

HSE SCUBA Programme - medical information and financial agreement.

The cost to the University of Plymouth of running the HSE SCUBA programme is considerable. The prices charged for the course are designed to cover the costs of delivering the training programme. It is essential that once students commit to entering the HSE SCUBA programme that they do not drop out of the programme without an extremely good reason, or the University can incur significant financial losses. For example, when a student drops out of the training programme so late that their place on the HSE SCUBA course cannot be filled by a student from the wait list.

Medical aerobic fitness

Student fitness has previously been an issue in passing the HSE diving medical you require before starting training. The medical includes a Chester Step test which is designed to test your aerobic fitness and during which you need to demonstrate a VO₂ max of at least 40 to pass the medical. This level of aerobic fitness would be considered as average, for a typically aged student who regularly undertakes some aerobic exercise. It is essential, that if you don't currently do any aerobic exercise that you start some regular aerobic exercise (running, cycling, swimming, fast walking etc) before you take your medical, or you risk failing.

Details of how a basic Chester step test is undertaken are in the link below. Please note the diving step chest additionally requires spirometry to measure your lung capacity.

<https://www.youtube.com/watch?v=OcZSmk--Pc>

Additionally, do not drink lots of coffee before your medical as that will increase your heart rate and can impact negatively on your VO₂ measurement.

Body Mass Index

Your Body Mass Index (BMI) will be assessed during your medical by measuring your height and weight (see the calculator at the link below, if you don't know your BMI is, calculate it). Ideally your BMI will be between 20 and 25 but if your BMI exceeds 30 it is highly unlikely you will pass your medical. So, it is critical you ensure your BMI is below 30 before your medical.

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

When to undertake your medical

The University require all students to have attended an HSE Commercial Diver Medical by the end of February and informed the Marine Station Dive Team (HSE-SCUBA@plymouth.ac.uk) of the outcome. In some cases, medical queries may need further investigation, and this can take time. **If a student has not attended a medical by the end of February they will forfeit their place on the HSE SCUBA programme, their funds returned and their place offered to a student on the wait list.**

Please note, prior to your HSE diving medical you will need to have an MA1 form completed by your GP and this can easily take 4-6 weeks. There is often an administration fee from the GP surgery for this service (in the region of £40). It is therefore critical that you start the process of gaining a medical quickly after you gain a place on the HSE SCUBA training programme.

It is worth noting that all professional divers must undertake exactly the same annual diving medical, regardless of age. All the University dive team are considerably older than the vast majority of the students we are teaching on the HSE SCUBA programme, some considerably and we manage to pass the medical without issue. **So with a bit of training, students should not be failing the diving medical due to aerobic fitness!** The dive team all do regular exercise to maintain their fitness.

Payment schedule

The £2500 payment for the HSE SCUBA programme will be made as follows:

Payment 1 – End October - £500 to guarantee your place on the HSE SCUBA programme

Payment 2 – End January - £800 to select which specific course (June, July, August, Sept) you attend.

Payment 3 – End of March - £1200 balance of course fees, collection of course manual.

Dates - TBC.

Returns policy prior to course starting

If a student withdraws from the programme, without a valid reason (determined by the Head of School) funds will only be returned on the following basis:

Cancellation

>3 months before the summer HSE SCUBA programme commences: 100% return of monies paid

>2 months before the summer HSE SCUBA programme commences: 50% return of monies paid

>1 month before the summer HSE SCUBA programme commences: 25% return of monies paid

Notwithstanding, if a suitable student can be found to fill the vacant place on the programme in time, 100% of your fees will be returned

HSE SCUBA programme commences with the start of the 1st course at the beginning of June.

Returns policy after a course starts

Student decides to withdraw from course of own will: No return of monies

Student advised not to continue with HSE SCUBA course due to a serious medical condition on the basis of professional medical advice: Return of all course costs

Student misses too many days to complete course due to a temporary medical issue verified by a medical practitioner: student offered chance to join a course later in the summer, or a course the following summer for no charge.

Student removed from course by Academic Diving Manager due to performance or safety concerns: No return of fees, but if the student attains a sufficient standard by the following summer, they may be offered an unfilled course space for no charge.

By signing this document, you acknowledge that you understand the contents of the document and will follow the guidance therein.

Full name	
Signature	

This form will be provided for completion at the formal registration process, once space selection has been undertaken.