

Abbreviated Scuba Lessons

Everything you need to know about Scuba Diving on one piece of paper...

NEVER HOLD YOUR BREATH while using SCUBA equipment.

EQUALIZE EARLY AND OFTEN when beginning your descent.

MONITOR YOUR GAUGES (AIR SUPPLY) frequently. Use the rule of thirds One third for dive, one third to return and one third for final ascent to the surface. Start with a full tank and return to the boat / exit point with 500psi.

NEVER ASCEND FASTER THAN 30FT PER MINUTE. If timing is difficult or you're unable to gauge time, stay below your exhaled bubbles. Always make a 3 – 5 minute safety stop on any dive deeper than 33 ft.

LISTEN TO ALL DIVE BRIEFINGS being given at the dive site and follow any instructions given by the dive leader or boat captain.

DIVE WITH A BUDDY that dives the same profile as you and who has the same interests as you.

KNOW THE EQUIPMENT YOU ARE USING. Inspect it thoroughly before each use. Know how to use it. Report any problems found to proper personnel. Do not dive with equipment you feel is unsafe or unfamiliar with or that does not fit you properly. Familiarize yourself with your buddies equipment before every dive.

PLAN YOUR DIVE AND DIVE YOUR PLAN. Do not exceed your certification level or deviate from your dive plan. Do not attempt dives for which there is continuing education available that you have not received. There is a reason extra training is involved.

BE PREPARED for almost anything. Investigate the location of your dives (depth, visibility, water temperature, currents, known hazards etc...) Have an emergency plan. Be familiar with Buddy Rescue Skills and practice them. Have personal dive insurance.

HAVE FUN, but understand the rules and laws where you are diving. Don't leave anything in the water that wasn't already in the water and don't take anything from the water unless it is allowed under local laws. Do not touch the reef, harass the animals or cause undue harm to the environment.

If you follow these 10 basic diving rules, you will have a long and happy underwater experience lasting many years.

Provided to you by Ken Barrick, Instructor