.

**UK Sport Diver Medical Certificate  
CERTIFICATE OF FITNESS TO DIVE**

Valid for 5 years to age of 40, 3 years to age of 50 and 1 year thereafter  
(May be restricted by Examining Doctor to a shorter period of validity)

***This is to Certify that***

Age.....Membership N<sup>o</sup>.....

*is in my opinion fit to dive at the time of examination. Any changes in medical health should be declared*

Date.....Valid until.....

Signature of Doctor.....

Address.....  
(or Stamp)

**SECTION B To be completed by the examining doctor and may be retained for record purposes**

Height  .

Weight

BMI   .

		NORMAL	
		YES	NO
Ears: R. Drum		<input type="checkbox"/>	<input type="checkbox"/>
Canal		<input type="checkbox"/>	<input type="checkbox"/>
L. Drum		<input type="checkbox"/>	<input type="checkbox"/>
Canal		<input type="checkbox"/>	<input type="checkbox"/>
Sinuses, nose, throat		<input type="checkbox"/>	<input type="checkbox"/>
Chest		<input type="checkbox"/>	<input type="checkbox"/>
Peak Flow	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
CVS		<input type="checkbox"/>	<input type="checkbox"/>
BP	<input type="text"/> <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen		<input type="checkbox"/>	<input type="checkbox"/>
CNS		<input type="checkbox"/>	<input type="checkbox"/>
Joints and Limbs		<input type="checkbox"/>	<input type="checkbox"/>
Personality or Mental Disorder		<input type="checkbox"/>	<input type="checkbox"/>
Urine: Free from albumen		<input type="checkbox"/>	<input type="checkbox"/>
Free from sugar		<input type="checkbox"/>	<input type="checkbox"/>
Chest X-ray (Only if indicated)		<input type="checkbox"/>	<input type="checkbox"/>

Please comment below on any abnormalities

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

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

Place.....

Fit       Refer to Referee  
 Unfit

Signature of Doctor.....

Address.....  
(or Stamp)

Telephone No.....

Date.....

**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 EGG 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 for at least 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.

## MEDICAL REFEREES

(s) = Surgery or Hospital telephone number (h) = Home Telephone number. Where not specified, numbers are believed to be Surgery.  
Details given were correct at the time of printing but may be subject to change. If unable to contact, please advise your diving association HQ.

### BERKSHIRE

**Dr R G Tayton**, The Health Centre, Thatcham, Newbury RG18 3HH  
Tel: 01635 867171

### CHESHIRE

**Dr T Cope**, 53 Whitchurch Road, Great Boughton, Chester CH3 5QB  
Tel: 01244 349365

### CLEVELAND

**Dr N. Puttick**, 10 The Dorkings, Great Broughton, Middlesbrough TS9 7NA Tel: 01642 854600 (s) or 01642 712612 (h)

### CORNWALL

**Dr E J Thacker**, Helnoweth Farm, Gulval, Penzance TR20 8YP  
Tel: 01736 330741 (h)  
01872 274242 (s)

### CUMBRIA

**Dr D Wheeler**, Highbridge House, Highbridge, Dalston, Carlisle CA5 7PZ  
Tel: 01697 476086

### DEVON

**Dr P Bryson**, Diving Diseases Research Centre, Tamar Science Park, Derriford Road, Plymouth PL6 8BQ  
Tel: 01752 209999  
Fax: 01752 209115

**Dr P Densham**, The Medical Centre, Fore Street, Saint Marychurch, Torquay TQ1 4QX  
Tel: 01803 325123  
Fax: 322136 (s)

**Dr P J S Farrell**, Townsend House Surgery, 49 Harepath Road, Seaton EX12 2LX  
Tel: 01297 20616 (s)  
Fax: 20810 (s)

### DORSET

**Dr Sally Hodder**, Lanehouse Surgery, Ludlow Road, Weymouth DT4 0HB  
Tel: 01305 785681  
Fax: 01305 760418

### ESSEX

**Dr M Hunt**, The Hollies, The Green, Great Bentley, Colchester CO7 8PJ  
Tel: 01206 250691 Fax: 252494

### GLOUCESTERSHIRE

**Dr D C Lindsay**, Cardiac Dept., Gloucester Royal Hospital, Great Western Road, Gloucester GL1 3NN  
Tel: 01452 394766 (S)  
Fax: 394894

### HAMPSHIRE

**Dr D R Batham**, The Health Centre, Charlton Road, Andover SP10 3LD  
Tel: 01264 350270 (s)  
Fax: 01264 336701 (s)  
**Dr B Ellis**, The Swan Surgery, Tel: 01730 264011 (Swan Street, Petersfield GU32 3AB  
Tel: 01730 264011 (s)

**Dr A W Scott-Brown**, Lake Road Practice, Nutfield Place Portsmouth PO1 4JT  
Tel: 01705 821201 (s)  
**Dr I P Stobbs**, Totton Health Centre, Testwood Lane, Totton Southampton SO4 3AP  
Tel: 01703 865051 (s)  
Fax: 01703 865050 (s)

**Dr A Q Wilcockson**, 6 Marrels Wood Gardens, Purbrook, PO7 5RS  
Tel/Fax: 01705 230598 (h),  
01705 547427 (s)

### HERTFORDSHIRE

**Dr R W Awad**, Watford General Hospital, Vicarage Road, Watford WD1 8HB  
Tel: 01923 244366 or 844270

### ISLE OF MAN

**Dr D H Chalmers**, Snaefell Surgery, Cushag Road, Douglas IM2 5SU  
Tel: 01624 676622  
Fax: 01624 674515

### KENT

**Dr M J Frank**, Parkwood Health Centre, Long Catlis Road, Parkwood, Rainham ME8 9PR  
Tel: 01634 233491  
Fax: 263895

**Dr L H Van Cleeff**, Sky House, Bower Road, Mersham TN25 6NW  
Tel: 01233 503555 (h)  
01303 225249 (s)  
Fax: 01303 225214 (s)

### LANCASHIRE

Fax: 01204 595559  
**Dr Catriona Farrant**, 27 Park Brooke Lane, Shevington, Wigan WN6 8AF  
Tel: 01257 424366 (h)  
01695 633443 (s)  
Fax: 624383 (s)

### LINCOLNSHIRE

**Dr C Hale**, The Surgery, Woolsthorpe-by-Belvoir, NG32 1LX  
Tel: 01476 870166  
Fax: 870560  
**Dr M R Polling**, 2 James Street, Boston PE21 8RF  
Tel: 01205 362556  
**Dr M J Spittal**, Anaesthetics Dept., Pilgrim Hospital, Sibsey Road, Boston PE21 9QS  
Tel: 01205 364801 (s) or 01754 820905 (h)

### LONDON

**Dr J Betts**, 32 Grove Avenue, Muswell Hill, London N10 2AR  
Tel: 0181 883 7413 (h)  
Fax: 0181 245 6338 (h)  
**Dr J Eden**, Victoria Medical Centre, 7-11 Longmoore Street, London SW1V 1JH  
Tel: 0171 821 1531  
Fax: 0171 233 5995

**Dr C Jelliffe**, 50 Heathview, Gordon House Road, London NW5 1LR  
Tel: 0171 267 0837

**Dr Erica Jones**, (Telephone advice only)  
Tel: 0171 722 4180 (h)

**Dr P Koczan**, Churchill Medical Ctr., 1 Churchill Terrace, Chingford, London E4 8DG  
Tel: 0181 524 1777  
Fax: 0181 559 4142

**Dr Annette Steele**, Portobello Medical Centre, 14 Codrington Mews, London W11 2EH  
Tel: 0171 727 5800/2326  
Fax: 0171 792 9044

### MERSEYSIDE

**Dr A G Head-Rapson**, 110 Liverpool Road, Crosby, Liverpool L23 5TG  
Tel: 0151 924 2588 (h)

### NOTTINGHAMSHIRE

**Dr M Clamp**, Colwick Vale Surgery, Rectory Road, Colwick, Nottingham NG4 2DU  
Tel: 0115 940 4989 (s)  
0115 933 2368 (h)  
Fax: 0115 961 4294

### Dr D R Prangnell

The Bungalow, Church Farm, Church Road, Harby, Newark NG23 7ED  
Tel: 01522 512512 (s) or 01522 703844 (h)

### OXFORDSHIRE

**Dr C Edge**, The Stone Barn, Gravel Lane, Drayton OX14 4HY  
Tel: 01235 529888 (h)  
Fax 01235 554701 (h)

### SHROPSHIRE

**Dr D Lowdon**, Prescott Surgery, Baschurch SY4 2DR  
Tel: 01939 260210  
**Dr P Wilmshurst**, Royal Shrewsbury Hospital, Mytton Oak, Shrewsbury SY3 8XQ  
Tel: 01743 261108 (s)

### SOMERSET

**Dr P Gianvill**, Springmead Surgery, Chard TA20 1QZ  
Tel: 01460 63380  
Fax: 01460 66483

### SUFFOLK

**Dr A W O'Malley**, 17 Holly Lane, Mutford, Beccles NR34 7UX  
Tel: 01493 452589 (s) or 01502 476334 (h)

### SURREY

**Dr S Domizio**, 14 Paddocks Road, Burpham, Guildford GU4 7LL  
Tel: 01483 571437 (h)

### TYNE AND WEAR

**Dr D Talbot**, 84 Woodbine Road, Gosforth, Newcastle-upon-Tyne NE3 1DE  
Tel: 0191 285 2493 (h)

### WORCESTER

**Dr S G King**, 28 Bromyard Road, Worcester WR2 5BU  
Tel: 01905 423612 (s) or 01905 820436 (h)  
Fax: 01905 420641 (s)

### YORKSHIRE

**Dr B K Jindal**, Speedwell Surgery, 1 Speedwell Street Paddock, Huddersfield, West Yorks. HD1 4TS  
Tel: 01484 531786 (s)  
Fax: 424249

**Dr M D Brooke**, Leylands Medical Centre, 81 Leylands Lane, Heaton, Bradford, West Yorkshire BD9 5PZ  
Tel: 01274 770771

**Dr P Howden**, 2 Ladywood Cottage, 9 Oakwood Lane, Leeds LS8 2PZ  
Tel: 0113 248 2291 (s)  
265 9104 (h)

**Dr I Sibley-Calder**, 37 Eastgate, Hornsea, East Yorkshire HU18 1LP  
Tel: 01964 532212 (s)  
534925 (h)  
Fax: 01964 535007

### NORTHERN IRELAND

**Dr J Galway**, Tara, Brompton Park, Derrhale, Portadown, BT62 3SP  
Tel: 01762 871757 (h)  
**Dr C Fitzpatrick**, 116 Tullynakill Road, Killinchy, Co Down BT23 6QP  
Tel: 01238 542248 (h) or 01232 321313 (s)

### SCOTLAND

**Dr J D M Douglas**, Tweeddale Surgery, Fort William, Invernessshire PH33 6EU  
Tel: 01397 703136 (s)  
Fax: 01397 700139 (s)

**Dr N Piercy**, 4 Rosehill, Montrose, Angus DD10 8RZ  
Tel: 01674 673665

**Dr R Stephenson**, Dept. of Anaesthetics, Aberdeen Royal Infirmary, Aberdeen AB25 2ZN  
Tel: 01224 681818 ext 53842

**Dr G Russell**, 26 Huntingdon Place, Edinburgh EH7 4AT  
Tel: 0131 556 2642 (s)  
Fax: 0131 557 4430

**Dr R K S Stewart**, 19 Clarendon Place,

Stirling FK8 2QW  
Tel: 01786 473776

### Dr R Weekes

The Health Centre, Pipeland Road, St Andrews, Fife, KY16 8JZ  
Tel: 01334 476840

### WALES

**Dr J Costello**, Bellview Surgery, Cortybella Road, Newport, Gwent NP9 2WQ

Tel: 01633 256337 (s)  
Fax: 01633 22285 (s)

**Dr G Lloyd**, Roath House, 100 Penylan Road, Roath Park, Cardiff

Tel: 01222 461100 (s)  
**Dr N Lupini**, 39 Hendre Park, Llangeinell, Carmarthenshire SA14 8UP  
Tel: 01554 821283 (h) 772678 (s)

Fax: 01554 774476

**Dr D McCarter**, The Surgery, Hanmer, Whitchurch SY13 3DL Tel: 01948 880223

### (Flintshire)

**Dr M O'Kane**, Cwm Felin Surgery, 298 Carmarthen Road, Swansea SA1 1HW  
Tel: 01792 653941 (s) or 01792 204922 (h) Fax: 01792 480910

**Dr C Walker**, 'Yeovil', Holyhead Mountain, Holyhead LL65 1YW  
Tel: 01407 762713 (s) or 01407 764791 (h)

**Dr S Wood**, 32 St Michael's Road, Llandaff, Cardiff CF5 2AP  
Tel: 01222 565884

### CHANNEL ISLANDS

**Dr S Hamilton**, 21 Grosvenor Street, St Helier, Jersey JE1 4HA

Tel: 01534 873633 (s) 62876 (h)  
**Dr B D Parkin**, Rohais Medical Practice, St Peter Port, Guernsey GY1 1FF  
Tel: 01481 725200

### AUSTRALIA

**Dr Ian Gibbs**, Lloyd Medical Centre, 31 Brisbane Street, P O Box 131, Mackay, Queensland 4740  
Tel: (079) 576341 (s) or (079) 552704 (h) Fax: (070) 576842

### BARBADOS

**Dr T C Roach**, Diagnostic Clinic, Beckles Road, St Michael, Barbados  
Tel: +1 (809) 429 6370

**GRAND CAYMAN**

**Dr M Hetley**, P.O. Box 2309,  
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Tel: +1 (809) 949 7400  
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753580

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**ZIMBABWE**

**Dr Henk Schook**, 21 Pringle  
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