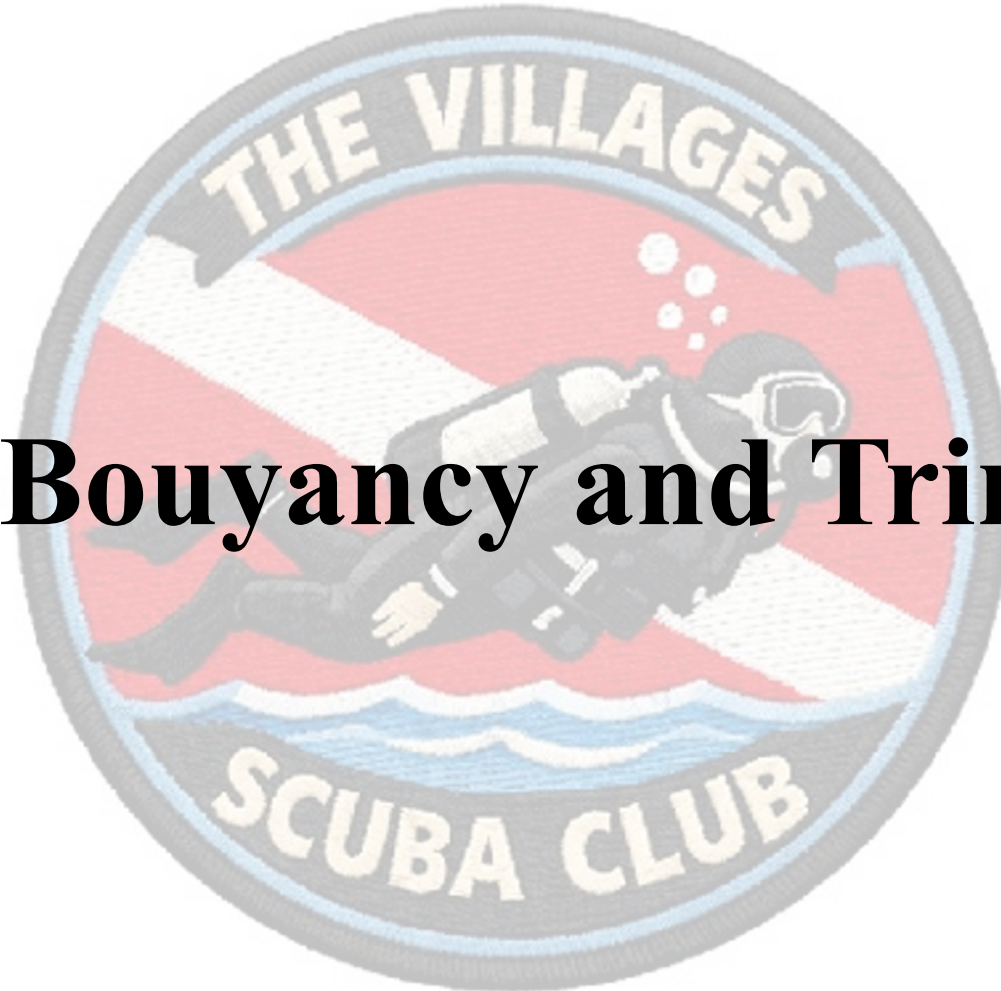




Bouyancy and Trim





Perfect Weight Calculation

(The Eternal Quest)



- **MULTIPLE** Formulas out in the Ether and Manuals...
- **Sample 1:** 10% of your body weight (minus 2-4 lbs)
 $178 \text{ lb} \times .10 = 17.8 \text{ lb}$ (Minus 2-4 lbs) = **13-15 lbs**
- **Sample 2:** Body X 5% + Wet Suit Buoyancy + Tank Buoyancy
 $178 \text{ lb} \times .05 = 8.9 \text{ lb} + 3\text{mm (5\%)} + 8.9 \text{ lb} + 80 \text{ Alum (+4.0 lb)} = \textbf{23 lbs}$
 $178 \text{ lb} \times .05 = 8.9 \text{ lb} + 3\text{mm (5\%)} + 8.9 \text{ lb} + 80 \text{ Steel (-4.0 lb)} = \textbf{14 lbs}$
- **MANY VARIABLES** based on the equipment you carry!!!!

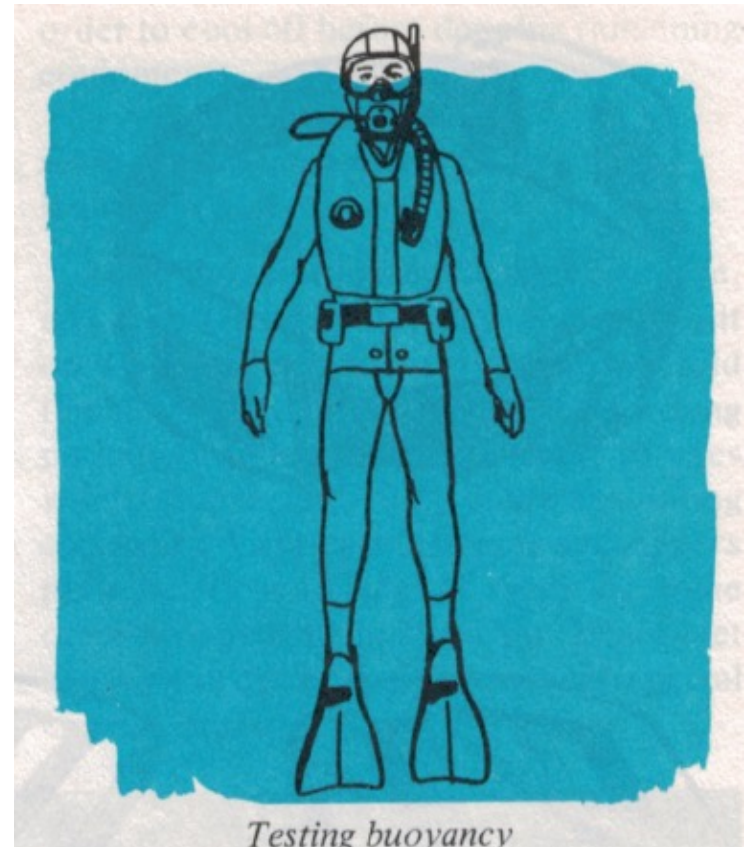
BOTTOM LINE- Use as a STARTING Point for Adjustment!!!!



Testing Initial Weighting



- **Surface Check Method:**
- With FULL GEAR, Load enough weight to float at eye level while HOLDING breath.
- Should sink gently when you Exhale.
- **Once you find a good Weight – LOG IT!!!!**
- Log it with info on Wet Suit, Equipment, and Conditions, Etc.
- **UPDATE** for differing Wet Suits and Equipment and Conditions Mixes!!!!





General Buoyancy Tips



- Calculate the Perfect Ballast Weight.
- Distribute Your Weight Evenly – Critical to TRIM!!
- Control Buoyancy with Your Breathing.
- Choose the Right BCD for You.
- Perform Regular Buoyancy Checks.
- Manage Your Equipment.
(Well fitted = Less Effort = Better Buoyancy Control)
- Practice in Different Diving Conditions.
- Practice Buoyancy Exercises (Hover, Fin Pivot, Etc).
- Take a SDI or PADI Buoyancy Control Course.
- Be Patient and Consistent.



Trim



- **Good Trim- Body is Flat, Balanced and Streamlined.**



- **Tips:**
 - **Adjust Tank Position.**
 - **Redistribute Weights:** (Trim Pockets, Upper Weight Bands, Belt and Plate, Etc)
 - **Tuck Your Legs:** (Knees bent 90 Deg, Point Fins Straight Back)
 - **Position Your Arms:** (Arms Front, not Hanging Below Body)



Comments



Document – Document – Document!!