

Water Safety Scotland

Diving 'mini' toolkit 2024

Diving safety is a monthly topic within Water Safety Scotland (WSS)'s prevention toolkit and features in April but the safety advice can be used across the year, as appropriate.

Key message:

Springtime sees many divers returning to the waters following a break over the winter months. Unfortunately, we see a number of incidents each year related to sub-aqua diving. Follow the [WSS diving safety code](#) to keep safe. In particular:

- Always dive with a Buddy
- Dive to your personal limits – of training, experience and fitness.
- Check your equipment – it is your lifeline, check it before and after every dive and keep to recommended servicing schedules.
- If your personal medical situation has changed, consider speaking to a medical professional before diving.




Website link: <https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/diving/>

Assets

Specific assets have been created for this package. These include:

- Social media assets (detailed below)
- Diving safety video of key advice that can be shared across social media
- WSS Blog will be used for Linked In and any other channels

Tweets/X/FB posts

Post	Asset
Scuba for two. Diving with a trusted buddy is the key to a safe dive. Check out the resources for safe sub-aqua diving from WSS and our partners ScotSAC #DrowningPrevention	
Season's change. Risks remain. #DrowningPrevention	
Make sure you dive safely. Refresh yourself and check your equipment. #DrowningPrevention (1 of 3)	

Be aware of your limits and your surroundings. No one dive is the same. Every dive is unique. Don't underestimate the challenges of different aspects of each new dive scenario, whether that be in the form of changed medical circumstances, new kit, or bluer skies
#DrowningPrevention (2 of 3)

Regularly refresh or update your skills, check your equipment and your surroundings. Follow the Diving Water Safety Code
#DrowningPrevention (3 of 3)

Check yourself and your equipment.
Check your surroundings.
Check your buddy.
Be aware. Remain safe.
#DrowningPrevention

Scottish weather is unpredictable. So is Sub-aqua diving. Remain aware of your surroundings and be prepared. Check out the resources for safe sub-aqua diving from WSS and our partners ScotSAC
#DrowningPrevention



You can watch our brand new video, starring Laura Hamilton from Just Dive, who discusses the key advice to help keep you safe when sub-aqua diving.

You can access the new video online here: <https://www.youtube.com/watch?v=3w0SKPG8HnE>