

SAA LECTURE No E3

OPEN WATER DIVING



Introduction

Open water can be: lakes, rivers, pits and sea. For distance surface swimming – better on back. Check equipment before leaving home.

PRE-DIVE BRIEFING

Permission to dive. Nearest telephone to call emergency services. Water conditions tide, currents-on dive marshal log. Point and method of entry. Lines. Expected area of descent and ascent. Bottom type and conditions. Tide and water conditions. Dive duration plus ascent time + one min stop at 3 mtr. Don't forget your buoyancy control. Stay next to the instructor. Keep the line taut. Tug line if you want the instructor. Show instructor contents gauge at 100 and 50 bar. Ascend with the instructor and remember to dump air from suit of buoyancy aid as required.

Remember your A B C D E

Air = DV contents and pony

Buckles = weight belt and harness

Cylinder = Mini cylinder (filled and fitted)

Direct feed = BC and suit inflation and dumps

Equipment = fins, mask, snorkel, hood, gloves, depth gauge, watch, knife

PREDIVE CHECKS

Assemble and check SCUBA before suiting up – all checks should be made-yours and your buddy's equipment.

TYPES OF DIVES

Your pool training has equipped you to dive-this session is directed towards shore diving-sea, pits, lakes, reservoirs, rivers.

Pits

You may see fish, cars and other divers. Pits can be ex-slate quarries; ex-gravel pits or ex-old brick dumps. They tend to have a good depth range from 5 metres to very deep. Under water visibility is usually very good. Pits tend to be cold all year round and very cold from January to March.

Lakes and Reservoirs

These are similar to pits but can be very muddy. There are usually limited entry and exit points and you will almost always need permission to dive. Local facilities can be limited. Visibility can be very poor.

Rivers

Usually quite shallow, but can be a difficult dive if they are a fast stream-visibility varies-unless they are very slow running they are not an ideal dive.

Sea

In salt water you will need additional lead-approximately 1 kg per 30kg of body weight. Careful planning needed to take account of currents, tides and weather.

ENTRY METHODS

Shore diving needs special care in surf. Hard work on sloping, pebble beaches. You must know the tides and currents before diving. You should always walk in backwards and not go too far off-shore. Use SMB. Visibility will be limited to good.

Rocks: entry difficult carrying all your kit.

Steps or ramp: provide ideal entry and exit. There is time to kit up and enter slowly. Do not block access for others. Found usually in harbours-care must be exercised. Depth-usually shallow, visibility fair to poor.

KITTING UP

Check all equipment at home. Check all equipment and make sure all SCUBA works before suiting up. Keep close to your instructor for help and advice. You will usually wear all equipment-but will carry fins, mask, snorkel, gloves, hood.

At the water's edge-find a rock or wall to sit or lean on. On open shoreline-buddies help each other.

SAA LECTURE No E3

OPEN WATER DIVING



AIR CONSUMPTION

This can be affected by a number of different factors. Size of lungs-small/thin people have a smaller capacity. Degree of work rate-rest of hard finning. Physical and mental fitness. Experience. Remember Boyle's Law. Calculations should not be based on the full working pressure-cylinders are not always fully charged and can leak. Dives are planned on the basis of depth and duration which is limited.

Descent

Descend slowly-your instructor will be with you. Equalise ears and mask regularly. Obtain correct buoyancy before the bottom. Hold onto the line-if there is one.

Sea diving

Waves and wind can buffet you around. Relax and follow your instructor's lead. You may see fish, rocks, crabs and vegetation called kelp. Where possible you will swim underwater-it is far easier than on the surface. If you have to surface swim for any distance-do so on your back. Take your time-keep a steady pace. In strong surf crawl up the beach on exit.

Ascent

Stay with your instructor. Never ascend alone. Correct, safe ascents are very slow – 1 metre per 6 seconds – 10 metres per minute. 1 minute stop at 3m minimum = **SAFETY STOP. At 2 metres look around, listen and surface with hand above your head.**

SIGNALS

Know your signals – and use them correctly.

Lines

Shot lines Surface Marker Buoy

Relax and enjoy your dive – diving is fun