

# PRE-DIVING BRIEFING

Please read carefully and try to repeat all steps before diving.

## MASK

- REMOVE ANY CREAM FROM YOUR FACE TO ENSURE THE MASK ADHERES BETTER TO THE SKIN.
- PLACE THE MASK STRAP EXACTLY IN THE MIDDLE OF THE BACK OF YOUR HEAD AND ABOVE YOUR EARS (DO NOT PLACE IT OVER YOUR EARS)



### Problem:

- Water flows into the mask during a dive.

### Solution:

- Inhale through your mouth.
- Lift your head up and press the top of the mask to your forehead with your hand.
- Exhale through your nose.

## "PRESSURE EQUALIZATION"

- ALWAYS EQUALIZE PRESSURE DURING A DIVE.
- IF YOU EXPERIENCE EAR PAIN OR HEADACHES, PLEASE REPORT THE PROBLEM TO YOUR INSTRUCTOR IMMEDIATELY.



### Problem:

- Pressure on the ears.

### Solution:

- Inhale through your mouth.
- Pinch your nose with your fingers (the silicone part of the mask allows this to be done).
- Exhale through your nose.

## BREATHING

- BREATHE SLOWLY AND QUIETLY.
- DEEP BREATH 3-4 SEC. AND AN EQUALLY DEEP EXHALATION.
- DO NOT HOLD YOUR BREATH.



### Problem:

- Water entered my mouth.



### Solution:

- Simply blow it out into the regulator.
- Or press the button in the middle of your regulator.

## SIGN LANGUAGE

- MEMORIZE AND REPEAT THE BASIC GESTURES.
- COMMUNICATE WITH YOUR INSTRUCTOR UNDER WATER.



- Question signs are similar to answer signs.
- For example:  
Are you okay?  ?  !  
I am fine!



"I'M FINE"  
ALL IS WELL.



"UP"  
LET'S SURFACE.



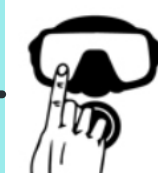
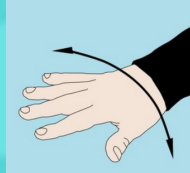
"STOP"



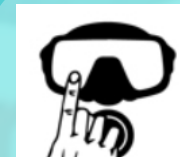
"DOWN"



"SOMETHING IS WRONG"  
AND BE SURE TO USE YOUR HANDS TO INDICATE THE AREA OF THE PROBLEM.



"DIRECTION"  
LEFT-RIGHT.



"LOOK"  
THEN GESTURES INDICATE WHERE TO LOOK.

