



THE TRAVELLING DIVER

AN ESSENTIAL GUIDE TO SAFE TRAVEL FOR DIVERS



DISCOVERY | SAFETY | PREVENTION

 **DAN**[®]
DIVERS ALERT NETWORK EUROPE



Some of the most beautiful dive sites are in the most remote locations.

While the seclusion can be appealing, there are certain factors that need to be considered when preparing for any dive trip.

In order to ensure the highest level of safety, travelling divers need to be well prepared and well informed before embarking.

Some research is always going to be necessary. This document is meant to assist with preparations.

BEFORE YOU TRAVEL

REGIONAL DIFFICULTIES	5
DIVE CENTER SERVICES	6
LOCAL DIVE SITE CONDITIONS	7
HEALTH ISSUES	9
PERSONAL DIVE GEAR VERSUS RENTAL GEAR	9
ADMINISTRATIVE REQUIREMENTS	9
DEVELOPING A PERSONAL EMERGENCY ASSISTANCE PLAN (EAP)	9
PREVENTION	10
PREPARATION.....	11
RESPONSE.....	12
ADDITIONAL DIVE TRAINING	14

WHAT TO CONSIDER BEFORE YOU TRAVEL



REGIONAL DIFFICULTIES

While the DAN Europe hotline is always available, services are dependent on local emergency services. There is not always a hyperbaric chamber or even a hospital nearby. The level of healthcare at your destination may be different than what you are familiar with. In areas of political unrest, medical services may be unavailable or delayed even if your insurance cover is valid.

DIVE CENTER SERVICES

Don't assume the dive center has services listed below- ask beforehand!

- Availability of Oxygen, first aid and rescue materials
- Availability of trained staff that can react in case of a dive emergency
- Staff that speak your language
- Quality rental gear
- Well maintained Compressor (maintenance logs, air quality control, user logs)
- Emergency Action Plan
- Safe, clean appearance
- Organized dive trips (Boats, type of diving, amount of certified staff)

LOCAL DIVE SITE CONDITIONS

Ask before you arrive to prevent a situation you are not comfortable in and to ensure you bring the proper gear.

WEATHER

Weather conditions for the time of year you will be travelling. Is it hurricane season? Does the location get afternoon thunderstorms? Weather is an important consideration not only for when you are diving but for when you want to explore the location on land as well.

WATER

Water conditions, specifically water temperature and whether you are diving in fresh water or salty water. Be prepared with an appropriate wetsuit and remember that salt water, along with a thicker wetsuit, will make you more buoyant.

CURRENTS

Some sites are known to have strong currents year round. Know beforehand so you can make a decision if this is a condition you are ready to deal with. If so, review proper safety responses to high current conditions.

VISIBILITY

Various conditions, such as weather, currents, time of day, etc., can influence the visibility of a site. When asking questions about a particular site, therefore, make sure you understand when the visibility is as they describe it.

MARINE LIFE

You will probably want to research the local marine life purely out of interest but, as there are toxic species in all waters, having a better understanding of what you may see will prepare you for emergency situations and help to ensure your first aid kit is ready for any interaction with local fauna.



HEALTH ISSUES

Health issues specific to the location you are travelling to. Research health related risks, such as malaria, and get the necessary vaccinations and medications.

PERSONAL DIVE GEAR VERSUS RENTAL GEAR

Decide what dive equipment you want to bring and what equipment you want to rent. Things to consider:

- Weight allowance on airline
- Availability and quality of rental gear
- If bringing your own equipment, ensure proper maintenance has been done and bring a “save a dive” kit
- Some safety dive equipment may not be available for rent (e.g. lights, computer, knife)

ADMINISTRATIVE REQUIREMENTS

Necessary paperwork is going to vary depending on where you are travelling to. Some documentation to consider:

- Valid passport
- Tourist visa
- Medical forms
- Dive insurance and DAN membership

DEVELOPING A PERSONAL EMERGENCY ASSISTANCE PLAN (EAP)

While the local dive operator should have an EAP, it is recommended that you have an EAP for yourself and the people you are travelling with. A complete EAP should include three components: PREVENTION, PREPARATION and RESPONSE.

PREVENTION

There are various factors to consider to help prevent an incident from occurring altogether.

- **PHYSICAL FITNESS**

Diving requires a certain level of strength and endurance. The conditions, such as high currents, can alter the level of strength necessary.

- **MEDICAL FITNESS**

If you have a medical condition, whether chronic or short term, decide if you are able to safely participate in the dives.

- **MENTAL FITNESS**

Whether before the trip altogether or when on the boat before a dive, if you feel unprepared, cancel the dive.

- **TRAINING**

Make sure you are trained for the type of dives you will encounter during your trip. Never dive beyond your limits. Consider taking a refresher course or furthering your dive education with another certification before travelling.

- **EQUIPMENT**

Have your gear regularly maintained and be familiar with your gear as well as your buddy's gear.

- **DIVE PLANNING**

Consider dive conditions, specific hazards, and local marine life.



PREPARATION

Even with proper prevention techniques, accidents still occur. Be prepared!

- **KNOW THE LOCAL RESOURCES**

You should know the availability and locations of closest emergency resources and transportation services.

- **GET FIRST-AID TRAINING**

Make sure your first-aid, cardiopulmonary resuscitation (CPR) and oxygen-administration skills are up to date.

- **CARRY THE NECESSARY EMERGENCY SUPPLIES**

The supplies needed in your first aid kit may vary depending on location.

- **SHARE INFORMATION**

Make sure your buddy is aware of your health condition such as allergies, medical conditions, insurance coverage and whether you are a DAN member.



RESPONSE

With proper preparation, in the unlikely event of an accident, you should be ready to respond appropriately. DAN is available 24 hours a day, every day, anywhere in the world.

FOR NON-URGENT MEDICAL INFORMATION OR ASSISTANCE:

medical@daneurope.org

IN THE EVENT OF A MEDICAL EMERGENCY:

IF YOU ARE ABROAD

For both diving and non-diving emergencies, call the International Emergency Number. You will be put in touch with a medical doctor, who will assess the situation and manage the assistance, in collaboration with local facilities.

IF YOU ARE IN YOUR COUNTRY OF RESIDENCE

In case of a diving emergency: call the local Emergency Medical Service (EMS) and DAN for specialised medical consultancy.

In case of a non-diving medical emergency: call the local Emergency Medical Service (EMS).

If you are unsure about the severity of the accident, it is better to call, rather than wait for the situation to worsen.


DOWNLOAD THE DAN EUROPE APP



- SOS requests button
- Direct call to the Emergency Hotline
- Possibility to share GPS location
- Easy access to your Membership Card details



ADDITIONAL DIVE TRAINING



If you would like to explore other dive opportunities, remember to get the necessary training before doing so.

CONTINUE TO REFRESH YOUR SKILLS.

Remember to be up to date not only with your dive skills but also rescue skills such as CPR, first aid and oxygen administration.

CONTINUE YOUR EDUCATION.

Learning about sites, new dive gear, most recent safety research, etc. will only make you a better and safer diver.

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