Timeline of Decisions and Studies Regarding Scuba Diving with Diabetes

1990
Some years after the imposition of a ban on diabetic diving within BSAC (British Sub Aqua Club) – some diabetics continued to dive

before 1991
Most organizations and countries suggested that insulin dependent and medicated non-insulin dependent diabetics are advised against diving

after 1991
The United Kingdom Sports Diving Medical Committee has permitted diving by selected insulin dependent diabetics

1994
Diver Alert Network (DAN) published results of voluntary survey of diabetic divers

2000
South Pacific Underwater Medicine Society (SPUMS) reviewed the issue of diving for diabetics and ran a study of 230 diabetic divers to test safety. Only 4/5,248 dives had hypoglycemia associated and all managed without incident

2005
DAN/Undersea and Hyperbaric Medical Society (UHMS) Workshop developed Guidelines for recreational diving with diabetes

2005-2006
DAN Europe concluded that if their diabetes is well-controlled and by participating in a dedicated training program diabetics can dive safely

2011
SPUMS allows diabetics to scuba dive

2012
Örebro University in Sweden allows diabetics to scuba dive - and there was an update in 2019

2016
Australian Diver Society (ADS) allows diabetics to dive