

# Clear for takeoff

## Fast Facts About the Risks Of Flying After Diving

### How long should you wait?

Flying shortly after diving can increase the likelihood for a diver to experience symptoms of DCS. Therefore, DAN's safe diving and travel practices recommend a waiting period that varies in duration depending upon the type and intensity of the diving performed.

**12<sup>+</sup>**  
Hours  
Surface interval

#### Single day no-deco dive

Divers should wait a minimum of 12 hours to fly after performing a single no-decompression dive.

**18<sup>+</sup>**  
Hours  
Surface interval

#### Multi-day or repetitive no-deco dives

Divers should wait a minimum of 18 hours to fly after performing multi-day or repetitive dives.

**24<sup>+</sup>**  
Hours  
Surface interval

#### Mandatory deco dive

Divers should wait 24 or more hours to fly after diving involving compulsory decompression, or using heliox and trimix.

These guidelines apply to divers who have no symptoms of decompression sickness (DCS) and will be flying at cabin altitudes of

**610 to 2,438 metres**  
(2,000-8,000 ft)

*Note that longer surface intervals further reduce DCS risk.*



### What are the symptoms of DCS?

The ability to quickly recognise the signs and symptoms of DCS is critical to minimising the long-term injury associated with the condition. If these or other symptoms present, a diver should avoid flying and seek medical attention immediately, then call DAN's 24-hour Emergency Hotline for additional assistance.

DAN Emergency Hotline

1800 088 200 (within Australia)

+61 8 8212 9242 (outside Australia)

#### MILD DCS

(Type 1)

- Musculoskeletal or joint pain
- Skin rashes, mottling or swelling
- Tissue tenderness associated with skin manifestations
- Mild constitutional symptoms

#### SERIOUS DCS

(Type 2)

- Numbness, tingling or muscular weakness
- Difficulty walking or loss of coordination
- Confusion or impairment of cognitive functions
- Vertigo or spinning sensation
- Chest pain or difficulty breathing
- Bladder or bowel dysfunction
- Tinnitus or hearing loss