



HEALTH DECLARATION FORM DIVING AND COVID-19

This is an example of a Health Declaration Form that a dive centre or dive professional may want to adopt and present to clients and dive students prior to any diving activity. The Form does not replace the [Underwater Medical Questionnaire \(UHMS 2020\)](#) but integrates it with specific information related to the COVID-19 emergency. The Form was developed by the DAN Europe Medical Team, based on information available at the time of drafting. The epidemiological situation is constantly evolving and this document may be subject to changes and updates. We encourage you to always refer to the most up-to-date version, available at www.daneurope.org

Read carefully before signing. You are required to complete this Form if you wish to participate in a diver training programme or any diving activity, verifying your fitness to dive at the time of application. If you are a minor, a parent or legal guardian should sign the Form.

I HEREBY DECLARE

That I do not currently suffer from any of the symptoms typical of and potentially related to the SARS-CoV2 infection, including but not limited to: body temperature $\geq 37.5^{\circ}\text{C}$, cough, sore throat, rhinitis, asthenia, dyspnoea, myalgia, diarrhoea, anosmia, ageusia, difficulty breathing, sore throat, lung infection, headache, loss of taste, diarrhoea.

IF YOU HAVE NEVER CONTRACTED COVID-19	IF YOU HAVE CONTRACTED COVID-19 ONE OR MORE TIMES IN THE LAST 18 MONTHS
<p><input type="checkbox"/> I have already been vaccinated against SARS-CoV-2 in the last 6 months</p> <p>▶ <i>There are no particular contraindications to diving</i></p> <p><input type="checkbox"/> • I have not received the vaccine against SARS-CoV-2 in the last 6 months</p> <p>• I have not been in direct contact with or in close proximity to a person who has tested positive for COVID-19 in the last week</p> <p>▶ <i>There are no particular contraindications to diving</i></p> <p><input type="checkbox"/> • have not received the vaccine against SARS-CoV-2 in the last 6 months</p> <p>• In the last week, I have been in direct contact with or in close proximity to people who tested positive for COVID-19</p> <p>▶ <i>In order to dive, please attach a negative result of a molecular swab (PCR) for SARS-CoV2 performed within the last 48 hours.</i></p>	<p><input type="checkbox"/> • I have recently contracted COVID-19 (last 90 days)</p> <p>• Mild, flu-like form without pulmonary involvement</p> <p>• I have already undergone a fit to dive examination</p> <p>▶ <i>There are no particular contraindications to diving</i></p> <p><input type="checkbox"/> • I have contracted COVID-19, not recently (more than 90 days have passed)</p> <p>• I have already undergone a fit to dive examination</p> <p>• I have already received one or two doses of vaccine in the last 6 months</p> <p>▶ <i>There are no particular contraindications to diving</i></p> <p><input type="checkbox"/> • have contracted COVID-19, not recently (more than 90 days have passed)</p> <p>• I have already undergone a fit-to-dive examination</p> <p>• I did not receive the vaccine</p> <p>• In the last week, I have been in direct contact with or in close proximity to people who tested positive for COVID-19</p> <p>▶ <i>In order to dive, please attach a negative result of a molecular swab (PCR) for SARS-CoV2 performed within the last 48 hours</i></p> <p><input type="checkbox"/> I contracted COVID-19 and did not undergo a fit to dive examination</p> <p>▶ <i>A fit to dive examination is strongly recommended before returning to diving. Please enclose the fit-to-dive certificate to this form</i></p>
<p>Have you already received one or more doses of vaccine? Have you carried out a COVID test in the last 48 hours? Or have you recovered after contracting COVID?</p> <p>➤➤ <i>Please attach the relevant certification, either printed or in digital format</i></p>	

- The information I have provided about my medical history is accurate to the best of my knowledge. I accept that any omission in providing details of my current or past health status is my responsibility.
- I also agree to inform _____ of any symptoms I experience after completing this statement and/or after being in contact with someone who has tested positive for COVID-19 after signing this statement.
- I agree, if asked, to wear a protective mask while participating in all activities organised by _____ and to take all reasonable preventive measures that may be requested by _____ or any competent public authority.
- I agree to abide by all instructions provided by _____ in order to comply with applicable regulations regarding prevention of virus transmission, including the need to have my body temperature taken, if requested, prior to participating in diving activities.
- I acknowledge and agree that this questionnaire may be shared by _____ with the appropriate authorities or

Full name

Date

Full Name of Parent/Guardian
(if applicable)

Date

Signature

Signature



MEDICAL RECOMMENDATIONS

COVID-19 shares many of the symptoms of other severe viral pneumonias, which require a period of convalescence before returning to normal activities - a process that can take weeks or months depending on the severity of the symptoms (1).

POST-COVID FITNESS TO DIVE (2, 3)

- Divers who have tested positive for COVID-19, but have remained completely asymptomatic, should wait at least **ONE** month before requesting a fitness to dive medical assessment by a specialist in underwater medicine.
- Divers who have been affected by symptomatic COVID-19 should wait at least **THREE months** before requesting a fitness to dive medical assessment by a specialist in underwater medicine.
- Divers who have been hospitalised due to COVID-19-related pulmonary symptoms should wait at least **THREE months** before requesting a fitness to dive medical assessment by a specialist in underwater medicine, including a complete evaluation of respiratory function (at least FVC, FEV1, PEF25-50-75, RV, FEV1/FVC, stress test with measurement of peripheral oxygen saturation), as well as a high-resolution lung CT scan.
- Divers who have been hospitalised due to COVID-19-related cardiac symptoms should wait at least **THREE months** before requesting a fitness to dive medical assessment by a specialist in underwater medicine, with cardiological evaluation including echocardiography and stress test (stress ECG).

POST-VACCINATION FITNESS TO DIVE

In the documentation provided by the European Medicine Agency (EMA), as part of the assessment process of the vaccine regarding the vaccines approved for use in Europe, it has been noted that some adverse reactions may result following the vaccination.

These side effects are generally mild and usually common to any type of vaccine, e.g. headache, mild fever, nausea, pain at the site of injection, dizziness, gastrointestinal disorders, lymphadenopathy, thromboembolic events, etc. Side effects have been shown to occur mostly between 12 and 48 hours following the vaccination and, in isolated cases, symptoms may extend up to 7 days. Severe side effects such as anaphylaxis, fortunately, are extremely rare and have been observed mostly in persons with multiple allergies; they tend to appear immediately, in the first 30 minutes following the vaccination. Side effects were also reported more frequently after the second dose of the vaccine.

Although the vast majority of side effects reported so far are mild and do not put into question in any way the safety of the approved vaccines, they may be further enhanced by diving conditions, such as immersion, pressure and hypoxic/hyperoxic environment. Furthermore, it is possible that some of the immunologic effects of COVID-19 vaccination may temporarily influence the risk of diving-related illness. Anecdotal cases of symptoms possibly related to decompression illness (DCI) after uneventful dives in the safe range for DCI, have caused some concern in diver communities.

At this time, no evidence is available regarding the impact of diving conditions on the severity of the side effects, nor on the resulting impact on the performance of divers with regard to diving safety. Taking into account that these vaccines are new pharmacological products, and in order to ensure that the side effects described above do not interfere with the completion of any safety-related tasks, we would like to draw the diving community's attention to information and guidelines provided by [WHO](#), [EMA](#), and [ECDC](#) on COVID-19 vaccination (see references), and would add the following specific recommendations for divers:

- In view of the necessity to contain or end the COVID-19 pandemic as soon as possible and because at this point, widespread vaccination appears to be the only way this could ever be achieved, **it is highly recommended that all persons receive the COVID-19 vaccine** as soon as vaccines become available, in accordance with the national COVID-19 vaccine roll-out plan.
- **Divers should consider a waiting period of minimum 7 days** after each dose of COVID-19 vaccine, before engaging in compressed-gas or breath-hold diving activities.
- It is advised to extend this interval to 14 days for divers
 - a. Who have had side effects after vaccination persisting for more than 48 hours
 - b. With personal health risk factors such as, but not limited to:
 - i. Excessive body weight
 - ii. Chronic metabolic disease (including diabetes)
 - iii. Smoking
 - iv. Use of medication which may increase the risk of thromboembolic incidents (including oral contraceptives)
 - v. Or any combination of the above
 - c. Who wish to perform dives which require specific technical skills or which are exceeding the limits of no-decompression recreational diving (technical diving, deep decompression diving)
- Divers are advised to **consult with their general practitioner in case side effects of the COVID-19 vaccination persist for more than 48 hours** following the vaccination.
- In case any symptoms, possibly related to diving disease, should appear after seemingly low-risk dives performed in the 7-day period after a COVID-19 vaccination, consultation with a diving medicine specialist is advised. We encourage all divers and local diving federations and scientific societies to report any such incidents to the DAN Europe Medical Division at medical@daneurope.org
- As a COVID-19 vaccination does not completely protect against the possibility of transmission of SARS-CoV2 virus to other persons, **protective measures (distance, mask, hygiene) must continue to be observed by all divers**, vaccinated or not.

REFERENCES

- (1) [European Centre for Disease Prevention \(ECDC\) - Overview of the implementation of COVID-19 vaccination strategies and vaccine deployment plans in the EU/EEA.](#)
- (2) [ECDC - COVID-19 vaccination and prioritisation strategies in the EU/EEA.](#)
- (3) [European Medicines Agency \(EMA\) - Comirnaty EPAR -public assessment report](#)
- (4) [EMA - Comirnaty - Procedural steps taken and scientific information after the authorisation.](#)
- (5) [EMA - COVID-19 vaccine Moderna- EPAR-public assessment report.](#)
- (6) [EMA - COVID-19 vaccine AstraZeneca - EPAR-public assessment report](#)
- (7) [World Health Organization \(WHO\) - Guidance on developing a national deployment and vaccination plan for COVID-19 vaccines.](#)
- (8) [WHO COVID-19 vaccines technical documents.](#)