

Flying after Diving

How long should you wait?

DAN conducted trials on resting volunteers who were “dived” in a dry, hyperbaric chamber and then placed in a flight simulator.

40 / 802 DCS symptoms during or after flights

Recommendations for flying after diving

Suggested minimum surface intervals

Single day
no-deco dive

12+
hours

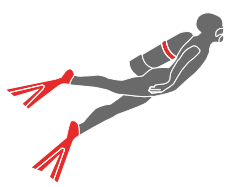
Multi-day or repetitive
no-deco dives

18+
hours

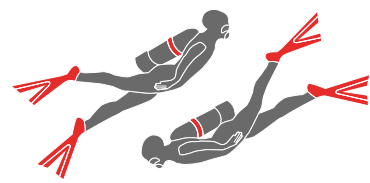
Mandatory
deco dive

24+
hours

As these recommendations are based on dry, resting diver trials, a significantly longer amount of time may be necessary for divers who are immersed and exercising.



Single, no-stop dives
18 m or deeper
no DCS after 11 hours



Repetitive, no-stop dives
DCS present in less than 17 hours



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