

discover scuba® diving

ENGLISH



PADI

YOU'LL BE IN THE WATER SOON! HERE'S WHAT TO EXPECT:

1. Your PADI Professional will review this information with you to make sure you understand important concepts.
2. You'll take your first breath underwater – something you'll never forget. You'll also have fun practicing and learning scuba skills.
3. You'll explore the aquatic realm, make memories and be well on your way to becoming a lifelong diver.

Your PADI Discover Scuba Diving experience is only the beginning. With just a few extra skills, your experience may apply toward your PADI Scuba Diver or PADI Open Water Diver certification. Ask your PADI Professional for more information.

EXPERIENCE

Your PADI instructor is one of diving's best professionals and part of the world's largest, most active global dive community – a family bound together by a passion for adventure and a love for the underwater world. The leader in teaching the world to dive for more than 50 years, PADI has issued more than 25 million scuba certifications to divers all around the globe.

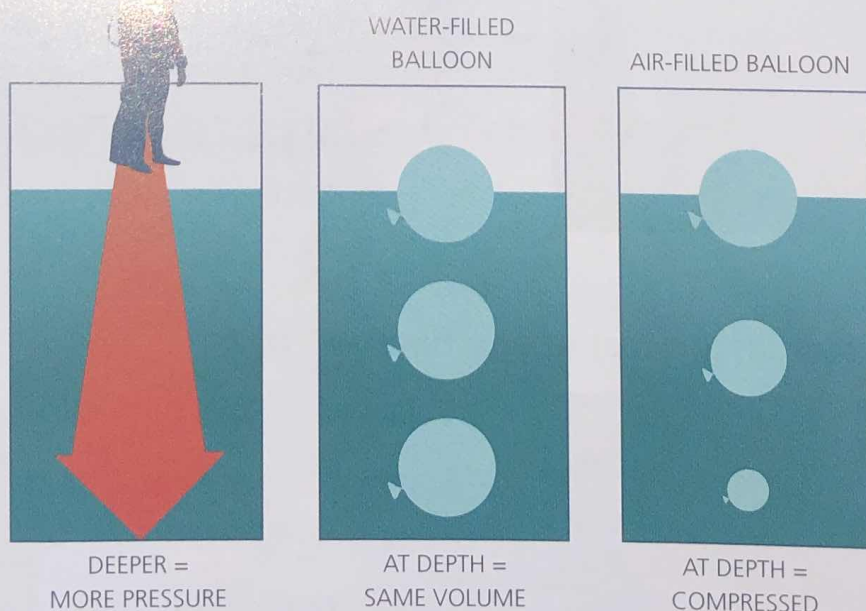
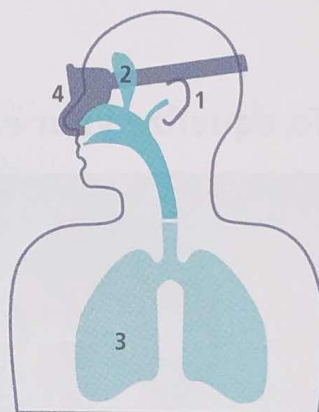
**READY TO DIVE IN?
YOUR ADVENTURE STARTS NOW.**

It's time to learn some basic scuba skills, starting with the effects of pressure on your body. Let's get started.

HOW WATER PRESSURE AFFECTS YOU

- Water has weight and exerts pressure.
- The deeper you go, the more pressure water exerts.
- Pressure has no effect on water, but it does affect gases (air).
- A water-filled balloon keeps the same volume as you go deeper.
- An air-filled balloon gets smaller (compresses) at depth.
- Your body is mostly water...however, you do have air spaces that depth affects:

1. Ears 2. Sinuses 3. Lungs 4. Mask



IMPORTANT

This is not a scuba certification course. It allows you to dive only under the supervision of a PADI Professional.

EQUALIZE YOUR AIR SPACES

Increasing pressure compresses unequalized body air spaces.

- An unequalized air space is uncomfortable and could lead to injury.
- When you go down (descend), you add air to air spaces to equalize them.
 - You can do this easily because you carry your air supply with you.

To equalize your ears and sinuses as you go down:



- Blow gently against pinched nostrils.
- Go up a metre/few feet.
- Your ears and sinuses must not be congested.
- Equalize before you feel discomfort.
- Do not dive with a cold or congestion.

If you feel discomfort at any time — **STOP.**



- Signal your PADI Professional.
 - Point to your ear, if that is what is uncomfortable.
- Go up a metre/few feet.
- Attempt to gently equalize again.

To equalize your mask as you go down:

- Gently exhale air into your mask through your nose.

As you go up, you do not have to do anything to release air in your ears, sinuses and mask – expanding air escapes naturally.

Your lungs are your most important air space to equalize as you go up and down in the water: **Breathe continuously – never hold your breath!**

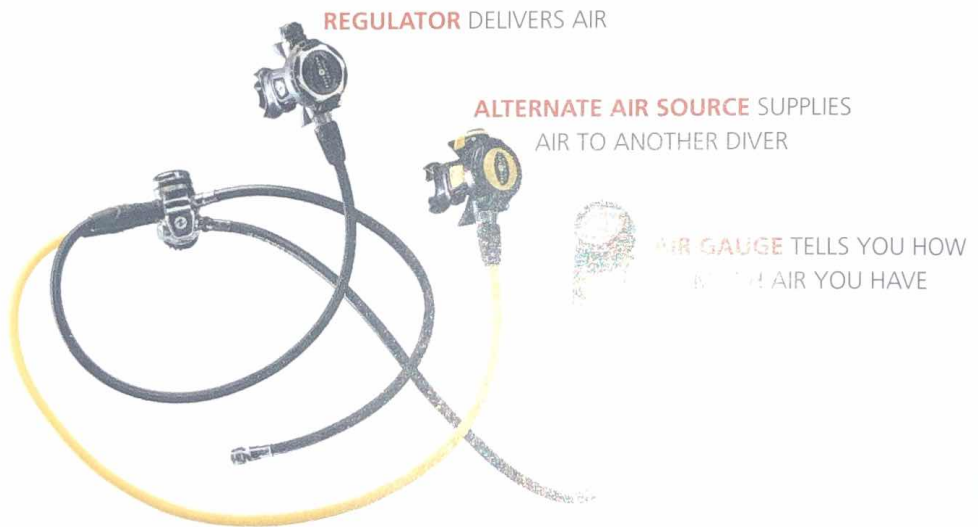
- Holding a breath traps air in the lungs.
- Trapped air expands as you go up.
- Failing to breathe normally may result in lung overexpansion (rupture) and can cause serious injury or death.
- This is easy to avoid: simply breathe continuously, inhale and exhale **never hold your breath!**

Remember to breathe normally while going up.



SCUBA EQUIPMENT

- Your PADI Professional will explain all the equipment you'll use during your dive, and help you put it on and adjust it.
- Defog your mask so it doesn't cloud up underwater – your PADI Professional will help you.
- Adjust all equipment straps for proper fit – your PADI Professional will help you.



MASK HELPS YOU SEE



BUOYANCY CONTROL DEVICE (BCD)
HELPS YOU FLOAT AT THE SURFACE



CYLINDER HOLDS AIR



FINS HELP YOU SWIM



WEIGHTS HELP YOU DESCEND

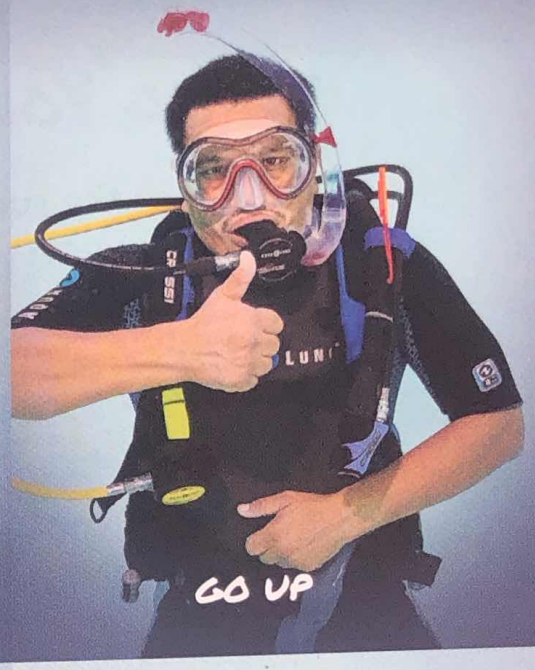
HAND SIGNALS



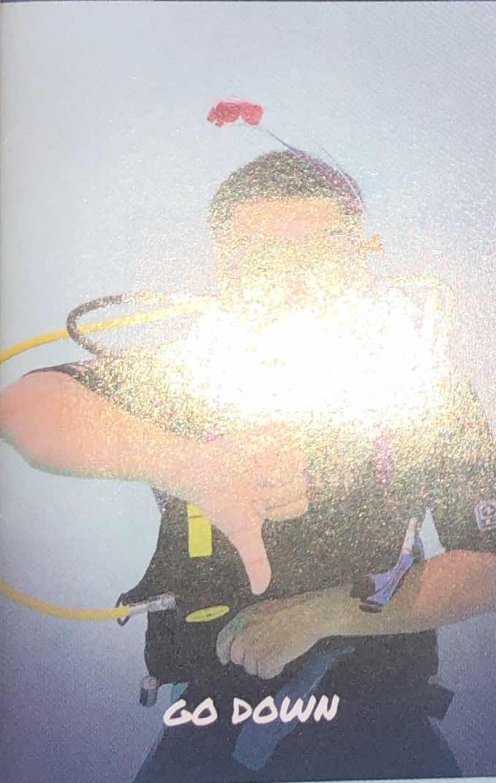
OKAY? OKAY



STOP



GO UP



GO DOWN



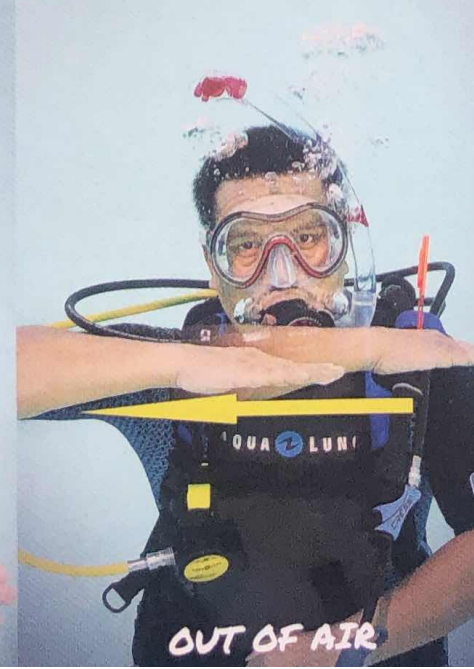
SLOW DOWN,
TAKE IT EASY



EAR PROBLEM



CHECK YOUR AIR GAUGE



OUT OF AIR



SOMETHING IS WRONG

USING YOUR BCD

To float at the surface:

- Push the BCD inflator button to add air.

To go down:

- Raise the hose and push the deflator button to let air out.
- Go down only when asked to do so by your PADI Professional.

Underwater, your PADI Professional will adjust your buoyancy for you.

PUSH THE BCD INFLATOR BUTTON TO ADD AIR.



RAISE THE HOSE AND PUSH THE DEFLATOR BUTTON TO LET AIR OUT.



UNDERWATER, YOUR PADI PROFESSIONAL WILL ADJUST YOUR BUOYANCY FOR YOU.



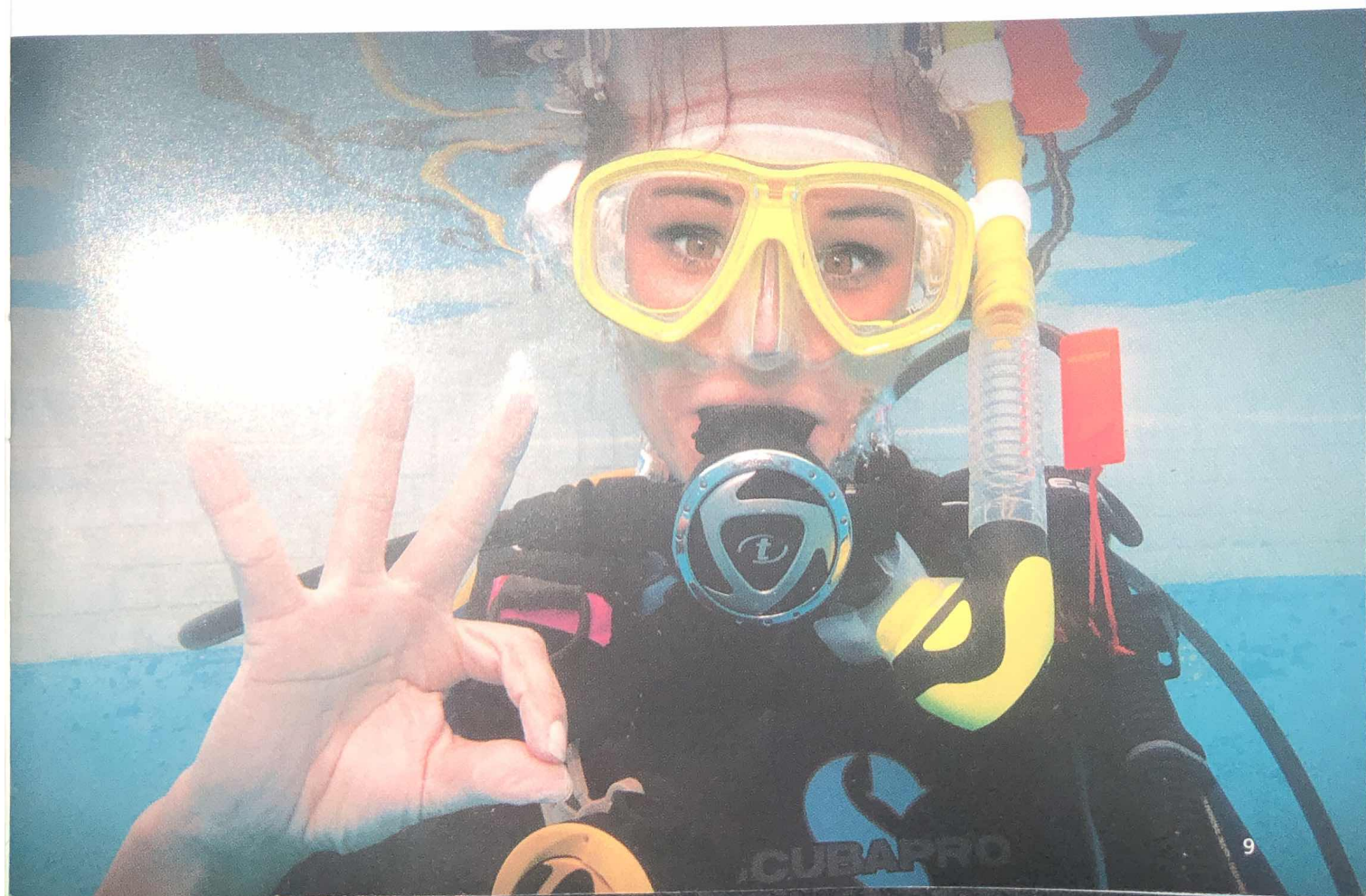
USING YOUR REGULATOR

Your first breaths underwater!

- Place the regulator in your mouth and take a few breaths.
- Go down slightly.
- Breathe slowly, deeply and continuously.
- **Never hold your breath.**
- Keep your regulator in your mouth.
- Watch your PADI Professional.
- Practice equalizing your ears and mask.
- Relax and enjoy!

Practice clearing water from your regulator:

- Remove your regulator and hold on to it.
- Blow small bubbles (you can't inhale, so you must exhale so you don't hold your breath).

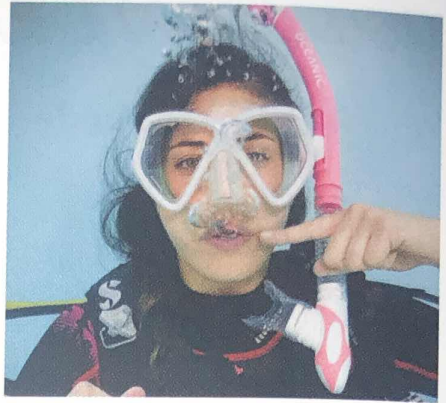


- Replace the regulator in your mouth.
- Place your tongue against the mouthpiece.
- Exhale or gently push the regulator purge button to clear water.
- Cautiously resume breathing.

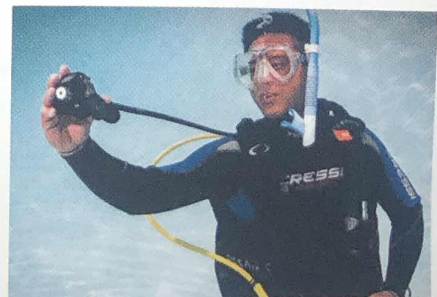
Practice recovering your regulator underwater:

- Remove your regulator and let it fall to your side.
- Continuously blow small bubbles.
- Lean to your right.
- Reach back alongside your cylinder with your right arm.
- Sweep outward with your arm.
- Find the hose on your arm and then locate the mouthpiece.
- Put the regulator into your mouth.
- Exhale or gently push the regulator purge button to clear water before inhaling.
- Always breathe cautiously after clearing your regulator.

You can also use this method to recover your regulator while at the surface.

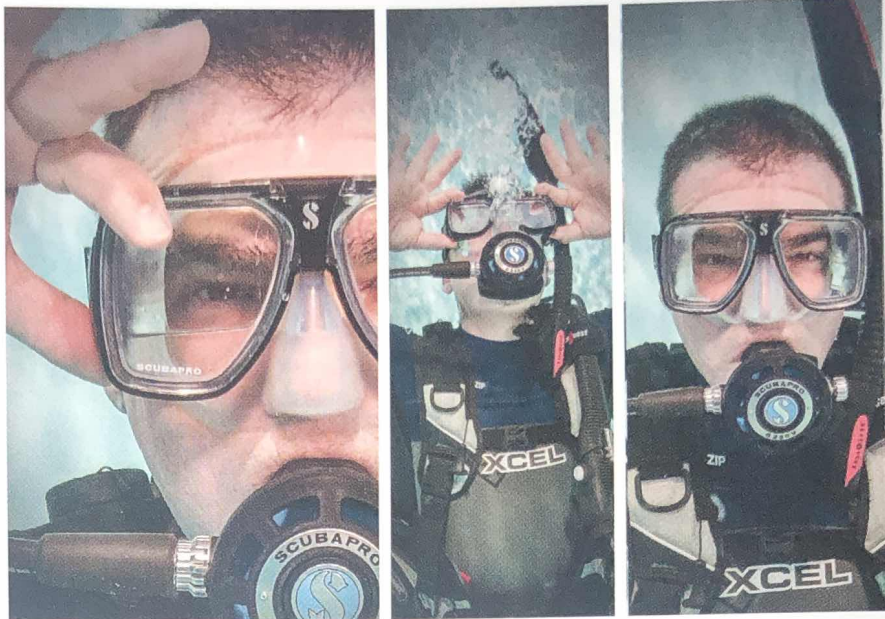


BLOW SMALL BUBBLES (YOU CAN'T INHALE, SO YOU MUST EXHALE SO YOU DON'T HOLD YOUR BREATH).



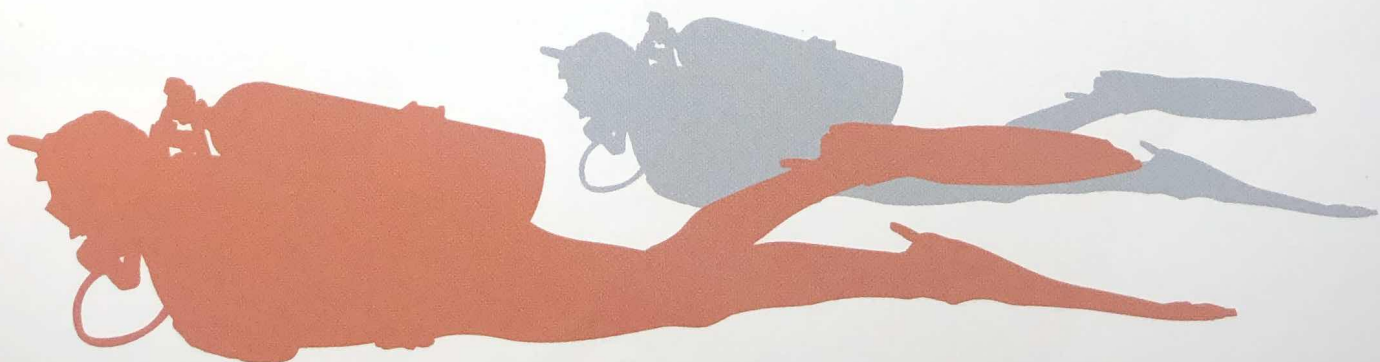
CLEARING WATER FROM YOUR MASK

- Gently leak water in by breaking the seal.
- Let water fill to just below eye level.
- Hold the top of your mask against your face.
- Tilt your head back slightly.
- Exhale through your nose until the water is gone.
- Take another breath through your mouth and exhale through your nose.
- Breathe normally.



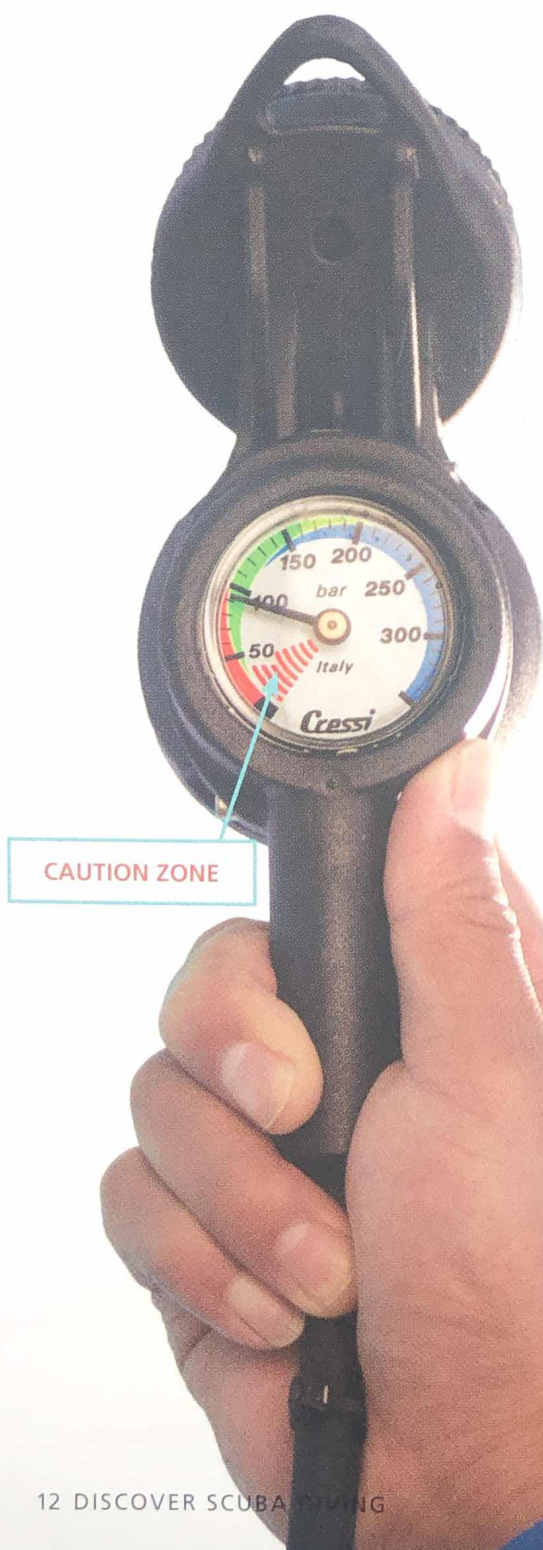
USING YOUR FINS FOR SWIMMING

- Keep your arms at your sides.
- Point your toes and keep your body straight.
- Kick slowly from your hips with your knees bent slightly.
- Move slowly and glide along.
- Stay close to your PADI Professional.



MONITORING YOUR AIR GAUGE

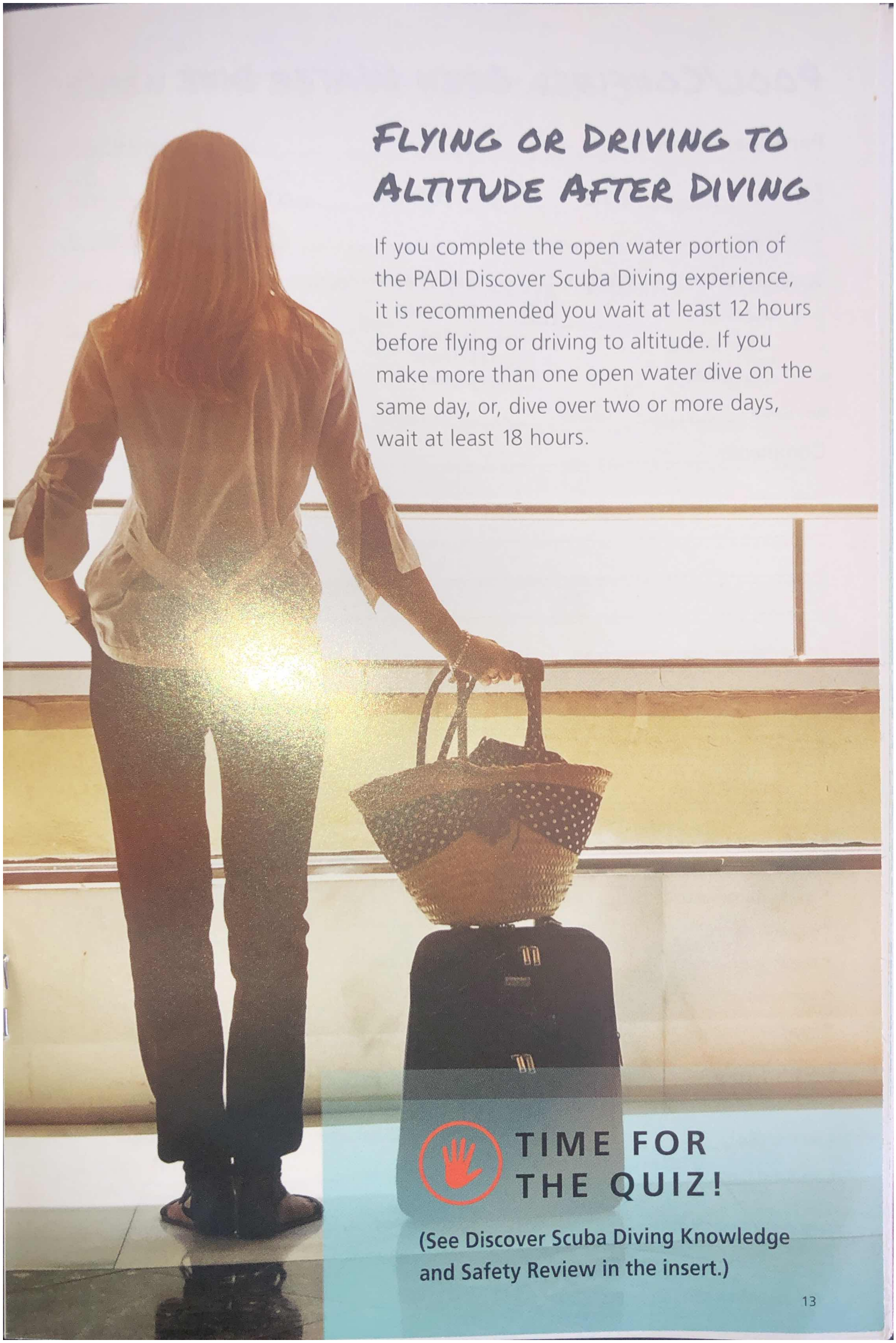
- Your air gauge (also called a submersible pressure gauge – SPG) is usually on your left side.
- Check it often.
- Your PADI Professional will also ask you to check it.
- Inform your PADI Professional when your air supply nears the caution zone (time to end the dive).



CAUTION ZONE

When it's time to go up:

- Your PADI Professional will give the signal to go up.
- Stay close to your PADI Professional.
- Breathe normally and calmly – **never hold your breath.**
- Go up no faster than your PADI Professional.
- Look up and reach up.
- Your PADI Professional will adjust your BCD.
- On the surface, inflate your BCD.
- Relax and listen to your PADI Professional.



FLYING OR DRIVING TO ALTITUDE AFTER DIVING

If you complete the open water portion of the PADI Discover Scuba Diving experience, it is recommended you wait at least 12 hours before flying or driving to altitude. If you make more than one open water dive on the same day, or, dive over two or more days, wait at least 18 hours.



**TIME FOR
THE QUIZ!**

(See Discover Scuba Diving Knowledge
and Safety Review in the insert.)