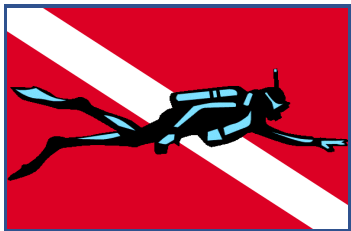


**Getting Ready to
Dive Again!!**



COVID Got You Down?

TVSC

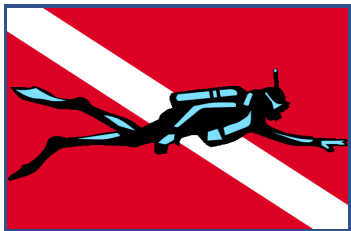
- So--- Haven't been diving for a while....?
- Time to think about what you need to do to get back in the water.

Conditioning

Equipment

Refresher / Checkout

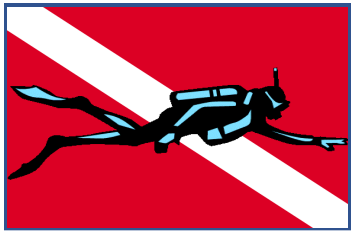




Getting Back in Shape



- Diet off the COVID Paunch?
- Time for a Little Cardio?
- Hit the Swimming Pool...
- Work on Legs / Core?



Check out Your Equipment

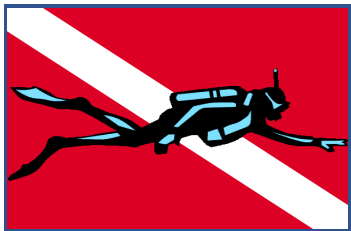


- **Make Sure Your Equipment doesn't look like This!!!!**
- **Check out all your Equipment and/or have it Serviced:**



- **Regulator**
- **Computer**
- **Tanks**
- **BCD**
- **Camera and Lights**
- **New Equipment!!!**
- **Wet Suit**
- **Straps and Connectors**
- **Other Equipment**
- **Label**



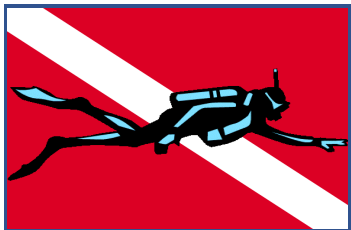


Test the Water



- **With Your New BODY and Your TWEAKED Equipment, Get in the Water locally to check YOU and Your equipment out –**
- **Particularly New Equipment!!**
- **Work on Old Skills -- Learn New Skills!**
- **Options:**
 - **Local Pools**
 - **Neighbors Hot Tub?**
 - **Local Springs**

 - **Coastal / Ocean**



Bottom Line



-
- **Get Your Body, Your Equipment, and Your Skills Ready to Get Back in the Water!**
 - **Also Plan Ahead: Insurance, Trip Scheduling, Passport, Medical Cert, Etc.**
 - **Other Thoughts?**