



SCUBA DIVING INSTRUCTIONS FOR ALL SCUBA DIVERS attending the Shoals Marine Laboratory on Appledore Island, Maine.

Please read the instructions below very carefully! QUESTIONS?
Contact SML Diving Safety Officer, Becca Toppin: becca.toppin@unh.edu

ALL SCUBA DIVERS MUST FOLLOW THE STEPS OUTLINED BELOW IN ORDER TO RECEIVE PERMISSION TO DIVE AT SML / ISLES OF SHOALS, ME

STEP 1:

APPLICANT/ DIVER completes **Appendix 3** – SCUBA Diving Medical History
Appendix 13 – SCUBA Diving Application Form
Appendix 15 – Release/Indemnification

STEP 2:

PHYSICIAN reviews and completes
Appendix 1 - Medical Exam Overview,
Appendix 2 - Medical Evaluation of Fitness

STEP 3:

SEND ALL ORIGINAL DOCUMENTS* TO SML's DIVING SAFETY OFFICER ONE MONTH PRIOR TO YOUR COURSE, INTERNSHIP OR RESEARCH START DATE!

Becca Toppin
Shoals Marine Lab Diving Safety Officer
21 Railroad Ave.
Gonic, NH 03839

phone: (508) 454-3571

email: becca.toppin@unh.edu

**KEEP copies for your own records, thank you.*

STEP 4:

REVIEW, and dive in accordance with, the ***Shoals Marine Laboratory Handbook for Diving Safety***: <http://host31.spidergraphics.com/sml/doc/scuba.manual.pdf>

CURRENT AAUS DIVERS:

PROVIDE a letter of reciprocity, and current AAUS medical forms. **Re-examination** guidelines can be found on page 32 of the ***Shoals Marine Laboratory Handbook for Diving Safety***: <http://host31.spidergraphics.com/sml/doc/scuba.manual.pdf>

SPECIAL NOTES:

(1) Acceptance into the Shoals Marine Laboratory diving program is **contingent** upon a completed physical exam and physician approval. The Shoals Marine Laboratory reserves the right to require further medical review by a physician specializing or experienced in hyperbaric medicine.

(2) The physical examination **requires** a chest x-ray, spirometry, urinalysis, and hematocrit (or hemoglobin) tests. Please speak to your physician or make arrangements to have these tests done **before** the appointment for your physical.

(3) The following conditions are **relative contraindications** for diving: Asthma or lung disease; epilepsy, seizure syndromes; insulin dependent diabetes; dizziness or fainting; recreational drug use; pregnancy; or any serious medical condition. If you have any one of these conditions, you potentially may not be able to participate in the Shoals Marine Laboratory diving program.

(4) Acceptance into *Underwater Research* is not contingent upon acceptance into the Shoals Marine Laboratory diving program. If you are not approved for diving, you may still enroll in the class, but not dive! **QUESTIONS? Contact SML Diving Safety Officer, Becca Toppin: becca.toppin@unh.edu**

(5) **First Aid/CPR/AED training and DAN Oxygen Provider training** are included as part of *Underwater Research* (and *RIFS* if applicable), making participants eligible for AAUS Scientific Diver status. Training fees are included in program costs.

(All appendices are from the Shoals Marine Laboratory Handbook for Diving Safety).