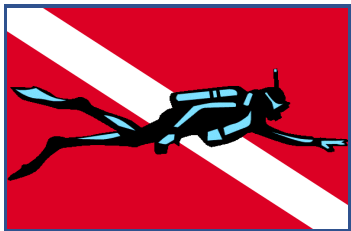


7 Mistakes Divers Make:

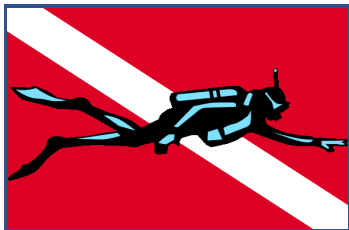
And How to Avoid Them!



7 Diver Mistakes



- **Neglecting Health and Fitness**
- **Neglecting Proper Gear Maintenance**
- **Insufficient Dive Planning**
- **Lack of Buoyancy Control**
- **Diving Beyond Your Training**
- **Running Out of Air**
- **Not Taking Personal Responsibility**



1. Health and Fitness



HEALTH:

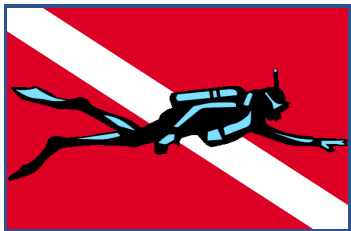
- Adopt Healthy Lifestyle
- When Health issues are present, Discuss with your Healthcare Provider.
- Prior to Diving- Take an HONEST assessment of whether you are medically Fit to Dive
- Acute Illness:
 - Don't Dive when ill – wait until you regain normal Strength / Stamina
 - If you can't exercise as normal, you should postpone Dive.
- Chronic Disease:
 - Some conditions may make risks to you and dive buddies unacceptably high.
 - In less advanced and stable conditions, divers may continue safe and enjoyable diving with guidance from their physician, medical controls and wise choices.

FITNESS:

A Fit diver has sufficient aerobic and cardiovascular health and strength to meet the demands of diving.

TIPS:

- Maintain Overall Fitness: Laps, Strength Training, Flexibility, and Balance Exercises
- Regular Physical Activity, incl aerobic and muscle-strengthening is essential to fitness.
- If over 40 and do not exercise regularly, consult Physician before you start.
- Recommend dedicating time to Fin Swimming
- At least six weeks before a Dive/Dive Trip, gradually increase your level of physical activities.
- Join your local dive club for more specific training opportunities..

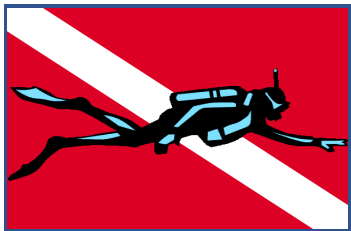


2. Equipment Maintenance



The Sea is a fascinating, but unforgiving environment, make sure your equipment is properly functioning.

- **Rinse equipment after each dive and clean after every trip before storage.**
- **Allow to dry completely in a cool, shady, and well-ventilated area.**
- **Store in an area protected from extreme temperatures.**
- **Regularly monitor equipment for signs of wear – check hoses for signs of leaks and cracking.**
- **As part of your annual overhaul, have your pressure gauge checked for accuracy.**
- **Don't forget about your BCD. The Bladder and inflator hose are both subject to deterioration.**
- **Replacing parts as needed prolongs life.**
- **Follow manufacturer's guidelines and check with local dive center or manufacturer if you have questions.**
- **Take a maintenance course for more information on gear maintenance.**

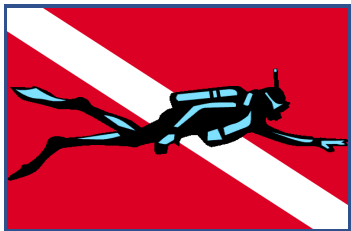


3. Insuff Dive Planning



One of the most important PreDive steps is Dive Planning. Learn as much as possible in advance about any dive site you plan to dive.

- Before- Investigate currents, depths, marine life, entry and exit points, surfacing techniques, Etc
- Check out what surface support you might need and what local Laws or Regs might apply.
- Inform someone NOT going what your dive plan is and when you expect to be back.
- Prior to dive, make sure you and buddy are on the same dive plan. Discuss Contingencies, Max depth, Max bottom time, Min air time to terminate.
- Review Contingencies: Separation, Exceeding planned dive, Out-of-air or Equipment issues.
- Review Hand signals.
- Conduct pre dive test of all equipment – particularly any rental equipment. Don't forget Buddy Check.
- Create Emergency Action Plan (EAP). What constitutes an Emergency, Contact Numbers, nearest Med facility, Essential first aid equipment.



4. Lack of Buoyancy Control

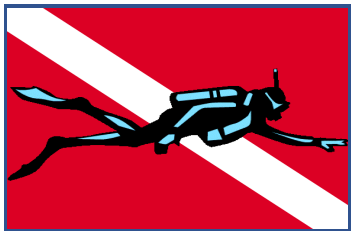
TVSC

Not surprising that the most common injuries among divers are related to buoyancy control: Barotrauma, Uncontrolled ascents, Marine Life Injuries, Etc

- Poor buoyancy can result in diving deeper than planned. Affecting profile and air.
- Worst case is uncontrolled ascent: Pulmonary Embolism or Arterial Gas Embolism.
- Ear injuries are associated with ineffective buoyancy control.
- Marine life injuries often the result of poor buoyancy.

BOUYANCY CONTROL STARTS WITH PROPER WEIGHTING.

- Should allow you to Descend, but not SINK.
- Weight Calculation factors: Salt vs Fresh, Tank size/Composition, Wetsuit Thickness, Etc.
- Be aware of how your BCD responds to the addition of or venting of air.
- Buoyancy changes in the course of the dive (Compression / Expansion)
- Buoyancy Control practice is with WORTH the time.



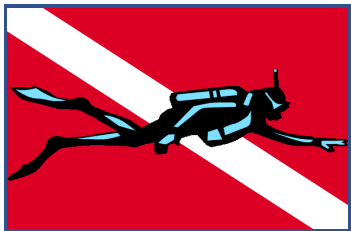
5. Diving Beyond Your Training



Never stop developing your Diving abilities. Always ensure you are equipped with the appropriate training for your dive activities.

- Your CERT only qualifies you for the diving conditions and environment in which you trained.
- As you continue your training, slowly extend your diving experience:
Caribbean Boat diving is different from California Shore Diving!!
- Take it Easy. If you are not having fun or you don't feel good about a dive – **DON'T DO IT!**
- If you feel uncomfortable about a dive, it may be because you feel that you are NOT ready.
- Dive Your EXPERIENCE, NOT your CERT! *
- To dive in new environments, seek the training that will prepare you to explore them safely: Wrecks, Caves, Deep Diving, Drift, Night, Etc.

***NOT a license to dive ABOVE CERT – But Warning to ensure your comfort level EVEN WHEN diving WITHIN your CERT!!**



6. Running Out of Air

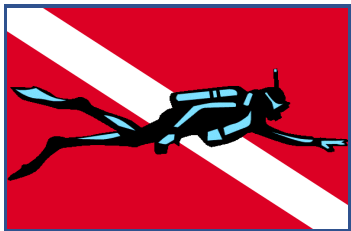


Most Common Trigger for Diving Accidents. Be AIR AWARE: Monitor your Air Supply

- Incorporate gas supply into your dive planning. Reserve air for safe ascent and flotation. Good Rule of Thumb for Turnaround Limits:



- Check your gauge regularly
- Be aware that exertion, currents and depth will affect air consumption.
- Anxiety or stress will also affect air consumption. Try to maintain “normal” breathing (5 sec+ In/5 Sec+ out OR other technique).



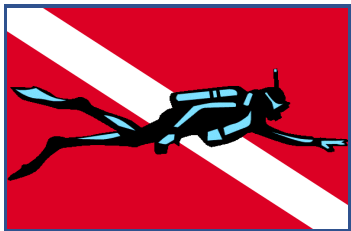
7. Not Taking Personal Responsibility



Each diver in the dive group shares equal responsibility for the conduct of the dive.

When all divers understand and agree to that premise – the dive group can protect itself from individual and collective harm.

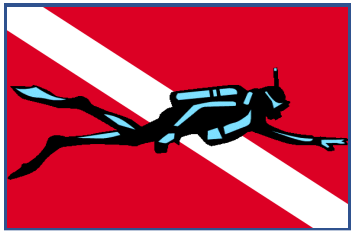
- Know your personal limits – Examine and Evaluate.
- DON'T rely on experience of other divers in the group. As a certified diver, you are expected to recognize when elements are outside your level of training or comfort zone!
- It is **YOUR** responsibility to acknowledge that and voice it.
- Remember, **ANYONE** can call off a dive at any time.
- **In other words. It is always OK to say “No”.**



7 Diver Mistakes



- **Neglecting Health and Fitness**
- **Neglecting Proper Gear Maintenance**
- **Insufficient Dive Planning**
- **Lack of Buoyancy Control**
- **Diving Beyond Your Training**
- **Running Out of Air**
- **Not Taking Personal Responsibility**



Discussion



