

# SAA LECTURE No S1

## INTRODUCTION TO SCUBA DIVING & BASIC EQUIPMENT



The Sub-Aqua Association is an internationally recognised association of independent diving clubs, administered by the elected Executive committee of 6 people, plus 14 Regional Representatives.

Read SCUBA World magazine for updated SAA news and Sales Shop updates. Bona fide SAA members can advertise their second hand equipment free of charge.

Your diving club is run by the committee, but the diving officer is responsible for all aspects of training and diving activities as per SAA guidelines stated in the SAA Club Guidance Manual.

Familiarise yourself with training. Lecture programme and grades in your Qualification Record Book, and bring it to all training and lecture sessions. Be punctual.

- You must be fit and have a medical before SCUBA training
- Learn the basic signals and the “A” flag
- Treat all SCUBA equipment with care: be aware of the potential dangers
- No running or diving into the pool; no overarm swimming
- Before buying equipment ask questions. Borrow equipment if possible
- Always wash equipment in fresh water and do not store in direct sunlight

### BASIC EQUIPMENT

#### Mask:

This allows a diver to see clearly underwater. Buy a mask with a double seal that fits correctly, which is tested by holding the mask to the face without the strap and inhaling through the nose. The mask should stay in position even when looking down. The mask must have a nose pinching facility, and be fitted with safety/tempered glass. Check for perished rubber straps and face seals.

#### Fins:

Fins improve the propulsive leg power of the diver. There are two types: strap or shoe – for diver to breathe without lifting the head out of the water. Choose a snorkel tube that is not too large a bore, or it will be difficult to clear. A simple “J” bend snorkel with no gimmicks is recommended. Snorkels must be easily accessible, preferably attached to the mask strap by a band,

#### Weightbelt:

Weighted according to the diver, to aid descent. It must have a single action quick release buckle, capable of being operated with cold, gloved hands. Belts should be wide enough to be comfortable. Check belts for fraying of – or cuts in the webbing.

#### Diving bag:

A strong bag is required – check that handles are well stitched and will stand up to the weight you intend to put into the bag. A weather –proof material is preferable. Also, pockets in the bag are needed to hold delicate equipment.

#### Knives:

Needed for emergencies only. Always carry in sheath. Used for cutting of as chisel. Keep clean, sharp and greased. Alternative filament net cutter.

#### Buoyancy aids:

Essential equipment, many types available, must always be worn when diving travelling on boat, recommended for snorkelling.

#### Maintenance:

Wash all equipment in fresh water after use, replace fraying straps