

**SECTION 6.00  
MEDICAL STANDARDS**

**6.10. MEDICAL REQUIREMENTS**

**6.11. General**

1. The SDCB shall verify that scientific divers have passed a current diving medical evaluation and have been certified as medically fit to engage in diving activities.
2. All medical evaluations required by this standard shall be performed by, or under the direction of, a licensed physician of the diver's choice, preferably one trained in diving/undersea medicine.
3. The diver shall be free of any acute or chronic disabling disease or condition for which restriction from diving is generally recommended.

**6.12. Frequency of Medical Evaluations**

Medical evaluation shall be completed:

1. before a diver may begin diving;
2. thereafter, at 5 year intervals up to age 40, every 3 years after the age of 40, and every 2 years after age 60; and,
3. following any major injury or illness, or any condition requiring hospital care; if the injury or illness is pressure related, then the clearance to return to diving must be performed by a physician trained in diving medicine.

**6.13. Content of Diving Medical Evaluations**

Diving medical evaluations conducted initially and at the intervals specified in Sec. 6.12 shall consist of the following:

1. diving medical history (Appendix D);
2. diving medical examination (Sec. 6.14); and,
3. completion of "SI-Scientific Diver Medical Certification" (Appendix C) by the examining physician, forwarded to the SDO.

**6.14. Laboratory Requirements for Diving Medical Evaluations and Intervals**

**1. Initial examination under age 40:**

- a. Medical history;
- b. Complete physical examination, emphasis on neurological and otological components;
- c. Chest X-ray;
- d. Spirometry;
- e. Hematocrit or Hemoglobin;
- f. Urinalysis; and,
- g. Any further tests deemed necessary by the physician.

**2. Periodic re-examination under age 40 (every 5 years):**

- a. Medical history;
- b. Complete physical examination, emphasis on neurological and otological components;
- c. Hematocrit or Hemoglobin;
- d. Urinalysis; and,
- e. Any further tests deemed necessary by the physician.

**3. Initial exam over age 40:**

- a. Medical history;
- b. Complete physical examination, emphasis on neurological and otological components;
- c. Assessment of coronary artery disease risk factors, including lipid profile and diabetic screening;
- d. Resting EKG;
- e. Chest X-ray;
- f. Spirometry;
- g. Urinalysis;

- h. Hematocrit or Hemoglobin;
- i. Any further tests deemed necessary by the physician; and,
- j. Exercise stress testing if indicated based on risk factor analysis.

**4. Periodic re-examination over age 40 (every 3 years); over age 60 (every two years):**

- a. Medical history;
- b. Complete physical examination, emphasis on neurological and otological components;
- c. Assessment of coronary artery disease risk factors, including lipid profile and diabetic screening;
- d. Resting EKG;
- e. Urinalysis;
- f. Hematocrit or Hemoglobin;
- g. Any further tests deemed necessary by the physician; and,
- h. Exercise stress testing if indicated based on risk factor analysis.

**6.15. Conditions which MAY be disqualifying**

A recommended reference source is Bove, A.A. (Ed.). 1998. *Medical Examination of Sport SCUBA Divers*. Best Publishing Co., Flagstaff, Arizona.

1. Abnormalities of the tympanic membrane, such as perforation, presence of a monomeric membrane, or inability to autoinflate the middle ears.
2. Vertigo including Meniere's Disease.
3. Stapedectomy or middle ear reconstructive surgery.
4. Recent ocular surgery.
5. Psychiatric disorders including claustrophobia, suicidal ideation, psychosis, anxiety states, untreated depression.
6. Substance abuse, including alcohol.
7. Episodic loss of consciousness.
8. History of seizure.
9. History of stroke or a fixed neurological deficit.
10. Recurring neurologic disorders, including transient ischemic attacks.
11. History of intracranial aneurysm, other vascular malformation or intracranial hemorrhage.
12. History of neurological decompression illness with residual deficit.
13. Head injury with sequelae.
14. Hematologic disorders including coagulopathies.
15. Evidence of coronary artery disease or high risk for coronary artery disease.
16. Atrial septal defects.
17. Significant valvular heart disease - isolated mitral valve prolapse is not disqualifying.
18. Significant cardiac rhythm or conduction abnormalities.
19. Implanted cardiac pacemakers and cardiac defibrillators (ICD).
20. Inadequate exercise tolerance.
21. Severe hypertension.
22. History of spontaneous or traumatic pneumothorax.
23. Asthma.
24. Chronic pulmonary disease, including radiographic evidence of pulmonary blebs, bullae or cysts.
25. Diabetes mellitus.
26. Pregnancy.

**6.16. Medical Certification by Physician**

The SI-Scientific Diver Medical Certification (Appendix C) required by this standard shall be submitted to the SDO by the examining physician. This will be reviewed by the SDCB and a copy made available to the individual diver. The diver medical evaluation report and laboratory results shall be maintained by the examining physician consistent with all applicable federal and local regulations and guidelines for storage and release of medical records.