

## Be Involved With Dive Planning



- Research your dive location
- Assist with dive trip plans
- Continue your diving education
- Subscribe to dive magazines
- Find a dive buddy, and get to know him/her
- Join a dive club
- Find a local professional dive store
- Update your CPR and First Aid Skills

## Equip Yourself Properly



- Have gear maintained regularly
- Review your safety equipment
- Make sure gear is easy to use and adjustable
- Inspect gear before you dive
- Use a pre-dive checklist
- Clean and store gear properly

## Pre-Dive Practice

Skills to practice before diving:



- Buoyancy
- Mask clearing
- Hand signals
- Deploying and stowing new gear
- Equalizing while descending
- Deploying a SMB (Surface Marker Buoy)
- Adjusting weight and gear fit
- Removing and replacing weight systems
- Reviewing your dive computer
- Reviewing out-of-air procedures with your buddy

## Plan Your Dive



- Double check your equipment
- Confirm the dive site location
- Get any unclear instructions explained
- Work together with your buddy to get ready
- Become familiar with the dive site and exit/entry points
- Have an EAP (Emergency Action Plan) ready
- Determine when/how you will end the dive with your buddy

## Manage Your Air



- Ensure you have enough air for your dive
- Verify air is turned on before dive
- While diving, check your air gauge regularly
- Make a complete stop (safety or decompression) with at least 500 psi/35 bar remaining

## Best Practices



- Monitor your air usage and bottom time regularly
- Maintain neutral buoyancy at all times
- Stay within arm's reach of your buddy while diving
- Avoid diving beyond your training
- Do not repetitively dive to your no decompression limit
- Ascents should be no faster than 30ft- 60ft/10m-18m per minute, with the slowest ascent rates the closer you get to the surface
- Once signal is given, do a proper ascent
- Plan a 3-minute 15ft-20ft/5m-6m safety stop after all dives

## When Diving From A Boat



- Be courteous and keep gear stowed in designated areas
- Review exit/entry procedures with crew
- Look and listen when ascending — awareness is critical

## Flying After Diving



- Single dive within no-decompression limits: 12 hours
- Repetitive dives on multiple days: 18 hours
- Decompression dives (planned/unplanned): Substantially greater than 18 hours
- A 24-hour preflight surface interval is a good practice overall

### REMEMBER

There is nothing wrong with saying “Hey, I’ve never done this,” or “I’ve never used this piece of equipment before, and I need some help.”

- Plan your dive; dive your plan
- Plan what to do if separated
- Always dive with a buddy
- Review hand signals before dive
- Breathe continuously; never hold your breath
- Do not dive beyond your training limits
- If it doesn't feel right, don't do it!
- Periodically check your air gauge
- Slowly ascend from every dive
- Always plan a 3-minute 15ft-20ft/5m-6m safety stop