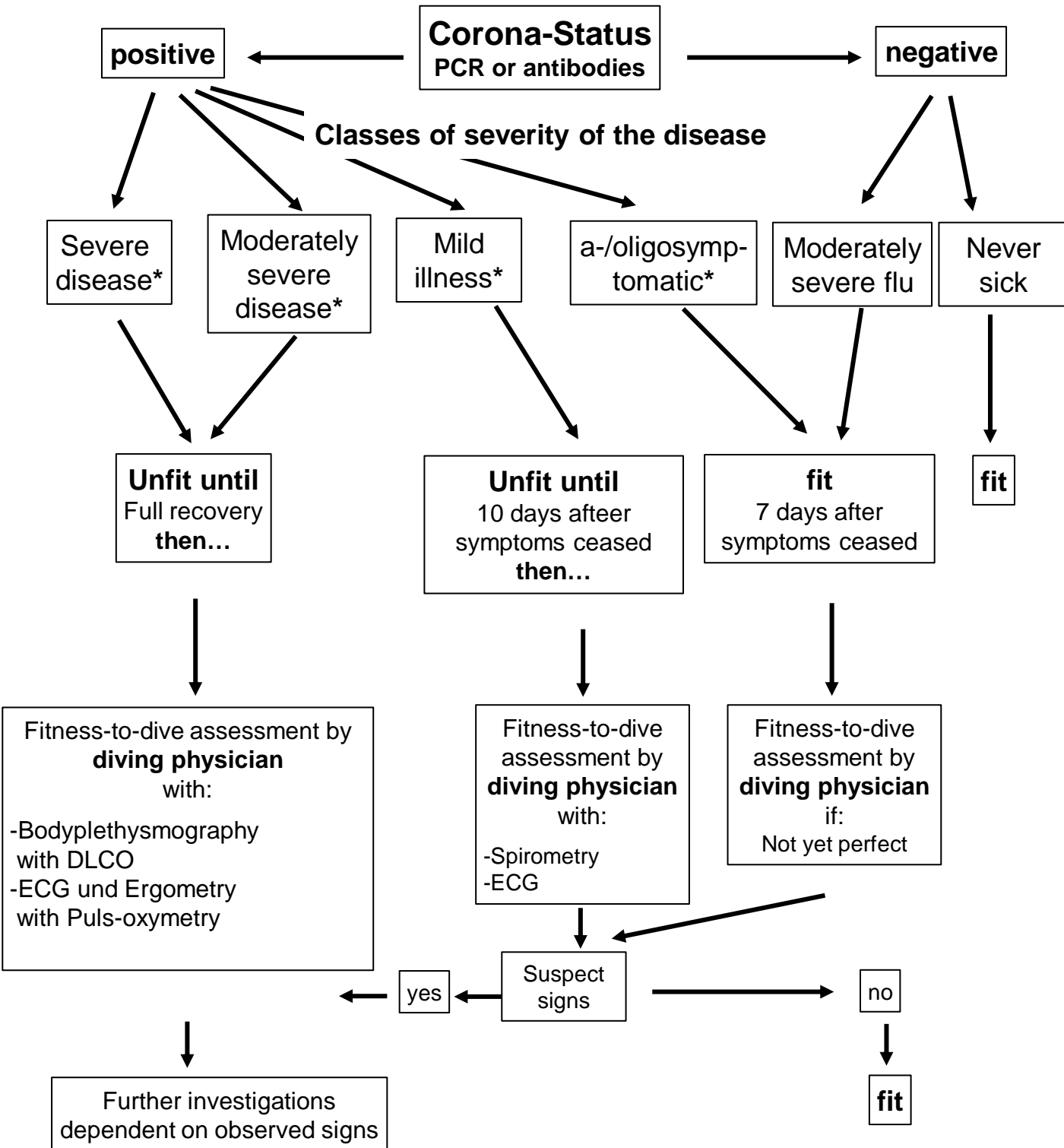


Diving after COVID (SUHMS)

The following decisions may be modified by an MED on his competent discretion



* See page 2

Diving and COVID (SUHMS)

Severity classification of the disease

Asymptomatic

Diagnosis of SARS-CoV-2 in the complete absence of symptoms

Oligosymptomatic

Presence of symptoms such as rhinitis and/or sore throat

> without the presence of fever, cough, general malaise, headache or pain in the limbs

Mild illness

Mild symptoms (e.g. fever, cough, loss of sense of smell and taste, general malaise, headache and pain in the limbs)

> No shortness of breath, dyspnoea or lung damage visible on imaging

Moderately severe disease

O₂ saturation \geq 94% and clinical or radiological evidence of pneumonia

Severe disease

a) O₂ saturation < 94%, PaO₂/FiO₂ < 300mmHg, respiratory rate > 30/min (in adults) or pulmonary infiltrate > 50%.

b) Critical illness Respiratory arrest, septic shock and /or multiple organ failure.

Diving and COVID (SUHMS)

General recommendations

1/ If a diver has a flu-like illness, he/she should continue to be tested for corona, as corona has not disappeared and COVID19 may be a risk to diving.

2/ Regardless of whether you have had flu / COVID 19 or have received a vaccination, the general diving rule applies:

- Only if you feel healthy and fit, you may dive.

- For the procedure according to the different degrees of severity of the disease
See our flowchart

3/ after having passed COVID19 we recommend to do a **100-metre swim test** before the first dive, preferably in crawl swimming technique or short diving distances, to check fitness in the water.

Reason: many divers who had survived a COVID19 disease well and thought they were completely cured showed that they experienced shortness of breath when swimming. Only with the swim test did they realise that they were not yet able to perform well enough in the water to dive safely again. According to recent observations, COVID 19 disease often leads to a prolonged and usually unconscious increase in breathing rate. Even after complete recovery, this increased breathing demand initially persists and only slowly returns to normal levels.

If the results of the **diving doctor's check-up** are normal and the swimming test is inconspicuous, diving can be continued without hesitation.