



# COVID-19 – GENERAL RULES OF CONDUCT

## GENERAL

Exceptional attention should be paid to good hygiene rules:

- Regular and thorough handwashing.
- Liberal use of disinfectant between washings.
- No close contact (maintain at least 2 m/7 ft distance).
- No sharing of personal items.
- No spitting.
- Cough/sneeze away from others and into a tissue or the crease of the arm/elbow.

It is advisable for all participants to wear a protective facemask at all times.

## CLOSE PROXIMITY

The general rules of conduct apply in close proximity situations but with the required addition of facemasks when individuals operate within a 2 m/7 ft proximity to others.

## IN-WATER

- Establish 2 m/7 ft distance whenever possible.
- Individuals closer than 2 m/7 ft should be breathing regulators and wearing diving masks.
- Limit surface communication as much as possible.
- Any speaking diver should maintain a 2 m/7 ft distance from the team.
- Only one regulator should be removed at any given time.



## SOCIAL DISTANCING

