



Schedule for Lifelong Medical Fitness to Dive Evaluation



Who	When	What
Candidates for entry level OR Continuous education training	Pre-participation	Diver Medical Participant Questionnaire
Healthy divers	Annually	Diver Medical Participant Questionnaire
Asymptomatic divers with 2 or more risk factors (Smoking or vaping, high blood pressure, high cholesterol, obesity, family history of heart disease or premature death, lack of exercise)	Every 5 years	Medical Evaluation (Diver Medical Physical Evaluation Form)
Healthy divers > 45 years of age		
Healthy divers >65 years of age		
Pre-existing diseases of heart, lungs, blood, metabolism, neuro-psychiatric conditions or any other disease that affects your capacity to exercise or effectively dive without assistance	Every year	Medical Evaluation (Diver Medical Physical Evaluation Form)
Acute illness: Do not dive. See healthcare provider as needed.	After regaining pre-illness exercise capacity, before return to diving	Diver Medical Participant Questionnaire



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