

What tips can we learn from tec and cave diving?

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EQUIPMENT CONSIDERATIONS



**Recreational
diver vs
Tec diver**

EQUIPMENT

- ♦ Streamlining gives easier movement through the water - reduces fatigue and improves air consumption
- ♦ Avoidance of entanglement in line or kelp
- ♦ Avoidance of silt disturbance (wrecks)

Equipment suggestions

- Fins
- Regs, hoses (lengths)
- Plate and Wing, trim, lift, air dump
- Cylinders, steel versus ally

GAUGES

- ♦ Carried in a streamlined position
- ♦ Contents gauge should be clear and easily read and clipped off to a D ring
- ♦ A computer with compass is best worn on the arm to reduce entanglement, easier to read on safety stop



Exposure Suit and accessories

- Suit must must be suitable for the conditions Drysuit recommended, extra buoyancy.
- Neoprene vs tri-lam
- Drysuit undergarments eg layers, thermals, No Cotton
- Side thigh pockets very useful
- Tec shorts for tropics or over wetsuits



Clips, Snaps, D Rings

- Clips are usually brass or stainless steel.
- Bolt Snaps
- Double ender clip (carry spare)
- D rings Bent on shoulders
- Straight on hips
- Clipping up



Body position

- ♦ The ideal body position to avoid silting is horizontal / feet up, with knees bent
- ♦ Ideal position for better off gassing during safety stop/deco stop
- ♦ Ideal position to respond to emergencies



Why is buoyancy and Trim important?

- ◆ Reduces fatigue increases enjoyment. Photography
- ◆ Extends bottom time
- ◆ Prevents damage to environment.
- ◆ Prevents damage to equipment.
- ◆ Prevents pissing off your buddy!

Techniques

- DSMB Launching. Closed vs open? Oral vs reg
- ?Depth, spool
- <https://www.youtube.com/watch?v=MUSQyrgLZLk>
- Propulsion. Frog kicking, back kicking, helicopter turns
- <https://www.sidemounting.com/lesson/mastering-the-frog-kick-10-min-2-3/>
- <https://www.sidemounting.com/lesson/back-kick-problem-solving-7-min-2/>
- <https://www.youtube.com/watch?v=fqPxN8WCn8U>