

Pre Dive Brief.

Safety:

Breathe normally
Clear ears
Do not exceed 30m/sec ascent
Do not exceed 15m/sec descent

Exercise:

Consider site
Explain dive
Entry and exit to water
Inflate jacket for entry

Equipment:

Buddy check **BAR**
Any extra equipment

Discipline:

Stay alert
Plan dive - dive plan
Air consumption
Stay together
Separate, 360 turn, 30 secs, up

Signals:

Explain & demonstrate signals
Describe new signals
Reply to signals
Abandon if not happy.
Go when skipper says
"Both together Go"

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