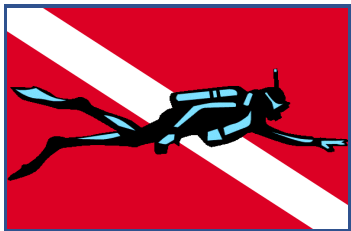


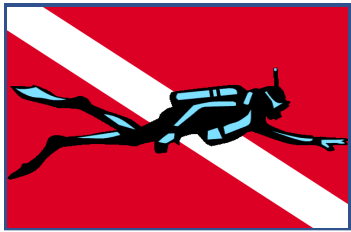
Importance of Buoyancy Control



Buoyancy Control



- **Benefits of Mastering Buoyancy:**
 - **Makes Dive More Relaxing and Enjoyable.**
 - **Saves Energy And Air – More Bottom Time!!**
 - **Essential for Photography – Even a GoPro.**
 - **Consistent Buoyancy Control is One of the Key Signs of Transition from a “New” Diver to an Experienced Diver.**



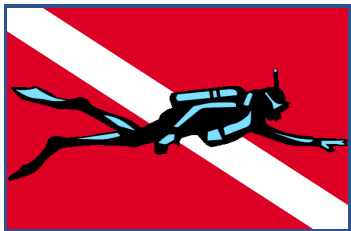
Buoyancy Calculations



Running Debate / Discussion on How Best to Calculate Weight Requirements:

- **Traditional:** Float at “Eye-Level” with no Air in BC While Holding Breath. Sink When you Exhale.
- **Base Calculation:** 10% of Weight + 4 lbs.
150 lbs = 15 + 4 = 19 lbs
- **Online Calculators.** Plethora with Options.....
- **More Recent:** Neutrally Buoyant at 15 ft Safety Stop with Empty BC with 500 lbs in Tank.
- **All Great Starting Points: But, Many Variables - New Equipment (BC/Wetsuit), Salt vs Fresh, Adding Items- Camera, Pony, Use of Trim Pockets, Etc**

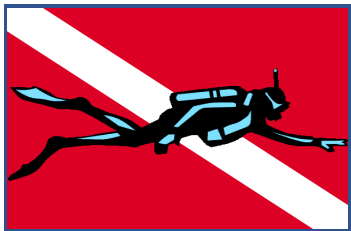




Buoyancy Goals



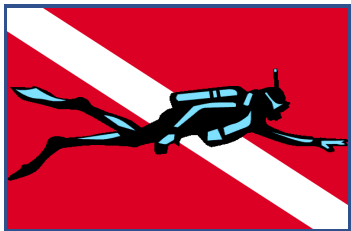
- **Buoyancy Goals:**
 - **Be able to “Gently Float Down” from the Surface to your desired depth. (Drift Dive Option????)**
 - **Able to achieve Neutral Buoyancy at any depth with MINOR Additions/Deletions of Air.**
 - **Have “RIGHT” Buoyancy at any depth if you are Neutrally Buoyant and can change depth by Inhaling and Exhaling.**
 - **Achieved Buoyancy allows you to maintain a stable body orientation (Use of Trim Pockets)**



Test Buoyancy!!!!



- **Regardless of How You Calculate Your Base Weight Requirements:**
 - **GET IN THE WATER AND TWEAK YOUR BUOYANCY!!**
- **Preferably BEFORE heading to the Ocean or on the BIG Trip.**
- **Preferably in the Same Environment (Salt vs Fresh) and with all the Same Equipment.**
- **If Unable to do Pre-Check before trip, at Destination try to conduct a Buoyancy Check before Main Dives.**



Discussion

