



Richmond Dive Club

Open Water Dive – North Carolina Style

I. Pre-Trip

- a. What is and isn't included
 - i. Hotel arrangements
 - ii. Transportation
 - 1. To departure city
 - 2. To boats
 - iii. Arrange equipment rentals & tank fills
 - 1. Rental tanks reserved
 - 2. Tank fills availability

- b. Equipment preparation
 - i. Regulator serviced
 - ii. Regulator compatible with rental tanks
 - 1. Yoke valves
 - 2. DIN valves
 - iii. Tanks
 - 1. Filled
 - 2. Maintenance up to date
 - a. Visual inspection (annual)
 - b. Hydro stamp (5 year)
 - c. Gas Content (other than air)
 - d. O2 clean status (Nitrox)
 - iv. Packing Equipment
 - 1. Minimize / mesh gear bags
 - 2. Unpack and repack night before
 - 3. Extras & backups
 - a. Mask
 - b. Fin straps with buckles for your fins
 - c. Spare regulator if possible
 - 4. Pack bag in reverse order of donning
 - a. Fins first
 - b. Exposure suit last

- c. Personal preparation
 - i. Plenty of travel time
 - ii. Plenty of sleep prior to dive day
 - iii. Honest self evaluation
 - iv. Seasickness no reflection on you as a diver or person
 - v. Test medications before trip
 - vi. Begin medication day before

II. Dive Day

- a. Show up on time
 - i. Boat will not wait
 - ii. Refunds are not given for missed boats
- b. Pick your spot
 - i. Confine your equipment to your allotted area
 - ii. Set up your tank/DC/Reg system
 - iii. Locate dry storage area (oxymoron)
 - iv. Once set up, get out of the way
- c. Listen to boat safety and dive briefing
 - i. Ask questions if something is unclear
 - ii. Do what they ask; the crew knows what works on their boat
- d. Hydrate
 - i. Drink lots of water
 - ii. Dehydration increases possibility of DCS
 - iii. Limit alcohol, carbonation, and caffeine

III. The Dive

- a. Dive Sites
 - i. 20 or more miles from shore
 - 1. Very small person in a very large ocean
 - 2. Unpredictable weather
 - 3. Unpredictable current
 - ii. Mostly wreck diving
 - iii. Some of the wrecks are of historical interest
 - iv. Habitat for marine life
- b. Navigating your dive
 - i. Due to the steel in the wrecks your compass is of little use
 - ii. Use it to get bearings of anchor line to wreck on descent
 - iii. Be aware of you orientation to wreck and anchor line
 - iv. Use anchor line for descent and return
 - v. Do safety stop on deco bar / lines provided
 - vi. Be aware of and avoid line weights
 - vii. Avoid coming up away from or behind the boat
 - viii. Use surface signaling devised if necessary
 - 1. Visual signaling devices (inflatable tube / mirror)
 - 2. Audible signaling devices (whistle / air horn)
 - ix. Pay attention to crews' directions while boarding the boat
- c. **HAVE FUN!**