

# Recommendations for children diving

All water activities require special knowledge and skills from the person in charge, whereas special attention should be paid to children's scuba diving lessons and children diving. The scuba diving organisations and professional associations are keen to meet this challenge with the help of newly developed concepts.



The underwater world is fascinating for kids; weightlessly, they can watch the colourful fish. According to present knowledge, aqua med and leading diving organisations such as PADI, SSI and CMAS are of the opinion that scuba diving is absolutely acceptable with children who feel comfortable in the water and are good swimmers.

However, the age-related dive depth and time should not be exceeded; i.e. 8-12-year-olds should not exceed a dive depth of 5 m (or 8 m at the most), while the maximum dive depth for 12-14-year-olds is 12 m. The immersion time should be less than 30 minutes and can be reduced even further according to the water temperature. At temperatures below 15 degrees, children should not scuba dive at all. It may be that the various organisations have slightly different rules as far as this is concerned. However, there is a common consensus about the fact that dives requiring decompression should not be allowed for children.

It goes without saying that children should only dive with appropriate children's diving equipment. This also entails not using any plumb as far as possible and putting on the dive equipment in shallow water instead of on land. In addition, special attention should be paid to children's fun and curiosity-oriented behaviour as well as their considerably reduced concentration capacity during dives. Therefore, complex dives should not be allowed and children should only be trained by diving instructors qualified to teach this age group (this can also be a parent, of course).

Before the beginning of a diving course, each child should undergo a thorough medical examination, where his or her individual intellectual maturity is also considered.

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