

# Diving during the COVID-19 pandemic

## Is the insurance cover also valid during the COVID-19 pandemic?

Yes, the cover is also valid during the pandemic.

## Will aqua med get me back home if I get COVID-19 while I'm on holiday?

Our doctors and our colleagues from the assistance department decide whether or not a return transport is organised. Reasons for a repatriation can be e.g. insufficient medical care or the local hygiene conditions. Every case is closely monitored by our team. If there are any questions or uncertainties, please call us immediately!

## Am I covered through the dive card if I get COVID-19 while I'm on holiday?

The travel health insurance included in the dive card covers treatment costs and return transport costs (as explained above) in medical emergencies, like for instance an acute illness or injury after an accident. This is not impacted by COVID-19. If you want to see a doctor while abroad, you can contact our doctors and assistance team 24/7.

## What do I have to keep in mind when teaching diving?

Please adhere to the rules and regulations concerning hygiene and infection prevention as well as to the social distancing rules. Many diving organisations have already published appropriate concepts including guidelines and recommendations on how to deal with the regulations.

## Does aqua med cover the costs for a COVID-19 test?

A test that is medically necessary and was ordered by a doctor is insured, of course. If a test is done although you don't have coronavirus symptoms or if the test isn't ordered by a doctor, the costs are not covered.

## Am I insured through my dive card if quarantine measures are ordered while I'm on holiday?

Additional accommodation costs or those for a return trip that arise due to a COVID-19 quarantine situation are not insured. Such costs can be included in a cancellation and curtailment insurance.

## Is the dive accident insurance still valid after a COVID-19 infection?

Yes, the dive accident insurance is still valid. However, we recommend undergoing a fitness to dive examination with a doctor specialised in diving medicine.

## Do I have to undergo a fitness to dive examination?

According to the insurance conditions, a valid certificate is not a prerequisite for the validity of the insurance cover. However, a known illness or pre-existing condition which makes you unfit to dive may result in restrictions of the insurance cover. For your own safety, we generally recommend to only go diving with a valid fitness to dive certificate.

## What is aqua med's position on the long-term effects after a COVID-19 infection?

It is still too early to give a clear response. As far as we know at this stage, a mild or asymptomatic progression of a corona infection in a young person or one without pre-existing illnesses does not require further diagnostic measures. They can generally be monitored in an outpatient setting under conditions laid out by the health department (at least 14 days in-house quarantine). After a period of another two weeks, nothing should stand in the way of going diving again.

However, symptomatic COVID-19 patients, especially those with a diagnosed lung infection, are not fit to dive at first. After a full recovery, a period of at least three months should pass before examining again whether or not the infection has damaged the lung or impacted the physical fitness.

It is unclear how the lung capacity and the physical fitness are effected in the long term after a COVID-19 infection. First results give hope that lung damage and the long-term effects will be minimal if the treatment is started early. It follows that a former COVID-19 patient will probably still be able to dive after having recovered. However, in what way the fitness to dive will be limited cannot yet be said.

Due to the specifics that have to be taken into consideration, the fitness to dive examination of someone who has had the coronavirus should definitely be done by a doctor specialised in diving medicine.

## How should I disinfect my dive gear?

Please contact the manufacturer directly in order to avoid mishandling the disinfection of your gear and to make sure you can still use it after the pandemic.

## How long do I have to wait after getting the COVID vaccine before I can go diving again?

We recommend waiting at least one day after being vaccinated and to go diving at the earliest once all side effects have fully subsided.

Common post-vaccination side effects include local reactions such as swelling or pain at the injection site or a strong feeling of being ill. Most people have no side effects at all or, if any, only minor ones on the first day. For very few people (< 6/1000), side effects may last up to 3 days, while severe complications are extremely rare (< 0,5/1000).

It is neither indicated that diving decreases the effectiveness of the COVID vaccine, nor that it increases possible side effects, nor that the vaccine increases the risk of a diving accident.

Version 04/2021