Snorkeling Safety

1. Know the equipment you are using
   • Mask
   • Fins
   • Snorkel
   • Safety vest

2. Always dive with a buddy or in a group

3. Be aware of distance from shore at all times, and potential offshore currents
Clearing and de-fogging your mask

• Place palm on top center of mask and exhale with a constant breathe until water is completely forced out.

• Or grasp edges of mask and tilt head back slightly lifting the bottom edge while exhaling

• If mask fogs up, flood your mask to remove condensation and then clear.
Snorkel Styles
**Snorkel breathing**

- Don’t’ bite down hard on mouth piece it will only cause jaws to fatigue quickly.
- Relax and slowly inhale and exhale.
- If water enters the snorkel give a short hard exhale to blow water out of tube and through purge valve at bottom of snorkel.
- First breath after clearing should be gentle to check for any remaining water the may be inhaled.
Diving and breathing

• When diving during snorkeling try to avoid taking full breathes before descending as the buoyancy from the breath makes diving much harder.

• Try to take just a little more than half a breath, and be sure your snorkel is above the water surface before clearing and breathing again.
Fins

- Fin motion should be fluid, not a bicycle up and down motion.
- Try and keep fins slightly submerged to increase performance instead of splashing surface.
- If a cramp occurs, grab the fin tip and pull back towards body to stretch your muscle.
- If you are close to coral *don’t kick*, the force from your fins will destroy the organism easily.
Safety vest

• All students will wear a snorkeling vest at all times in the water.
• Vest help diver visibility
• Can be used as floatation device in case of emergency.
Dive buddy system

• Always stay close to your dive buddy
• If anyone in the snorkel group needs to return to the shore the buddy needs to go in too.
• No one should swim away from or toward the shore alone.
Scuba Diving

• Know the usage and procedures involved with all equipment.
  • BCD (buoyancy compensator device)
  • Regulator (1\textsuperscript{st} and 2\textsuperscript{nd} stage)
  • Regulator and tank set-up
  • Gauges
  • Mask
  • Snorkel
  • Fins
Emergency dump valve
Low pressure inflator
Air release button
Self-inflating mouth piece
Integration weight release handle
Adjustment straps
Regulator and tank set-up

• With the tank placed in front of you the valve should face away from you and the knob should be on the right.
• BC should be strapped tight to the tank before putting on regulator set
• The 1\textsuperscript{st} stage should be placed so that the regulator and octopus fall to the right and the gauges and low pressure hose fall to the left.
Healthy sinus

Air can move freely in and out of a healthy sinus (A), so equalization is automatic during descent (B) and ascent (C).

Congested sinus

Air cannot get into or out of a congested sinus (A). The body forces fluids into the sinus at depth to equalize the pressure (B). The air in the sinus tries to expand to its original volume during ascent (C).

Methods:
- Blowing gently with mouth closed and nostrils blocked.
- Swallowing with mouth closed and nostrils blocked.
- Jutting the jaw forward while yawning with mouth closed.

Trapdoor effect

When pressure is not equalized often during descent, the pressure difference holds the end of the eustachian tube closed and prevents any further equalization until the diver ascends enough to relieve the pressure.
Pre-dive

• All divers should enter water from shore and find what amount of lead is needed for neutral buoyancy.

• All equipment should be checked for proper function prior to leaving the dock.

• Dive plan, location and buddy groups will be discussed before each dive.
Buddy groups

• All divers will be placed into groups of three divers including a rescue diver.
• The divers in each group will stay together and routinely check air pressure, depth and comfort of each member.
• **NO** member of a group will stray off by themselves for any reason.
Giant stride
Seated Roll Entry

- Wrist & Hand Protect Head
- Forearm Holds Mask
- Bicep Holds Regulator
- Left Hand Holding Weight Belt
Alpha or International Diver’s Flag outside USA waters.

The Red/White flag is used in US inland and coastal waters (and probably elsewhere) to indicate "Diver Down"
Are You Okay? / Yes, I’m Okay.
Let’s Go Up.
I’m Cold.
Ascending from dives

- Never ascend quicker than your lowest air bubble
- Decompression stops will be made at 15ft. for 3 minutes for every dive.
- Divers will enter boat one by one with assistance from another diver.
Main thing!

• Have fun and dive your limits.
Figure 5-16 Major life zones in an ocean. (Not drawn to scale. Actual depths of zones may vary.)