

COVID-19 risk prevention and mitigation in BUCEO SUR



Covid-19 and underwater activities

The risk of transmission during activity in water seems highly unlikely. Diving does not require direct personal interaction, nor gear sharing : indeed, each diver uses his own.

However, special attention should be paid to the use of equipment, transport and logistics. This document details the protocol that we apply to Buceo Sur to mitigate the risk of transmission.

How did we prepare this document and source of information

At Buceo Sur, we don't claim to have medical skills to decide what to do with the Covid-19 risk.

To produce this document, we have taken into account and synthesized the recommendations of the **Ministry of Health** and other authorities of the General Administration of the State, as well as those of the **DAN** (Divers Alert Network) and the **Spanish Federation of underwater activities (FEDAS)**.

Before booking or coming to the activity

We remind you that it is essential to comply with the local regulation regarding diving and in particular to have the required documentation:

- diving training certificate
- individual diving insurance
- hyperbaric medical certificate or health questionnaire certificate of responsibility according to the new law 01/07/2020

What are the recommendations concerning the practice of scuba diving for people who have contracted covid-19?

Covid-19 generally produces a specific lung infection. Doctors have very little diving experience of the effects of diving on someone who has been affected by covid-19. Therefore, the greatest caution is necessary.

- In cases of **positive PCR but completely asymptomatic**, it is recommended to wait at least 40 days after the test before resuming diving.

- In cases of **mild infection**, without severe symptoms of dyspnea, without recourse to oxygen therapy, without cardiac involvement or other organic lesions caused by the virus, immersion would not be contraindicated after one month after disappearance of all symptoms and a negative result in PCR Tests

- In case of **severe infection, diagnosed Covid-19**, with pneumonia requiring respiratory assistance and clearly visible signs on chest radiography or CT scan, an interval of at least three months must be observed before resuming diving. In this case, it seems essential to have a medical examination by a doctor qualified in underwater medicine before diving again.

It is recommended that those who have contracted covid-19 have a new medical certificate, carried out by a physician with specific accredited training in underwater medicine.

Access to the diving center facilities

Our activity is mainly carried out in water where the risk of propagation is extremely low. But in the installations, it is not zero. [Until we return to normality, we will avoid grouping and physical presence in the DC](#) as much as possible. We respect a maximum capacity of 10 people in the DC.

If there is a physical presence on the DC, **the use of a mask is compulsory.**

Access to the diving center will be limited to diving customers. We **ask family or friends not to accompany the divers.**

Do **not enter the diving center facilities if you have symptoms** (cough, fever, difficulty breathing, etc.) that may be associated with COVID-19.

If you have **been in close contact** or in a shared space without keeping interpersonal distance from a person affected by Covid-19, you should not enter the DC, even if there are no symptoms, for a period of at least 14 days after this contact.

If you are **vulnerable** due to age, pregnancy or previous health problems, you should not go to the dive center.

For planning and booking dives, make an appointment by phone / Whatsapp or email:

- . Whatsapp: +34 651 35 25 73
- . Email: buceosur.gc@gmail.com
- . Provide the necessary documentation in digital format (level card, insurance, medical certificate, date of birth) as well as the complete list of equipment that you need to rent (suit, regulators, size, weight and size).

For the rental of diving equipment for private use outside the dives planned and guided by Buceo Sur:

- **reservation and appointment** required by phone / Whatsapp or email.
- Please send us the information so that we can prepare the material in advance and avoid waiting on site:

- . Documentation: insurance, diving certification.
- . Complete list of necessary equipment: combination, regulators, ..
- . Size data: height, weight and size

Travel to and from the immersion site

As far as possible, we [meet on the dive site](#) without customers entering the DC. This involves prior planning of documentation and equipment.

In the eventuality that you take a [seat in a DC vehicle, wearing a mask is compulsory](#). The passenger spaces in the vehicle are disinfected daily.

When traveling by public transport, interpersonal distance must be respected with other travelers. It is recommended to use a hygienic mask.

BUCEO SUR will bring bottles, diving equipment and the insurance that you would have contracted directly on the dive site.

BUCEO SUR [shall return to the DC with all the rental equipment](#) used by customers and do the appropriate cleaning and disinfection.

Training room

It is recommended to reduce access to the classroom for the delivery of any course. The [use of digital training](#) materials will be encouraged and tutoring / support sessions by instructors will be carried out, preferably online.

Similarly, the “[briefings](#)” or explanations on the activity will take place in open spaces and will respect physical distances.

Diving activities and guided dives in BUCEO SUR

- **Capacity**: until return to normality, the maximum number of users inside the dive center is 10 divers.
- All activities will be carried out **outdoors** whenever possible, ensuring a distance of 2 meters between people at all times.
- The **assembly** of the equipment, the change of clothes, the “briefing” will be carried out outside, near the point of immersion or in the harbour.
- **Customers who have their own equipment** must bring it home after the dive to rinse and disinfect it without going to the DC after the dive.
- Rental, insurance and payments: to avoid any presence in the office, please **contract the services in advance** (immersion, diving insurance, rental ...).

Equipment disinfection

Rinsing removes only traces of salt and sand from the equipment, but is not effective for disinfection

BUCEO SUR is responsible for **disinfection according to DAN's recommendations**: with an aqueous solution of 0.1% sodium hypochlorite

(bleach), with application times greater than 15 minutes for all of the DC's equipment, neoprene equipment and vests. After disinfection, the equipment is thoroughly rinsed to avoid possible irritant effects on the skin.

We disinfect **regulators and respirators with a product "Peroxill detergo"** approved by the Spanish Ministry of Health with a bactericidal and fungicidal effect. This product is also used for the disinfection of equipment in dental clinics.

We pay the **greatest attention** to the disinfection of the following elements: the body of the second stage / the mouthpiece of the regulator, the oral inflator, the trachea and the internal bladder of the stabilizing vest (vest), the inside of the mask.

We will arrange for a customer who dives for several days in a row to use the same equipment regardless of disinfection after each use.

We have regulators, masks and anti-fog products for sale (the use of saliva is prohibited).

Disinfection of installations

Every day, we perform a thorough cleaning and disinfection of the centre's facilities. This includes the restroom, reception, office and classroom.

We have an accessible file of disinfection operations.

You cannot use the centre's showers and changing rooms before the return to normality.

Customers are prohibited from accessing the bottle filling area.

Customers are prohibited from accessing the equipment storage area.

We thank you all for your understanding of these temporary measures to respond to the coronavirus crisis.

BUCEO SUR

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