

# PRE DIVE BRIEFING

This Pre-Dive briefing is only a guide; **consideration** should be given to site and weather conditions, together with any special needs with regard to the competence, abilities and any special needs of the diver. The following brief covers the majority of essentials for safe diving practices; it is your **responsibility** as the lead diver to add any points necessary to carry out a safe and enjoyable dive.

1. At all times throughout the dive **breath normally**.
2. **Clear your ears** and avoid mask squeeze by gently breathing out through your nose into the mask.
3. Keep your demand valve in your mouth and breath through your mouth during the dive. Unless told otherwise as part of training exercise.
4. Do not remove your mask or demand valve until you are on board the boat, or on a land based dive clear of the water.
5. Only go into the water when told to do so by the skipper and always go at the same time as your buddy. On land based dives the lead diver will control entry to the water.
6. Always **stay alert** when the boat is coming towards you for pick-up, in case evasive action is required.
7. Be alert and aware of your surroundings when ascending, check for other vessels or persons who maybe using the area you are ascending in, who may not be aware of your presence and do not understand dive visibility aids.
8. Always **ascend** the last few metres with your **arm outstretched** upwards as you were trained.
9. If at any time you feel uneasy about the dive inform the lead diver. This can be before you have left the boat or shore. Abandoning a dive is safer for all concerned, nerves are normal, and this makes for a conscientious diver.
10. Today we will dive to a depth of \_\_\_\_\_metres for \_\_\_\_\_minutes as per the **dive plan**. We have calculated **air consumption**.
11. We have planned our dive and will **dive the plan**.
12. Use signals as...demonstrate...wait for return of signals, explain any training or new **signals** you will use
13. We will now carry out a Buddy Check. Buoyancy. Air. Releases. **BAR**. Show that your air is on check all DV's and check for fluctuations, check BC and suit inflates and deflates. Check releases and weight belt colour and function.
14. We have now carried out the **Buddy Check** are you happy with the layout and functions of your and my equipment.
15. Is your air on. Have you **inflated** your **BC** ?
16. Are you ready to dive?
17. The skipper will signal when it is safe to roll off the boat by saying **Both together, Go!** Only go at the skippers command.
18. Follow separation procedure 360 degrees look round, up and down 30 secs then up if unable to find your Buddy.

Use **SEEDS** as a guide for dive briefing.

**SAFETY, EQUIPMENT, EXERCISE, DISCIPLINE, SIGNALS.**