Equipment Scuba Diving and Snorkelling

ABC Equipment

ABC equipment is basic equipment for snorkelling or diving. It consists of 3 components: Diving mask, snorkel and fins.

1. The diving mask

Components:

- **Mask body**
  - Encloses eyes and nose
  - Usually made of soft rubber or silicone.
  - Preferably with a double sealing edge
  - Wide range of colours, models and manufacturers.

- **Mask glass**
  - Glass pane made of tempered glass (shatter-proof and more break-proof)
    - No plexiglass!
  - One or two glass masks available.
  - When using visual aids, a two-glass mask is advisable, where the glasses can be exchanged. Depending on the manufacturer, there are prefabricated lenses with prescription or they can be fitted by an optician.
  - Mask lens should not fog up if properly prepared.

- **Integrated nose cone**
  - Important for equalising pressure in the mask when descending.
  - Nose must be accessible with fingers to equalise pressure in the ears.

- **Head strap**
  - Adjustable according to cold protection in the pool or open water (headgear).
  - Different materials

- **Fit and position**
  - Very important!
  - When buying, pay more attention than to colour and appearance.

- **ATTENTION!**
  - Full face snorkel masks or swimming and chlorine goggles are absolutely unsuitable for diving and must not be used under any circumstances!

Fitting:

- Hold mask to face (without mask strap).
- Take in air through the nose and hold your breath. - The mask should adhere to the face without the support of the hands. Then it is usually tight even under water.
- Reach up to the nose with your fingers through the nasal notch. Should be easy to do.
- The mask strap should be easily adjustable.
- A neoprene mask strap is recommended (in addition) to make it easier to put the mask on and take it off.
2. The Snorkel

Components:

- Snorkel is often a combination of plastic, rubber or silicone.
- Tube
  - Solid or flexible material
  - Adult: Diameter 18 - 23 mm; length 30 - 35 cm. No larger dimensions because of the danger of pendulum breathing! Other dimensions apply for children!
  - Often signal colours at the upper end
  - Splash water protection (optional).
- Mouthpiece
  - Soft and semicircular or U-shaped.
  - With strong teething nipples or soft palate
  - Blow-out valve (optional)
- Snorkel holder
  - Various models for attachment to the mask
- The snorkel is mounted on the left side of the mask strap when diving.

3. The Fins

- There are two different types:
  - Foot section or swim fins
  - Heel strap or diving fins.

Components:

- To be selected according to your own strength and area of use:
  - Length from 40 to 100 cm
  - Hardness
  - Shape
  - Material
- Swimming pool fins:
  - Mostly open at the toes
  - Closed heel part
  - For warmer water
  - Good for snorkelling
- Diving fins:
  - Open heel with an adjustable heel strap
  - Closed at the toes
  - Worn with neoprene footies
  - A must when diving in cold waters.

Fitting:

Foot part must not have too much play and should not create pressure points.
4. Insulation

- Select according to water temperature and your own temperature sensation.
  - Lycra shirt
  - Shorty or ice vest
  - 3mm - 7mm long suit
  - Dry suit
  - Hood, gloves and booties
- Wet suits should be as tight-fitting as possible to minimise heat loss to the water.
- Mobility should not be restricted so far.