



# Welcome to Chang Diving Center



## Begin Your Underwater Adventure Today with Chang Diving.

1. You did the first step to already, by telling us you would like to try or refresh scuba diving.
2. Complete the necessary paperwork.
3. Listen to a dive briefing where you'll learn about dive equipment, safety rules and future opportunities.

### **If you don't understand something, please ask.**

4. Take your first breath underwater - something you'll never forget!
5. Practice scuba skills with the help
6. Have fun and explore the aquatic realm.

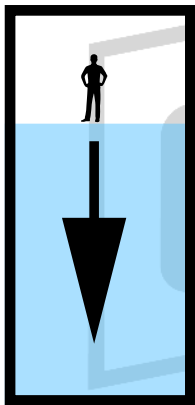
## How Water Mask Pressure Affects You

- 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...**

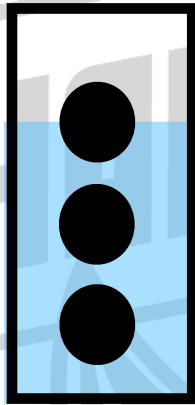
however, you do have air spaces that depth affects:

Deeper=



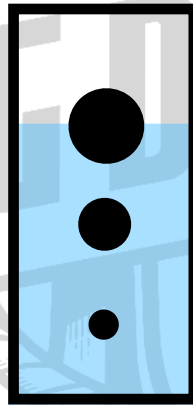
More pressure

Water-filled balloon=.

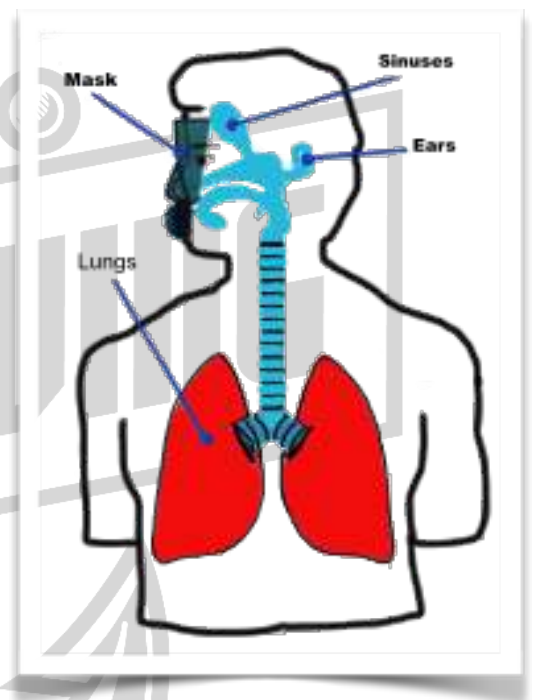


At depth, same volume

Air filled balloon=



At depth, compressed



## Equalize Your Air Spaces

### **Increasing pressure compresses unequalised body air spaces:**

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

### **To equalise your ears and sinuses as you go down:**

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

### **If you feel discomfort at any time - STOP**

- Signal your Instructor.
  - Point to your ear; if that is what is uncomfortable
  - Go up a metre/few feet.
- Attempt to gently equalise again.

- 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.

**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 over-expansion (rupture) and can cause serious injury or death.
- This is easy to avoid - simply breathe continuously - inhale and exhale, **never hold your breath**
- Take it slow, especially while going up.

- Your Instructor 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 - our Crew will help you.
- Adjust all equipment straps for proper fit - our Crew will help you.



- Push the BCD inflator button to add air.

- 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.

## SKILLS:

### • 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.

### 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.
- If you need to, take another breath through your mouth and repeat exhaling 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 Instructor.

### Monitoring Your Air Gauge

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



### When it's time to go up:

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



**If you complete the open water 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 18 hours.**

## Knowledge Quest

Check the appropriate box in response to each question:

Upon completing this experience, I will be qualified to dive independently without a certified professional guiding me.	<input type="checkbox"/> True:	<input type="checkbox"/> False:
To equalize my ears and sinus air spaces during descent, I will need to blow gently against pinched nostrils.		
I should equalise every metre/few feet while descending.		
If I have discomfort in my ears or sinuses during descent, I should continue downward.		
Underwater, I should breathe slowly, deeply, continuously and never hold my breath.		
I should add air to my buoyancy control device (BCD) to float at the surface		
My at gauge indicates how much air I have in my cylinder and I must look at it often, and whenever my instructor asks me to		
I should not touch, tease or harass an underwater organism since I may harm it or it may harm me		
I should stay close to the Instructor during my Discover scuba Diving experience and signal if something is wrong.		
Participant Statement; I have had this Review explained to me and I now understand any questions I may have answered incorrectly. I acknowledge and accept that these practices are intended to increase my safety and comfort during the experience.		
<div style="border-top: 1px solid black; height: 20px; width: 100%;"></div> Participant Signature Date (Day/Month/Year)		