

Scuba Diving

There is nothing quite like the peace and tranquility of swimming metres beneath the surface of the sea, surrounded by sea creatures, corals, underwater caves or even ship wrecks. It is however, very natural to fear the task of breathing underwater. To feel safe is to ensure your enjoyment of the experience. Below is a guide designed to help you to be prepared for your adventure.

Preparation and Training:

1. It is imperative that you are thoroughly prepared for your first open water dive and thus you should take great care in selecting the dive school with whom you wish to complete your training. Make sure that the school is well reviewed or that you have a personal recommendation. You should also look for a school with a high ratio of trainers to student and one that adheres to all government safety guidelines.
2. Build up your strength and swimming stamina before beginning your training. As well as regular swimming sessions at a local pool, your core strength will benefit from attending yoga classes.



First Open Water Dive:

1. Make sure you are well enough to dive. Because of the pressure underwater, it is never a good idea to dive with a cold or sinus problems. This could result in severe pain and long-term hearing damage. If you are prone to sea-sickness you will need to take tablets in advance of your dive. If you are diving with a wound, this will need a waterproof dressing and wet suit over the top to prevent infection.
2. Before you go underwater, always check your diving equipment even if told it is safe and ready for use. Important warning signs of faulty equipment include: smelly and leaking air; jumping needle on air gauge; broken or frayed straps.
3. Practise retrieving your regulator from your back and placing it in your mouth. Do this repeatedly so that it becomes second nature and so that if it is knocked out of your mouth whilst underwater, you will be able to retrieve it without panicking.
4. Constantly communicate with your diving buddy and instructor whilst underwater. Keep them in your sight at all times as they will help you in an emergency. Make sure you allow them space to swim however, as it is very easy to kick or bump each other when learning to dive.
5. Enjoy your surroundings but do not touch! Many corals are perilously sharp and there are numerous sea creatures with effective methods of deterrence which could leave you with painful stings or worse.