



VISIT [DAN.ORG/RETURN](https://dan.org/return) TO PLAN YOUR RETURN TO DIVING.



REVIEW YOUR HEALTH STATUS

Evaluate your health & fitness to dive.

- If you've been ill or absent from diving for an extended period, consult your physician before you return to diving.
- Follow DAN's Guidelines for Lifelong Medical Fitness to Dive.



REFRESH YOUR DIVING SKILLS

Update your scuba knowledge & diving skills.

- Enroll in a refresher course or continuing education program offered by your local dive store or dive professional.
- Practice your in-water skills.



RENEW YOUR EQUIPMENT

Inspect your equipment for integrity & function.

- Have equipment professionally serviced in accordance with manufacturers' specifications.
- Assemble your gear and test each piece, looking for signs of wear and tear or other deterioration.
- Familiarize yourself with new equipment before using it.



REVIEW YOUR TRAVEL PLAN

Take extra measures when planning your trip.

- Research health, safety, and testing requirements for your destination.
- Learn what steps your dive operator is taking to protect you.
- Verify the fitness level required for the type of diving you plan to do, and be prepared for expected conditions.
- Ensure you have adequate and current dive accident and travel insurance.

DAN is here for you.

+1 (919) 684-2948 for nonemergency inquiries:

- Questions about fitness to dive
- Dive safety & training consultations
- To find a dive medicine physician
- Dive accident, travel & liability insurance coverage
- General diving medical inquiries

+1 (919) 684-9111 for the DAN Emergency Hotline