

GUIDELINES FOR MEDICAL FITNESS CERTIFICATION FOR SPORTS DIVERS

Diving is a sporting activity demanding an exceptional level of fitness of the participant. This is because the marine environment demands that the diver must be physically self reliant if he is to practice this sport with safety. The following is a list of relative and absolute contraindications to diving. Doctors are advised not to certify as *fit for diving* any person suffering from any absolute contraindications. In the case of any relative contraindications, they should in the interest of the applicant give full details of the underlying medical condition when issuing a certificate.

| ABSOLUTE (DISQUALIFYING) CONTRAINDICATIONS | RELATIVE CONTRAINDICATIONS (TO BE FULLY INVESTIGATED) |
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| § History of: | § History of: |
| § Head injury with more than 10 minutes unconsciousness or more than 1 hour amnesia | § Previous Decompression sickness |
| § Depressed skull fractures, brain lacerations or intracranial haemorrhage | § Recurrent headaches |
| § Epileptic seizures (excluded: febrile childhood convulsions) | § Childhood asthma |
| § Unexplained loss of consciousness | § Pulmonary Barotrauma |
| § Asthma (even if inactive) | § Old Tuberculosis |
| § Thoracotomy | § Mild Hypertension |
| § Spontaneous or traumatic pneumothorax | § Abnormal heart rate or ECG |
| § Inner ear surgery | § Ischaemic heart disease |
| § CNS disease including tumours, demyelinating disease, severe migraine and persistent neurological or EEG abnormalities | § Severe hay fever and sinusitis |
| § All acute or chronic psychiatric disorders | § Chronic perforation of the ear drum |
| § Chronic pulmonary disease (obstructive, restrictive, neoplastic or suppurative) | § Cleft Palate |
| § Blood pressure over 150/95 | § Severe deafness |
| § Chronic heart disease limiting cardiac output | § Severe visual disturbance |
| § Any atrial or ventricular septal defects | § Chronic Gastrointestinal Tract disease |
| § Drug or alcohol abuse | § Neuromuscular, muscular or skeletal disease |
| § Haemoglobinopathies, coagulopathies and chronic anaemia | § Gross obesity |
| § Inability to perform the Valsalva manoeuvre | § Impaired exercise tolerance |
| § Meniere's disease | § Person aged over 50 years |
| § Active eye disease | § Persons on regular medication |
| § Active Gastrointestinal Tract disease | § Uncorrected Inguinal Hernia |
| § Diabetes Mellitus | § Post eye surgery within 1 st year |
| § Decompression illness with permanent neurological damage | § Middle ear surgery |
| § T.I.A. or C.V.A. | |

IN ADDITION TO THE ABOVE RESTRICTIONS ASSESSMENT SHOULD BE MADE OF THE PHYSICAL QUALITIES OF STRENGTH AND ENDURANCE AS WELL AS EMOTIONAL QUALITIES MOTIVATION AND STABILITY.

