



COMPLETE

Jack Jackson

DIVING

MANUAL



COMPLETE DIVING MANUAL

Jack Jackson



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To all those who have dived with me.

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This book contains a wealth of information backed up by the author's experience over three decades of diving. However, no book is a substitute for experience itself. No reputable diving shop or diving operation will refill your scuba cylinder or allow you to hire diving equipment unless you are qualified or are accompanied by an instructor. It is recommended that this book be used in conjunction with training by a recognized recreational diving training agency.

The author and publishers have made every effort to ensure that the information contained in this book was correct at the time of going to press. They accept no responsibility for any loss, injury or inconvenience sustained by any person using this book or the advice given within it.

Consultant Michael R. Ange

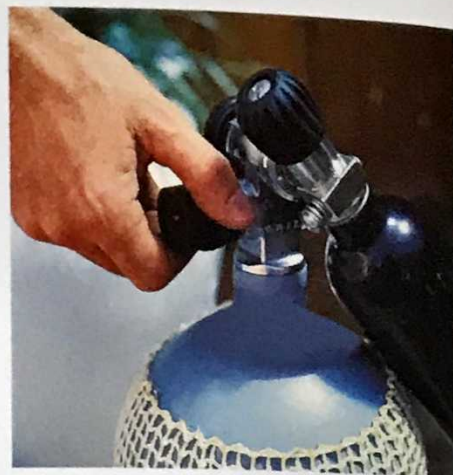
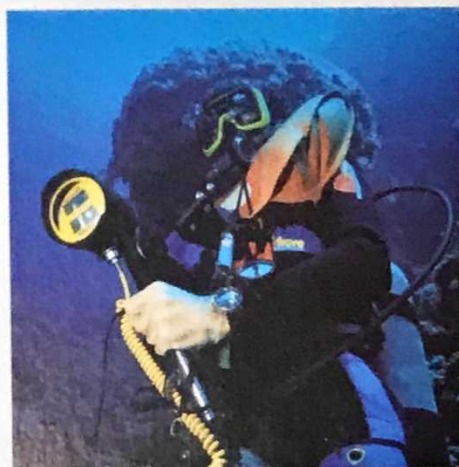
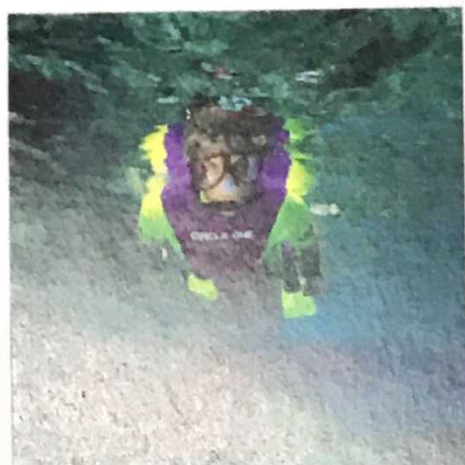
Technical Editor, *SCUBA Diving Magazine*;

Vice President of the Americas Division,

Professional SCUBA Association International

Opposite: *Anthias and mixed corals, including branching and plate fire corals at Ràs Muhammad, Egyptian Red Sea.*

Previous page: *The Umbria wreck is in shallow, well-lit water off Port Sudan, Sudanese Red Sea.*



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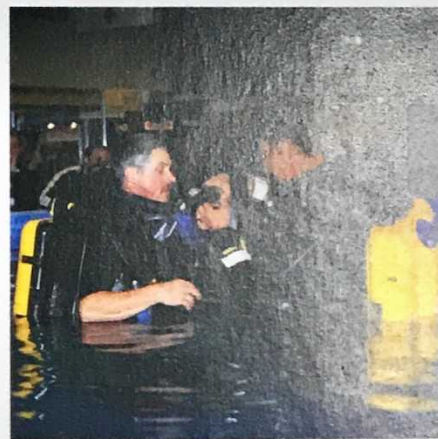
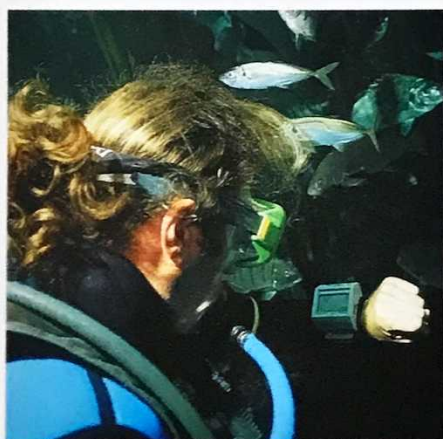
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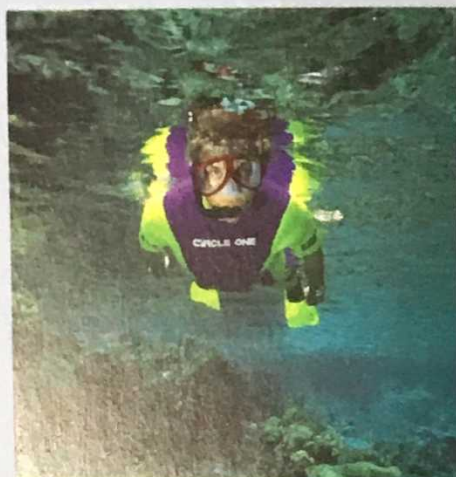
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GETTING STARTED

Once thought to be the domain of macho men, diving has progressed by exemplary training, reliable equipment and stylish apparel to become one of the fastest-growing adventure sports in the world.

The profusion and colour of fish and invertebrates found in both tropical and temperate waters surprises most people. More amazing, unlike on the plains of Africa, you can get very close to the wildlife. Diving is like visiting an aquarium and getting into the water with the animals. Few marine animals will swim away, some will even be curious enough to come and inspect you. From tiny plankton to the largest animals in the world, divers can often get within touching distance of them. Equally absorbing are kelp forests, the eerie atmosphere of shipwrecks and the myriad of tiny creatures found living on others and the piles of jetties.

Top Centre: Snorkellers get close to the colourful beauty of coral reefs, but diving will get you close to even more wonders of the marine environment.

The underwater world

In the first 10m (30ft) there is a remarkable amount of colour. Below that some colours of the light spectrum are filtered out, but they can still be seen when using an underwater light.

Contrary to popular belief, the underwater world is far from silent. If you stop and listen close to a reef, the sounds of animals eating or trying to frighten off others, can be quite loud. If you get close to whales or dolphins, their shrieks, whistles and groans can be felt as well as heard.

Thanks to modern diving equipment the underwater world has become accessible to almost

everyone. People from the age of 12 to over 90 are enjoying the sport. Children from the age of eight can 'try it out' with an instructor in protected surroundings. However, diving is equipment-intensive and takes place in an environment alien to the human body, so detailed training is essential.

Initially, the amount of information that you need to assimilate may seem daunting, but once you understand the theory, the practice becomes common sense.

What matters is that you do enough training for the correct reaction to be instinctive if anything goes wrong. Most people are naturally apprehensive when

they start diving, so you should begin in protected shallow water or a swimming pool. Most training agencies offer referral courses where you complete your initial training in the classroom and swimming pool and your open water training in an exotic location where the warm, clear water, beautiful corals and colourful fish command your attention, helping to overcome any apprehension that you might have.

Below: One of the greatest attractions of diving is how close you can get to the wildlife, in this instance a curious Bottlenose Dolphin.

