



# CFT Procedures manual



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## Club dive log and risk assessment

### Emergency plan

<b>Emergency phone number</b>	112/999	<b>Recompression chamber Galway Dept of anaesthesia</b>	091 524222	<b>Location GPS</b>	
<b>Local Gardai</b>		<b>Recompression chamber Craigavon</b>	0044 801762330711	<b>Local VHF working channel</b>	
<b>Local Lifeboat</b>		<b>Other recompression facility</b>		<b>VHF calling /emergency channel</b>	16
<b>Local Coastguard</b>		<b>Recompression Chamber Haulbowline</b>	021 378777 chamber duty officer	<b>Heli Sligo Waterford Dublin airport Shannon</b>	
<b>Local Doctor</b>		<b>Advice DDRC Plymouth</b>	0044 1752 209999	<b>Route to hospital</b>	
<b>Local Hospital</b>		<b>Advice UK Nat Hyperbaric centre Aberdeen</b>	0044 845 4086008		
<b>Heli landing site</b>		<b>MRCC Dublin</b>	01 6620922		
<b>Emergency vehicle reg number &amp; keys</b>		<b>Is there mobile phone coverage</b>			
<b>Oxygen location</b>		<b>Shore marshal mobile</b>			

**REPETITIVE DIVE TIME-TABLE**

Surface Interval Times

Example:  
 - Permit dive 12h, 20 min  
 - Dependent Group (DS) = B  
 - Allow 15 min at surface: BS = C  
 - Allow 45 min at surface: BS = B  
 - Allow 180 min at surface: BS = A  
 - Allow 3 hrs. Being in permitted: BS = A  
 - Allow 3 hrs. BS = "X" (no track)  
 - Residual nitrogen from BWTT

Surface Interval Time (min)	A	B	C	D	E	F	G
15	20	15	10	10	10	10	10
30	20	15	10	10	10	10	10
45	20	15	10	10	10	10	10
60	20	15	10	10	10	10	10
75	20	15	10	10	10	10	10
90	20	15	10	10	10	10	10
135	20	15	10	10	10	10	10
180	20	15	10	10	10	10	10

**Residual Nitrogen Times for Repetitive Dives**

Residual Nitrogen Times (min) for different depths (m) and surface intervals (min):

Depth (m)	15 min	30 min	45 min	60 min	75 min	90 min	135 min	180 min
12	12	15	18	21	24	27	30	33
15	15	18	21	24	27	30	33	36
18	18	21	24	27	30	33	36	39
21	21	24	27	30	33	36	39	42
24	24	27	30	33	36	39	42	45
27	27	30	33	36	39	42	45	48
30	30	33	36	39	42	45	48	51

**Buethmans Table (0-700m altitude)**

**AIR DIVING DECOMPRESSION TABLE**

Depth (m) vs. Time (min) for different groups (A, B, C, D, E, F, G):

Depth (m)	Group A	Group B	Group C	Group D	Group E	Group F	Group G
10	10	10	10	10	10	10	10
15	15	15	15	15	15	15	15
20	20	20	20	20	20	20	20
25	25	25	25	25	25	25	25
30	30	30	30	30	30	30	30
35	35	35	35	35	35	35	35
40	40	40	40	40	40	40	40
45	45	45	45	45	45	45	45
50	50	50	50	50	50	50	50
55	55	55	55	55	55	55	55
60	60	60	60	60	60	60	60
65	65	65	65	65	65	65	65
70	70	70	70	70	70	70	70

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Notes: 1. A skin strap decompressor is used and the is required for all non-recompression dives. 2. Accurate time is indicated.