

COVID-19 Guidance for Divers – May 2024

Following discussion at the Diving Medicine conference in November 2023 and further review of evidence available by the UK Diving Medical Committee it has been agreed that divers who have had mild to moderate symptomatic COVID -19 and have returned to their usual level of fitness, but have not required hospitalisation, no longer need to declare this on the UKDMC Recreational Diving Medical Declaration form, do not need to contact a Medical Referee and can return to diving as soon as they have returned to their previous acceptable level of fitness.

Divers who are contacts of known COVID-19 cases or who have asymptomatic COVID-19 may return to diving, without having to contact a Medical Referee, as soon as they have satisfied the current guidance on self-isolation.

There is no longer any need to use the previously devised score card, which will be removed from the ukdmc.org website and the UKDMC Recreational Diving Medical Declaration form.

Divers with severe symptoms that required hospitalisation also need to have returned to their previous level of fitness, are likely to require at least a three month lay-off, still need to declare this on the form and contact a Medical Referee and are likely to require further detailed tests. Most of these tests are very likely to have been part of their routine hospital follow up. When contacting a Medical Referee copies of relevant hospital letters would be useful.

For more detail and the rationale behind this, if of interest, please view the Guidance for Medical Referees document.

27 May 2024.