

What to Expect While Diving

Diving is an exciting and adventurous activity that allows you to explore underwater environments. Proper preparation and safety are essential to ensure a safe and enjoyable dive. This guide will help you understand what to expect while diving, from preparation to post-dive procedures.

Pre-Dive Preparation

- **Equipment Check:** Ensure your mask, fins, snorkel, wetsuit, and regulator are in good condition and properly fitted.
- **Review of Hand Signals:** Understand and review basic hand signals used for communication underwater.
- **Buddy System:** Always dive with a buddy and discuss communication and emergency procedures beforehand.

Entering the Water

- **Safe Entry:** Use appropriate techniques to enter the water safely, whether from a boat or shore.
- **Controlled Descent:** Descend slowly and steadily, equalizing your ears frequently to prevent discomfort.

Underwater Experience

- **Pressure Changes:** Expect to feel pressure changes in your ears as you descend; equalize regularly.
- **Breathing Techniques:** Breathe slowly and deeply through your regulator, maintaining a calm and steady pace.
- **Marine Life:** Enjoy observing marine life, but remember to respect the environment and avoid touching or disturbing creatures.

Safety Tips

- Monitor Air Supply: Keep a close watch on your air gauge and never let your tank get too low.
- Handling Issues: If you experience problems like ear discomfort or disorientation, signal to your buddy and ascend slowly if needed.
- Slow Ascent: Ascend slowly, making a safety stop at 15 feet for 3 minutes to allow your body to adjust to pressure changes.

Post-Dive

- Equipment Removal: Carefully remove and rinse your equipment with fresh water to avoid corrosion.
- Rehydration: Drink plenty of water to rehydrate after your dive.
- Dive Log: Record your dive details, including time, depth, and observations, in your dive log.