

Ocean Shore Diving – Exit and Entry



Surf Entry and Exit



- **Surf Exits and Entries require additional Practice / Consideration for anything more than the most mild surf.**
- **With an upcoming Shark Tooth Dive at Venice Beach, we thought about a review of surf procedures might be helpful.**



Pre-Entry Prep



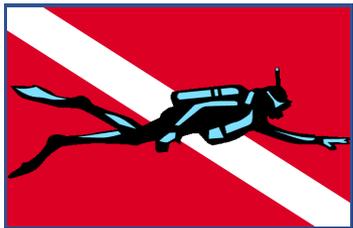
- **If setting up gear on / near the beach, Recommend:**
 - **The use of a Mat / Blanket.**
 - **Consideration of Covers/Plastic Bags on 2d Stages during gear setup.**



Surf Entry (1)



- **Observe Surf before entry: Where breaking – How often.**
- **Have all equipment on and ready before entering (except fins, depending on entry).**
- **Deflate BCD for Traction.**
- **Move RAPIDLY thru surf zone between wave sets.**
- **Breathe from regulator to provide air and to keep it free of sand.**
- **Fin Options:**
 - **Fins On – Walk Backwards.**
 - **Fins Off- Walk Forward and turn sideways when encountering waves.**



Surf Entry (2)



- Encountering a wave, turn sideways, hold mask and lean against wave.
- Tow float behind you (toward shore) so it won't get pushed into you.
- Upon reaching water deep enough to swim:
 - W/ Fins: Submerge and Swim out on the bottom**
 - W/o Fins: Inflate BCD (?), put on fins and swim quickly out of the surf zone.
- If you fall, it's generally better to stay down and swim or crawl if it is too shallow to swim – Again, depends on waves.....



Surf Exit (1)



- Save enough air to breath from regulator for exit.
- Pause outside surf zone and observe waves to time exit for the periods of least surf.
- Swim under waves as close as possible to shore, then crawl out quickly.
- OR- Swim on surface until water shallow enough to stand, then deflate BCD, remove fins and walk out quickly.



Surf Exit (2)



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- If you fall, it's **MAY** easier to stay down and crawl out – Waves Dependent.
 - Handle waves as with entry: By stopping, holding your mask firmly, turn sideways, and lean against wave.
 - When you stand up – walk backwards so you can watch waves.
 - If you have a surface float, push it ahead of you so that it stays between you and shore.



Discussion



I'M OUT OF AIR, THE SHARK HAS MY LEG,
I HAVE THE BENDS, HONESTLY, YOU CAN BE
SUCH A WHINER!

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