

Official Underwater Rules

RULES REMINDER: SWIMMING

Swimming through deep water is similar to traveling at high altitudes, because of the water's pressure and cold temperature. For a creature without a swimming speed, each hour spent swimming at a depth greater than 100 feet counts as 2 hours for the purpose of determining exhaustion. Swimming for an hour at a depth greater than 200 feet counts as 4 hours.

Unless aided by magic, a character can't swim for a full 8 hours per day. After each hour of swimming, a character must succeed on a DC 10 Constitution saving throw or gain one level of exhaustion.

This means, if you swim for two hours, you have to roll two DC 10 Constitution saves, and you are considered to have been traveling for 8 hours. If you swim for 3 hours under depths of 200 ft, then you must roll twice more:

- One DC 10 Constitution saving throw for the extra hour of travel
- One DC 14 Constitution saving throw for traveling the equivalent of 12 hours under the Forced March rules (DC = 10 + 1 per hour traveling above 8 hours).

And for every hour of swimming beyond that, you have to keep rolling twice. The first roll has the same DC throughout, while the second roll's DC increases by 4 each time.

A creature with a swim speed ignores all these saves

Note: *This is before taking into account the rules for frigid water, if you were swimming in frozen waters, like the abyss*

RULES FOR WATER PRESSURE (FROM SKT)

Creatures and vehicles at 3000 feet depth take 7 (2d6) bludgeoning damage per minute from water pressure unless they are adapted or built to withstand this environment. Storm giants, whales, sharks, crustaceans, and aquatic invertebrates are immune to water pressure at this depth, as are vehicles with a damage threshold of 10 or higher. Other creatures might be immune to the effect of water pressure, at the GM's] discretion.

A spell that allows one to breathe underwater provides no protection against the crushing effect of water pressure unless the spell's description says otherwise.

RULES FOR FRIGID WATER

A creature can be immersed in frigid water for a number of minutes equal to its Constitution score before suffering any ill effects. Each additional minute spent in frigid water requires the creature to succeed on a DC 10 Constitution saving throw or gain one level of exhaustion.

Rules: Surviving the Deep

Swimming

Instead of making 3-4 checks each hour you swim under water, without counting potential damage from sea pressure.

Instead while not under forced march, for each hour of swimming offer DC 10 Constitution saving throw as normal.

Afterwards upon entering forced march, increase the DC by 2 each additional hour.

In addition if the water is frigid and the creature doesn't have resistance to cold damage, give disadvantage on the check if it's at a depths between 500 and 1000 feet for non polar waters, or increase it the DC by 3 and give disadvantage if it's deeper than that.

Water Pressure

In real life the world record for scuba diving is just north of 1000 feet, a depth with a pressure high enough to crush the vast majority of human lungs. Seeing as we are playing a fantasy game, where our characters are super humans, this depth is where we will start taking damage caused by water pressure.

The damage will be incremental as we go deeper following the chart below.

OCEANIC PRESSURE

Depths	Bludgeoning damage per minute
0 - 1000 ft	0
1000 - 2000 ft	1d6
2000-3000 ft	2d4
3000 - 4000 ft	2d6
4000 ft +	3d6 + 1d6 for each additional 1000 feet of depth