

# Unit 12: Preventing Dive Accidents

- **Assessing Diving Fitness**
  - Absolute Contraindications
  - Relative Contraindications
  - Temporary Contraindications
  - Psychological Factors
  - Psychological Contraindications
- **Preventing and Controlling Stress**
  - Recognizing Pre-Dive Stress Behaviors
  - Dealing With Diver Stress
  - Early Warning Signs of In-water Stress
  - Fitness For Diving



# ***Student Performance:***

By the end of the lesson you will be able to:

- Describe the role of the dive leader in preventing accidents.
- Find current information regarding assessing diving fitness.
- Explain contraindications to diving and when divers shouldn't dive and students shouldn't be accepted for training.
- Explain psychological factors that affect divers' fitness to dive.
- Describe how to prevent, mitigate, and manage stress among divers.
- Explain the benefits of a fitness program for diving.

# Assessing Diving Fitness

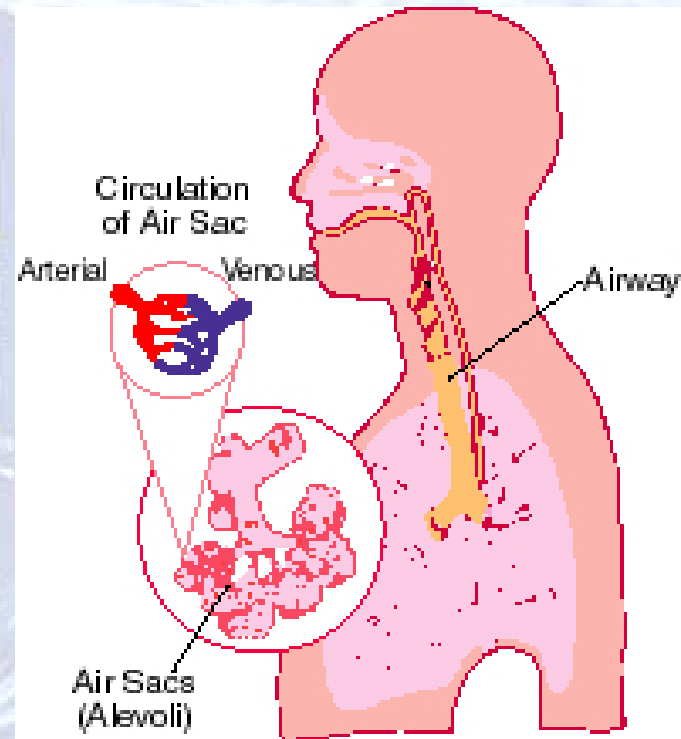
- **Contraindications to diving**
  - **Absolute Contraindications**
  - **Relative contraindications**
  - **Temporary contraindications**
- **Assessing diving fitness**
- **Facing divers who should not dive**



# Assessing Diving Fitness

## (continued)

- **Absolute contraindications**
  - **Physical factors**
    - Sudden loss of consciousness or incapacitation
    - Asthma and other lung diseases
    - Adverse effects of pressure



# ***Assessing Diving Fitness***

***(continued)***

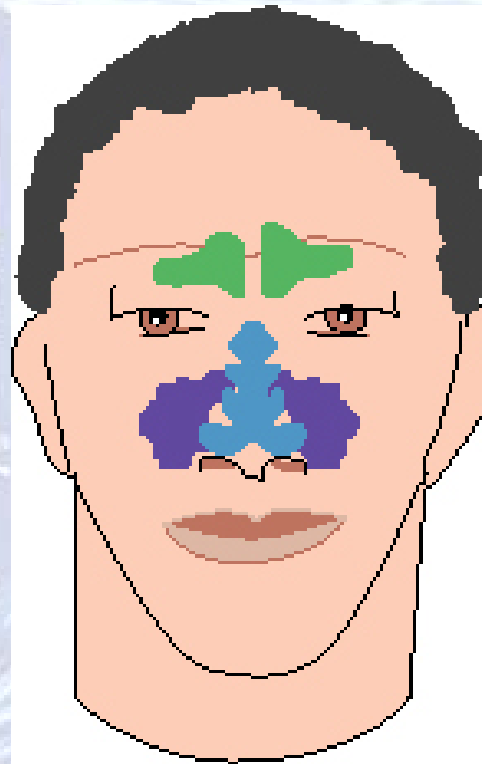
- **Relative contraindications**
  - Divers with disabilities
  - Hidden problems

**WORLDWIDE**  
DIVE SAFETY THROUGH EDUCATION



# Assessing Diving Fitness

- **Temporary contraindications**
  - Colds and congestion
  - Medications
  - Recent hospitalization
  - Injuries
  - Pregnancy



# ***Assessing Diving Fitness***

## ***(continued)***

- **Psychological factors**
- **Psychological contraindications**
  - **Severe mental illness**
  - **Depression and anxiety**
  - **Drug abuse and dependency**
  - **Claustrophobia and confinement anxiety**



# Preventing and Controlling Stress

## – Stress and panic

- Stress

- Reaction to disturbed equilibrium

- Panic

- Loss of logic and mental control





# *Preventing and Controlling Stress (continued)*

- **Recognizing pre-dive stress behaviors**
  - **Introversion**
  - **Tardiness**
  - **Mental errors**
  - **Forgetfulness**
  - **False bravado**
  - **Irritability**
  - **Perceptual narrowing**



# ***Preventing and Controlling Stress (continued)***

- **Dealing With Diver Stress**
  - **Listening**
  - **Talking**
  - **Accentuate the positive**
  - **Fight distraction with distraction**
  - **Team weak with strong**

**WORLDWIDE**  
DIVE SAFETY THROUGH EDUCATION

# ***Preventing and Controlling Stress (continued)***

- **Dealing With Diver Stress (continued)**
  - Offer praise and encouragement
  - Calming exercises
  - Leadership presence and action
    - Stop
    - Breathe
    - Think
    - Breathe
    - Act

# ***Preventing and Controlling Stress (continued)***

- **Early warning signs of in-water stress**
  - **Inefficient breathing**
  - **Inefficient swimming**
  - **Equipment rejection**
  - **Wild eyes**



# ***Preventing and Controlling Stress (continued)***

- **Fitness for diving**
  - **Aerobic training**
  - **Weight training**
  - **Stretching and flexibility**
  - **Nutrition**
  - **Scuba diving for fitness**



## End of Unit 12

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