

## **BO Policy proposal**

**The Medical & Science Committee, AIDA International**

**February 13, 2018**

### **Signs and symptoms of blackout**

- loss of consciousness
- loss of motor control
- loss of airway control (release of air from mouth)
- inability to keep airways above water surface (after surfacing).

### **Severity of blackout**

- mild (surface, 0-3 m; recovery time 0-10 sec)
- moderate (-4-10 m; recovery time at surface 10-20 sec)
- severe (-11-20 m; recovery time at surface 21-30 sec; associated with lung injury, decompression sickness or neurological symptoms)
- extremely severe/ life-threatening: severe blackout (see above) below 20 m and/ or with recovery time at surface more than 30 sec), or any BO associated with any life-threatening condition(s) (e.g., pulmonary bleeding) \*\*.

Severity defined per worst symptom. For example:

(a) -8 m BO, 25 sec recovery time, is considered as “severe” BO;

(b) surface BO with neurological symptoms at 1 hour after the incident is considered as “severe”.

### **Medical examination**

- neurological examination \* (no signs and symptoms: normal, “N”; neurological signs and symptoms present: abnormal, “ABN”);
- vital signs (normal, “N”; abnormal, “ABN”).

First medical examination should be performed immediately after BO.

Intermediate medical assessment(s) may be performed any time, under discretion of event physician, to follow up the athlete’s status and dynamics of symptoms. The results of such examinations may be taken into consideration when decision making.

The event physician assumes ultimate responsibility for the decision about dive ban, having in mind the interests of safety and well-being of an athlete.

### **Algorithm of decision-making with regards to dive ban after BO**

- mild:
  - no dive this day;
  - “next morning” medical examination;
  - may dive if all “N” (see above);
  - if any “ABN” (persistence of symptoms), ban till end of competitions

e.g., if BO occurred Feb. 15:

medical examination should be performed and decision about performance Feb. 16 should be taken Feb. 16, morning.

- moderate:
  - no dive this day and next day;
  - medical examination 24 hours after incident; if any “ABN” (persistence of symptoms), ban till end of competitions;
  - if all “N” at 24-hour medical examination: medical examination next day morning;
  - if all “N” (see above) may dive this day.

e.g. if BO occurred Feb. 15:

medical examination should be performed Feb. 16 morning;

if any “ABN”, ban till end of competitions;

if all “N”, next examination should be performed Feb. 17 morning;

if all “N” at second examination (Feb. 17 morning), may continue to dive.

- severe; extremely severe/ life threatening \*\*: ban till end of competitions.

\* detailed recommendations on neurological examination will be provided to event physician.

\*\* information about extremely severe/ life threatening incidents will be managed according Procedure #01 “Management of Serious, Life-Threatening and Fatal Incidents”.