



Getting Back In The Water Quiz

1. During the winter months, many divers reduce their diving to a lesser or greater extent. Some simply stop diving altogether for a few months. Some go overseas to warmer waters but don't dive in the colder local waters.

List all the things that can happen over those months that could impact the preparedness to dive when the local waters warm up again.

Hint: You might like to think in terms of

- Equipment
- Human factors
 - o Physical
 - o Mental

For each of the things identified, list what you can do to prevent them happening or reduce the impact on your diving once you get back in the water.

It may be useful to use a Table format for your thoughts.

Item	What Occurs	How can the impact be reduced
Equipment		
Human Physical		
Human Mental		