

MEDICAL STANDARDS

These notes are included for the guidance of doctors who may be unfamiliar with requirements for diving.

SYSTEM	DISQUALIFYING FACTORS	ALLOWABLE FACTORS	OTHER POINTS
General	Gross obesity with BMI > 30. BMI = weight in kg/(height in m) ² .		Diving is not advised during pregnancy. Those who have dived before discovering they were pregnant are advised to contact a gynecologist.
ENT	Perforated eardrum in new entrants, chronic vestibular disease in new entrants.	Perforated eardrum known to have been present during several years of diving. Healed perforation, including "paper thin" scars. Unilateral nasal block. Sinusitis if not adversely affected by diving.	Valsalva test of drum mobility should be carried out and if doubtful, practical diving test in pool should be advised. For this purpose any wax obscuring a good view of the drum should be removed. Deafness -- at discretion of specialist the candidate may be restricted to diving with a fit companion Sinusitis may benefit from diving!
Oral Cavity	Dentures must be retained in place on fully opening the mouth and not be dislodged by placing jaws together in any position, or by movement of one denture against the other. They should extend to the muco-buccal fold. If dentures do not satisfy these requirements, they should not be worn while diving, Cleft palate not acceptable without specialist's opinion.		Applicants to be advised about bad teeth and fillings but these should not normally disqualify.
RS	Suspicion of active tuberculosis. Tuberculosis scars other than healed primary focus in new entrants. History of spontaneous pneumothorax, lung cysts or bullae normally disqualifies. Possible surgical treatment should be discussed with a specialist. Old spontaneous pneumothorax in candidates over thirty should be referred to a specialist.	T.B. scars in established diver subject to specialist's opinion. Traumatic pneumothorax not necessarily a disqualifying factor. Any surgical removal of lung tissue or any serious lung complaint to be referred to a specialist. Asthma in childhood with full remission by time of examination.	A chest X-ray is not required on entry or at repeat medical examination unless there is a history of significant cardiovascular disease, respiratory disease or occupational exposure (since the last medical in the case of a repeat medical) or if the physical examination reveals an abnormality in the cardiovascular or respiratory systems. Doctors must see film or report before signing certificate. Asthma (except as under "Allowable"), surgical removal of lung tissue, chronic bronchitis or any other serious chest condition should always be referred to a specialist.
CVS	Clinical or where appropriate EGG evidence of ischaemic heart disease, aortic valve disease. Evidence of heart disease other than lone systolic murmur, should be referred. Symptomatic or pathological arrhythmia, systolic pressure over 160 mm Hg, diastolic pressure over 100 mm Hg in established divers and 90 mm Hg in new entrants, or other evidence of hypertensive disease. End organ damage from hypertension.	Minor asymptomatic heart disease other than ischaemic (subject to more frequent medical checks). Persons with well controlled hypertension without evidence of end organ damage may be permitted to dive. Intracardiac shunts should be referred to specialist.	Post-exercise ECG recommended in the case of individuals with a poor family history of coronary disease or hyperlipidaemia, particularly if they smoke but needs to be interpreted with caution. Pacemaker to be referred to specialist.
Haematology	Haemophilia, sickle cell disease and polycythaemia will disqualify.	Mild anaemia but advise treatment. Tumours and leukaemia may be allowable but should be referred to a specialist. Sickle cell trait.	Sickle cell test only where clinically indicated.
Abdomen/UGS	Significant proteinuria, until the cause has been established.	Peptic ulcer, unless unduly active or troublesome. Abdominal hernias (but advise repair).	
Nervous System and Vision	History of confirmed epilepsy including post-traumatic fits, refer to specialist. Any serious head injury in past three months. Currently symptomatic psychiatric or personality disorders. Any disease of CNS (MS, Polio Petit Mal, etc.) refer to specialist.	Febrile convulsions but no other type of fit allowable. Multiple Sclerosis -- only stable patients acceptable.	A single isolated fit or severe head injury to be referred to specialist. Severe visual impairment to be reported to specialist. A long fit free period off anticonvulsants may be allowable.
Endocrine	Diabetes with diabetic complications.	Referral to specialist is required for diabetics and for all other endocrine disorders.	For diabetics, an annual medical is mandatory.
Drugs	The use of the following disqualifies: Oral sympathomimetics (other than proprietary nasal decongestants), oral steroids, muscle relaxants, digoxin, psychotropic drugs - see comments in Other Points column. Alcohol, drug or narcotic abuse to disqualify.	Antihistamines and analgesics should only be used with caution. Oral contraceptives and diuretics are allowable. Smoking is allowable but reduces fitness and predisposes to air embolism, pneumothorax and coronary thrombosis. Inhaled sympathomimetics, such as salbutamol, should not be used therapeutically within 24 hours of diving but may be used as a prophylactic measure by symptomless divers.	If any psychotropic drug (including tranquillisers, sedatives and hypnotics) have been used, the candidate should not dive for at least 3 months after complete cessation of therapy without the consent of a specialist.
Decompression Illness since last Medical			Refer to hyperbaric specialist
Disabilities	Disease, amputation or deformity excessively limiting ability to swim. (May be issued with a restricted certificate at discretion of a specialist). Learning disability sufficient to produce problems in understanding and remembering the theory and techniques of diving.	Arthritis, amputation or arthrodesis not severely limiting ability to swim.	Anyone with a significant disability should be assessed by a specialist.