

## Schedule for Lifelong Medical Fitness to Dive Evaluation

Who	When	What
<b>Candidates</b> for entry level OR Continuous education training	Pre-participation	Diver Medical Participant Questionnaire
<b>Healthy divers</b>	Annually	Diver Medical Participant Questionnaire
<b>Asymptomatic divers with 2 or more risk</b> 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)
<b>Healthy divers &gt; 45 years of age</b>		
<b>Healthy divers &gt;65 years of age</b>		
<b>Pre-existing diseases</b> 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)
<b>Acute illness:</b> Do not dive. See healthcare provider as needed.	After regaining pre-illness exercise capacity, before return to diving	Diver Medical Participant Questionnaire

