



SCUBA DIVING INFO SHEET

Course equipment Finswimming and snorkeling

The ABCs of equipment

"The ABCs of equipment" refers to the basic equipment you'll need as a diver.

It consists of a diving mask, snorkel, and swimfins.

1. The diving mask

A diving mask is a half-face mask that covers the eyes and nose. It can consist of one or more lenses. The lens must be made of shatterproof, tempered glass, not plastic.

A nose pocket must be incorporated in the mask. The soft rubber skirt that encloses the nose and eyes should have a double-edge seal. Masks with integrated snorkels are not suitable.

When choosing a material, Silicon has many advantages over rubber. A mask's color or style has little influence on its performance. The way it fits your face, on the other hand, is a very important.

We recommend the following when buying a mask:

- a) Hold the mask up to your face (without the head strap).**
- b) Breathe in through your nose and hold your breath. If the mask sticks to your face, it's usually well sealed under water as well.**
- c) Grab your nose through the nose pocket with your fingers and squeeze it. If you can't, the nose pocket is either too big or placed the wrong way.**

If you wear glasses, you can buy special diving masks that have a replaceable lens. That way, you can replace it with whatever prescription you need.

Goggles are absolutely not suitable for diving and are not permitted under any circumstances.



2. The snorkel

A snorkel consists of a tube and a mouthpiece. The tube, with a diameter of about 18-23 mm, should be made of solid material and be about 30-35cm in length. You must never exceed these dimensions. The upper end of the snorkel should have a warning color. There shouldn't be any attached valve with a ping pong ball.

The mouthpiece should be soft, a semicircle or U form, and equipped with strong teeth grips.

We don't recommend corrugated tubes.

You can find tubes made of plastic and rubber or silicone, but there are significant advantages to silicone and plastic combinations over rubber.

3. The swimfins

There are two types of fins suitable for diving activities:

- Full foot fins
- Open heel fins

Full foot fins are usually open-toed and cover your heels. The open heel fins have an open heel with an adjustable strap, cover your toes, and are worn with neoprene boots (e.g. when diving in cold water).

Your fins should be about 40-70cm long and not be too hard or too soft.

You shouldn't be able to bend the fin blade all the way except in the front third of the blade. Currently, plastic is usually used for fin blades and rubber for the foot part.

When trying on various fins, make sure there isn't too much wiggle room in the foot part and it doesn't press too hard against your feet anywhere.