

## Guidance on Return to Recreational Diving After COVID-19– Revision 1.1

Table 1 gives the minimum time from recovery of symptoms of COVID-19 before a recreational diver should consider returning to diving. The advice for divers who had no symptoms at all (asymptomatic) throughout their illness or had mild symptoms will also depend on the total score from Table 2.

**Table 1**

COVID-19 status	Minimum recovery time (with no symptoms) before diving can resume	Table 2 total score	Assessment by UKDMC Medical Referee required
Previously asymptomatic and tested positive for coronavirus.	1 month	4 to 5	No
		0 to 3	Yes
Previously had mild symptoms that recovered completely within a week. Back to your usual levels of fitness. NOTE: Symptoms are mild if they are relatively minor (no shortness of breath), self-limiting and resolve within 7 days.	1 month	4 to 5	No
		0 to 3	Yes
Previously had moderate symptoms. Back to your usual levels of fitness. NOTE: Symptoms are moderate if they are more than mild but not severe enough to require hospitalisation.	2 months	Any	Yes
Previously had severe symptoms requiring hospitalisation. Back to your usual levels of fitness. NOTE: Symptoms are severe where an individual requires hospitalisation, for example, because of serious respiratory problems resulting from COVID-19.	3 months	Any	Yes

**Table 2**

Factor	Score
Can answer “No” to questions 1 to 5 and 7 to 23 on the current Recreational Diving Medical Declaration. <b>ADD 2 POINTS</b>	
Age less than 45 OR Received a full primary course (eg 2 doses of Pfizer, 2 doses of Astra Zeneca, 1 dose of Janssen) of any COVID-19 vaccine approved by UK Government ( <a href="https://www.gov.uk/guidance/countries-with-approved-covid-19-vaccination-programmes-and-proof-of-vaccination">https://www.gov.uk/guidance/countries-with-approved-covid-19-vaccination-programmes-and-proof-of-vaccination</a> ) at least 2 weeks before first symptoms or diagnosis of COVID-19. <b>ADD 1 POINT</b>	
Physical fitness (see standards below *) for ‘GOOD’ <b>ADD 2 POINTS</b> for ‘SATISFACTORY’ <b>ADD 1 POINT</b>	
<b>TOTAL</b>	

\*A recreational diver with a satisfactory standard of physical fitness can run 1.5 miles / 2.4 km in 20 minutes 30 seconds, or complete other exercise equivalent to a VO<sub>2</sub> Max of 7 METS (24.5 ml / kg /min)

\*A recreational diver with a good standard of physical fitness can run 1.5 miles / 2.4 km in 12 minutes 30 seconds, or complete other exercise equivalent to a VO<sub>2</sub> Max of 11.4 METS (40 ml / kg /min)

Any diver requiring assessment for fitness to dive or has any queries with regard to the medical implications of COVID-19 on diving please contact a UKDMC Medical Referee listed at [www.ukdmc.org/medical-referees/](http://www.ukdmc.org/medical-referees/)

COVID-19, and the information about it, is constantly changing, hence this advice may be amended as more evidence becomes available.