

BASIC SCUBA LESSON 1

Objective: Purpose, type, features, selection & fit, care of mask, snorkel & fins

	Purpose	Type	Features	Selection & Fit	Care
MASK	See, airspace for eyes & nose (no goggles)	Purge & non purge	Safety glass, non-slip adj strap, solid frame, double seal, block nose,	Fit & comfort – hair, double seal & strap high	Toothpaste, de-fog solution, mask box, H ₂ O rinse, min. light, proper storage Take care w/ straps
SNORKEL	Conserve energy (important skill on surface on/off scuba)	Purge & non purge (simple J, contour, flex, self-draining)	¾” bore, 12”-14”, min bends, rubber/silicone, purge, swivel, bells & whistles	Fit & comfort, min tension Fit: left side w/ snorkel keeper Clear: purge/blast & displacement	H ₂ O rinse, min. light, proper storage
FINS	Propulsion – use large leg muscles, free-up hands	Foot pocket & open heel (adj strap)	Blade size & stiffness, material – graphite, plastic rubber	Fit & comfort Area, size & stiffness = leg strength, bootie + foot/socks (XL smoke, L black, M blue, S pink/red) walk backwards	H ₂ O rinse, min. light, proper storage Take care w/ straps
Buoyancy Compensator	Enables buoyancy control on the surface and at depth	<ol style="list-style-type: none"> 1. Back floatation 2. Jacket 3. Horse collar 	<ol style="list-style-type: none"> 1. Overpressure relief valve 2. Inflator/deflator hose 3. Power and Oral inflator valve 	<ol style="list-style-type: none"> 1. Fit, comfort & function 2. Try different models 3. Rent &/or test drive 	H ₂ O rinse, min. light, proper storage

Main Points:

Purpose, type, features, selection & fit, care

<p>Key points: Text & admin Select type by feature, fit & comfort Neither goggles nor snorkel w/ closure device Fit & comfort keep purpose in mind Proper fit: Mask = sniff test Snorkel = 12”-14”x ¾” w/ min bends Fins = foot + bootie Care = H₂O rinse, min. light, proper storage & take care w/ straps</p>	<p>Confine Water Skills Donning & Buddy check equipment Controlled entry Mask & snorkel (w/ & w/o mask) Equalization Surface dives Clearing (mask & snorkel) Finning</p>
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