

PRE-DIVE RISK RATING (RR)

Date		Location		Compiled by	
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Buddy		Dive site		Type of dive	
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Factors to Assess	RR Value per Factor					What to Consider	RR Values Explained				
Weather conditions	1	2	3	4	5	Assess wind strength, wave height, and swell size.	excellent	good	moderate	poor	very-poor
Current strength	1	2	3	4	5	Is a large tidal range forecast? Will you dive slack-water?	< ½kt	½kt	1kt	2kts	> 2kts
Water visibility	1	2	3	4	5	Is precise navigation required, or just a rough visual awareness?	15m - 20m	10m - 15m	5m - 10m	2m - 5m	< 2m
Water temperature	1	2	3	4	5	Is your exposure protection adequate for the temperature?	26C - 30C	21C - 25C	16C - 20C	11C - 15C	≤ 10C
Dive depth	1	2	3	4	5	Is the repetitive dive deeper than the previous dive?	2m - 10m	11m - 20m	21m - 30m	31m - 40m	> 40m
Total distance	1	2	3	4	5	Is this a simple static dive, or a complex wide-ranging dive?	< 200m	200 - 300m	300 - 400m	400 - 500m	> 500m
Likely task loading	1	2	3	4	5	Does your plan have phases, or difficult or concurrent tasks?	very-low	low	moderate	high	very-high
Planned work-rate	1	2	3	4	5	Will effort be sporadic or sustained (fighting constant current)?	very-low	low	moderate	high	very-high
Your dive fitness	1	2	3	4	5	Rate your medical status, physical condition, and mental state.	excellent	good	moderate	poor	very-poor
Your dive currency	1	2	3	4	5	Review your last diving year. Are you practiced and confident?	fortnightly	monthly	quarterly	bi-annual	none

Sub Totals

1	2	3	4	5
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Grand Total

Example:

A dive to 25m (3) is planned in good conditions (2) with a ½kt current (2) and 5m to 10m visibility (3) in 24C water (2). A low task loading (2) is anticipated, and around 250m of distance will be covered (2) by a diver in good fitness (2) who will likely need a low work-rate (2), and who typically dives monthly (2). This yields a grand total RR value of 22.

See reverse for instructions

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Instructions:

> This RR is designed as a *go/no-go* gauge for use at the dive site (ideally as a re-writable slate), after you have formed your initial dive plan. Two reasons should be cause for reaching a *no-go* ; either your grand total RR value exceeds 35, or any single factor is assessed in the red (RR value of 5). This means you should abort the dive, or implement suitable control measures to lower your RR values and therefore mitigate risk to an acceptable level.

> Some factors have pre-defined RR values (i.e. current strength, water temperature, depth, etc). Assess the remaining factors (without pre-defined RR values) by comparing what you see at the dive site back to your own skills, knowledge, and experience. For example, *how does this weather, or this likely task loading, or this planned work-rate compare to my previous dive history?*

> Both members of a buddy pair need not complete a separate RR, provided the single RR specifically addresses the diver with the least skills and experience.

>To estimate current strength; use 1 knot = 0.5m/second.

Liability Release Statement: *This RR is offered without liability, as a tool to help individuals make sound decisions regarding their suitability to undertake a particular dive on a given day. Even strict adherence to the recommendations within this tool will not guarantee one's safety, and using the tool does not absolve the diver of being personally responsible for their own safety throughout the diving activity.*

