

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!
 - 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.