

Discovering Scuba by Peggy Draver

Introduction Slide:

Welcome to the “Discovering Scuba” presentation. My name is Peggy Draver. There are many different types of dives that you can experience. . I am a recreational Scuba diver with an Advanced Open Water (AOW) and Nitrox certifications. My husband, Bill Draver, took this picture of me while we were enjoying a dive in the warm waters of the Caribbean.

Slide 1:

The first thing I’d like you to notice is the word Scuba. It’s an acronym for “S” and “C” stand for self-contained, “U” underwater, “B” breathing, “A” apparatus and it allows a diver to breathe underwater.

Slide 2:

I am a recreational Scuba diver with an Advanced Open Water (AOW) certification and Nitrox certification. There are many different types of dives that you can experience. My husband, Bill Draver, took this photo of me while we were enjoying a dive in the warm waters of the Caribbean.

Slide 3:

At the completion of this presentation you will be able to:

1. Identify the Scuba diving equipment that is necessary to dive safely.
2. Evaluate the steps involved to become a Certified Scuba diver.
3. Compare the different certification programs that are available.
4. Discuss the risks in Scuba diving.
5. Discuss the different types of dives that you can experience.

Slide 4:

The mask, snorkel and fins are pieces of equipment that are familiar to most of you. They are also the basic equipment needed for snorkeling.

Slide 5:

The regulator, buoyancy control device (BCD), weights, depth and pressure gauges may not be familiar to you but they are very important pieces of equipment. The regulator is used for breathing underwater and delivers the compressed air from the tank. You can use either air or Nitrox which is an enriched air in the tank. You will need additional training to use a Nitrox mix in your scuba tank. Weights are added to a belt or integrated into your BCD to keep you under the water.

Let’s take a closer look at the BCD, depth and air pressure gauges that’s also needed for safe scuba diving.

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The depth and air pressure gauge measures the available air in your tank and monitors the depth you are at during the dive. The regulator is what you place in your mouth to

breathe. While scuba diving, it's an important skill to maintain neutral buoyancy. Your buoyancy is controlled by a combination of proper weighting, the air in your BCD, buoyancy control device, and the air in your lungs. If your BCD has integrated weight pockets there will be no need to wear a weight belt.

Slide 7:

The red flag with a white angled strip is a diver down flag and is used on the water to indicate that there is a diver below. A knife is important to have available to free yourself if entangled or for protection. The reel of string attaches to the surface markers, known as a safety sausage, and is used in case of an emergency to draw attention to your location while under the water. A whistle or horn can also be used to draw attention while on the surface if you're in trouble. Exposure suits are either a neoprene wetsuit or a dry suit.

Slide 8:

This picture shows the safety sausage after being inflated. It is used to draw attention to their location while they are waiting for a boat to pick them up. They are also wearing wet suits made from neoprene, a rubber type of material, to protect them from the elements. Such as cold water or brushing up against coral.

Slide 9:

DAN, the Diver Alert Network organization offers educational programs, do diving related research and offer divers insurance. There are risks associated with diving. One important safety item to carry is the DAN Insurance card. The DAN divers insurance helps to cover the cost of treatment for scuba diving injuries, such as decompression sickness.

Slide 10:

Pictured on the left the scuba divers are under the boat waiting to do their 3-minute safety stop. Coming up to the surface too quickly or not doing a 3-minute safety stop may cause you to retain too much nitrogen in your system and may experience Decompression Sickness (DCS), known as the bends. Decompression sickness is caused by the formation of bubbles of gas that occur with changes in pressure during scuba diving.

Pictured on the right is a Hyperbaric Chamber. It is used on divers who are brought to the surface too quickly for the body to properly decompress. The chamber recompresses the diver to a safe depth, and then slowly recompresses to normal pressure.

For your own safety come up to the surface slowly and always do a safety stop at 15-feet for 3-minutes before you surface.

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The largest organization and recognized as leaders in training are:

PADI – Professional Association Diving Instructors

NAUI – National Association of Underwater Instructors

SSI – Scuba Schools International

They offer open water and advanced certifications in several areas. For example, Advanced Open Water (AOW), Nitrox Enriched Air, rescue and cave.

Also, available are the professional certifications. For example, Assistance Instructor, Specialty Instructor and Trainer.

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There are basically three steps towards certification.

Trained and certified instructors teach scuba courses. During scuba diver training you'll learn how the equipment works and how to safely use it. After the classroom training you're ready to do a test dive in a pool and finally you will do your open water checkout dive. After the check out dive you will receive your certification from the licensed organization. This allows you to dive anywhere in the world.

Slide 13:

There are many types of dives that you can do.

There are reef, wreck, drift and shore dives to name a few. The reef and shipwreck photos seen above show a healthy reef with many varieties of fish. Shipwrecks are an artificial reef that draw many types of marine life.

Slide 14:

During this presentation we looked at the basic Scuba equipment that is necessary to dive safely. Such as, a mask, snorkel, fins, and especially the Regulator, BCD (Buoyancy Control Device) and the Depth & Air Pressure Gauges.

We can now identify the diver down flag that indicates that there is a diver below. In case of an emergency to draw attention to your location the safety equipment we carry are a safety sausage, whistle or horn and wear an exposure suit to protect against the elements.

As a safety precaution it's important to have divers insurance to cover the cost of medical emergencies, such as, having to use a Hyperbaric Chamber to recover from decompression sickness. Decompression sickness, known as the bends, can occur if a diver comes to the surface too quickly or they do not do a 3-minute safety stop at 15-feet.

Scuba certification is a requirement to go diving. PADI, NAUI and SSI are good organizations that offer various scuba diver certifications. Once you've obtained your certification the oceans and lakes are there to be explored.

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To learn more about becoming a certified diver check online for a local dive shop or visit these resources.

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PADI: <http://www.padi.com/Scuba-Diving/>

NAUI: <http://naui.org/>

SSI: <http://www.divessi.com/>

DAN: <http://www.diversalertnetwork.org/insurance/dive/>

Training: <http://www.wikihow.com/Become-a-Certified-Scuba-Diver>

Courses: <http://www.padi.com/scuba-diving/padi-courses/course-catalog/>

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