



Definitions

Rules

Rules are compulsory diving practices laid down by the Technical Commission which must be observed at all times.

Recommendations

Recommendations are to be regarded as diving practices which should be followed and may only be deviated from in exceptional circumstances.

Bottom Time

Is the time from leaving the surface until commencing the final ascent at the recommended rate.

Depth

Is the maximum depth reached during a dive.

No Decompression Limit (N.D.L.)

Is the maximum time which can be spent at a given depth without mandatory stage decompression.

Decompression Stop Time

Is the time actually spent at the stop. It does not include the time taken to ascend to it.

Repetitive Dive

Is any dive carried out within 12 hours of a previous one.

Repetitive Group (R.G.)

Is a measure of excess nitrogen remaining in the body after a dive.

Surface Interval (S.I.)

Is the time from surfacing from a dive to commencing the next descent.

Residual Nitrogen Time (R.N.T.)

Is a measure of the amount of excess nitrogen still in the body at the end of a surface interval. It is the time that a diver must consider has already been spent at the planned depth of a repetitive dive.

Technical Commission Rules and Recommendations

Rules

1. The minimum age for SCUBA training is sixteen (16) years.
2. All divers must undergo a diving medical examination as directed by the Medical Commission and set out in the C.F.T. Medical Form.
3. A life jacket, which may be an A.B.L.J., B.C. or Stab Jacket, must be worn on all SCUBA dives.
4. Trainee divers may only dive with qualified divers.
5. A qualified diver may not lead more than two trainees on open water dives.
6. Any diver leading a Trainee or Novice Diver must have an Alternative Air Source*.

*An Alternative Air Source is interpreted here as one of the following (in order of preference):

1. an independent air supply and regulator,
2. an octopus regulator,
3. an Air2 (or similar),
4. A Spare Air (or similar).

it excludes however buddy breathing or a buoyancy device mini-cylinder.

Recommendations

Section A - Fitness to Dive

1. Dives to depths greater than 20 metres should only be carried out by Active Divers.
2. A diver is not considered to be an Active Diver if he/she has been laid off from diving for 13 weeks (90 days) or more.
3. Where a lay off from diving of 13 weeks or more has occurred, 3 other snorkels (minimum 30 minutes duration) should be carried out prior to SCUBA diving. The first 3 SCUBA dives should be limited to a maximum depth of 20 metres.

Section B - Dive Techniques and Organisation

1. Divers should never dive alone.
2. All dives in excess of 30 metres should be led by a diver of minimum Leading Diver qualification.
3. Any dive with an element of instruction must be led by an Instructor (Moniteur 1* or above).
4. The maximum depth for Sports Divers is 45 metres. However a maximum depth of 50 metres applies when qualified as an Extended Range Diver.
5. Where dive tables are in use, their usage should be strictly in accordance with the instructions for the use of dive tables (issued by the T.C.).
6. Where dive computers are in use, their usage should be strictly in accordance with the manufacturers' recommendations and instructions.
7. Notwithstanding 5 and 6 above, adequate safety margins should be built in for exceptional conditions such as arduous or cold diving.
8. Ideally start the dive deep and work shallow, don't make 'sawtooth' profiles with repeated shallow and deep depths.
9. Ascend at 10 metres per minute, unless otherwise indicated, to minimise bubbling and enhance out gassing.
10. A safety stop must be carried out on all no-decompression dives for 3 minutes in the optimum range of 3 to 6 metres. N.B. Do NOT go shallower than 3 metres.
11. A minimum surface interval of 2 hours is recommended between all dives.
12. Delayed S.M.B.s should be deployed in areas of high boat traffic.
13. Shortened/Omitted Decompression (mandatory stops only). This is a very serious situation.
 - (1) Give victim 100% O₂.

Rules and Recommendations

- (2) Observe victim and buddy, contact chamber.
 - (3) No further diving for 24 hours.
 - (4) If symptoms of D.C.S. or Barotrauma present, remove immediately to chamber.
14. Emergency Ascents (where the ascent rate has been exceeded significantly).
Also viewed seriously.
- (1) Give victim 100% O₂.
 - (2) Observe victim and buddy, contact chamber.
 - (3) No further diving for 24 hours.
 - (4) If symptoms of D.C.S. or Barotrauma present, remove immediately to chamber.
15. Dives requiring decompression should be avoided unless qualified to do these. If unplanned decompression does occur, with correct stops duly completed do not dive for a further 24 hours (also consider administering oxygen and observe the divers).
16. Where diving continues for several days e.g. holidays or expeditions a break of a half day should be taken every three days. This is to prevent the build up of excess nitrogen in the slow tissues. When flying after intensive diving or stage decompression diving it is recommended that you should stop diving a minimum of 24 hours before flying
17. As far as possible, Club Diving Officers should be of Leading Diver qualification or higher.
18. The Club Diving Officer, for insurance purposes, should be informed in advance of all Club diving, snorkelling or boating activities.
19. All diving accidents and incidents are to be reported to the Club Diving Officer and onwards to the R.D.O. and N.D.O. or his/her representative.

Section C - Equipment

1. All diving equipment should be serviced and tested in accordance with manufacturers' recommendations.
2. In addition to 1 above, dive cylinders require an inspection (V.I.P.) every 2½ years and a hydrostatic test every 5 years.
3. Dive only with cylinders designed for underwater use.
4. All life jackets should have:-
 - (a) Adequate means of oral inflation.
 - (b) Alternative means of inflation.
 - (c) Automatic overpressure relief valve.
 - (d) Effective dump valve.
 - (e) Minimum available buoyancy of 14 kgs (30lbs).
5. Life jackets fitted with carbon dioxide (CO₂) cylinders should not be used.
6. Air purity tests should be carried out on club compressors every six months.

Section D - Dive Computers

1. Read and understand fully the manufacturer's instructions and recommendations before using a dive computer.

2. The dive computer is a tool and the diver controls the dive. Do not push the dive computer to extremes. Be prepared to limit dive times and/or depths and lengthen surface intervals.
3. Be aware that some dive computers do not account for physiological variations. Dehydration, alcohol consumption, strenuous exercise before, during or immediately after a dive, age, excessive fat tissue, injury, fatigue can be predisposing factors for decompression sickness. The more of these factors that apply the more conservative the computer should be used, for example reduce your N.D.L.
4. In the event of computer failure proceed directly to 6 metres and remain there for 5 minutes. If mandatory decompression was required remain at 6 metres for as long as possible, do not dive for a further 24 hours (also consider administering oxygen and observe the divers).
5. Any dives carried out within a 24 hour period must use the same computer. Also do not mix the use of computers and tables within a similar period.
6. Each person should have their own computer, if computers differ in N.D.L., while underwater, use the most conservative reading and dive accordingly.
7. When diving at altitude the computer must travel with the user at all times, and the instructions for use at altitude must be followed.

Section E - Dive Tables

1. For intermediate depths use the next greater depth on the table (e.g. for 25 metres use 27 metres).
2. For intermediate times use the next longer time on the table (e.g. for 15 minutes at 25 metres use 18 minutes at 27 metres).
3. Avoid deep repetitive dives, ensure at least a 2 hour surface interval. Make the deepest dive first and repetitive dives progressively shallower. It is recommended that no more than 3 dives per day are made on Buehlmann Tables.
4. For strenuous and/or cold dives (where the diver feels uncomfortably cold during the dive) use the decompression and R.G. prescribed for the next longest time increment. This also means that the N.D.L. is decreased by one time increment, while keeping the R.G. of the longer time, e.g. cold/strenuous dive to 18 metres for 33 minutes, R.G. = D. Look up decompression information for 18 metres for 44 minutes, R.G. = E.
5. If the depth of the repetitive dive is an intermediate depth, then take the shallower depth for calculating Residual Nitrogen Time and the deeper depth for calculating No-Decompression Limits.

For example:

First dive to 27m for 17 mins, R.G. = C.

Surface interval = 2hrs, R.G. now = A.

Second dive to 20m (intermediate depth) apply handling rules.

Shallower for R.N.T. = 18m column at R.G. = A gives 14 mins.

Deeper for N.D.L. = 21m column = 34 mins N.D.L.

therefore N.D.L. for 2nd dive = 34-14 = 20 mins.

5. Slowed Ascent (where the rate of the final ascent is less than 10m/min). Add the additional ascent time to the bottom time.

NITROX

Rules & Recommendations

Definition:

"NITROX" is oxygen enriched air i.e. a mixture that contains the gases nitrogen and oxygen only.

Equipment:

1. Before diving Nitrox, the C.F.T. Nitrox course or an equivalent course recognised by C.F.T. must have been successfully completed.
2. Gas mixes must ONLY be obtained from a C.F.T. recognised Nitrox Facility or qualified Blender.
3. The handling or use of oxygen mixes above 80% is prohibited except for use as First Aid or by qualified Gas Blenders.
4. Standard scuba equipment can only be used for mixes up to Nitrox 40 i.e. a mixture containing up to 40% O₂.
5. When a Nitrox mix has been obtained, the mix analysed by the diver and the cylinder suitably marked, then that cylinder must not be exchanged or loaned to any other diver while any of the gas remains within it.
6. Nitrox dedicated cylinders must be correctly labelled with an "O₂ cleaned" sticker for use with mixes over 40%.
7. If your Nitrox dedicated cylinder is used for standard air fills the air must be double filtered.
8. Nitrox equipment must be professionally serviced/cleaned unless qualified to do so.

Rebreathers

Rules & Recommendations

See CFT Rebreather Policy Section