



COVID-19 SSI & DAN Guidelines

At Cabo verde diving, the health and safety of our members and customers are always the highest priority.

With regards to COVID-19, there are various legal requirements, approvals and restrictions in every country. Consequently, and in cooperation with DAN (Divers Alert Network) and the RSTC, SSI is providing Coronavirus guidelines. The goal of these guidelines is to deliver our Training Centres and Professionals worldwide with some organizational assistance to enable the safe return to your business.

WHAT MEASURES SHOULD BE TAKEN FOR THE SAFETY OF CUSTOMERS AND STAFF?

Customers should be reminded not to enter the Dive Centre if they have symptoms related to COVID-19 infection. The prevention measures taken by the Centre should be displayed on public signs and made clearly visible

PHYSICAL DISTANCING

The WHO (World Health Organisation) recommends that people keep at least a 1.5 metre distance from each other. This also applies to Dive Centre premises, including classrooms and changing rooms

Wherever possible, e-learning through the SSI app, or remote teaching should be preferred to reduce face to face time in a classroom.

PERSONAL HYGIENE

Correct personal hygiene measures include: Wash hands frequently, for at least 20 seconds. Keep physical distancing, avoid direct contact with other people. Avoid touching eyes, nose and mouth. Practice respiratory hygiene. This includes covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dive Centres should provide hand sanitising products or suitable facilities where washing hands as recommended.

Our recommendations:

- Wear a "protective face mask" around other people and in enclosed areas, covering your nose and mouth.
- Stay a safe distance of 1.5 meters away from other people.
- Avoid shaking hands or hugging when greeting people.
- If you need to sneeze or cough, use the bend of your arm or into a tissue and then properly dispose of the tissue in a trash bin.



DIVING EQUIPMENT

Equipment rental should be handled with particular care, here are some recommendations:

Rental equipment should be disinfected as indicated, after each use, paying particular attention to regulators, BCDs, snorkels and masks. Rental masks need to be fit-tested by each diver before use, which implies disinfection after each test. Common **bleach** marketed under different brands and with variable percentages (5-10%) of its active ingredient, **sodium hypochlorite**, is among the products able to neutralize the virus. Recent scientific studies (1) suggest a **1:50** dilution of bleach containing **5%** of sodium hypochlorite (concentration of **0.1%** or **1,000 ppm** of active ingredient), with complete immersion of the objects for at least **5 minutes**.

Keep areas for returned rental equipment separate from areas where disinfected equipment is stored.



DISINFECTION



WHAT PROTECTIVE MEASURES SHOULD BE TAKEN ON DIVING BOATS AND RIBS?

- Ensure that physical distancing is respected also when on board.
- Avoid taking any unnecessary material on board that is not needed for safety reasons or underwater operations.
- Do not use buckets to rinse masks: rinse them in open water instead. Discourage the use of saliva to defog masks: preferably use defogging products.
- Remind them not to touch other people's equipment.
- Make sure you have hand sanitizers available on board.
- Gas sharing: both in case of emergency and when performing drills, it is recommended to use an alternative gas source and avoid donating the regulator from which the diver is breathing.

Thank you for your support and understanding! Stay safe, healthy and active!