

SPORT DIVING

A photograph of two divers underwater. The diver on the left is wearing a black wetsuit with 'retnisub' and '3330' printed on the chest. The diver on the right is wearing a black wetsuit with a yellow BCD that has 'La Spontech' written on it. They are surrounded by many small fish and a coral reef on the right side of the frame. The background is a clear blue water.

**The British Sub-Aqua Club
Diving Manual**



PADI
INSTRUCTOR 33913
Albrecht Salm

Medical		Seamanship	
Respiration	78	Charts	166
Lung Structure	80	Tides and Tidal Streams	168
Pressure Damage	82	Small Boats	170
Man Underwater	84	Outboard Engines	172
Hypoxia	86	Handling Small Boats	176
Drowning	88	Weather and the Diver	180
Avoidance and Treatment of Hypoxia	89		
Effects of Cold and Hypothermia	90	Diving Techniques	
Avoidance and Treatment of Hypothermia	92	Fresh-Water Diving	184
Gas Laws	94	Fresh-Water Diving Techniques	186
Oxygen	96	Diving from Small Boats	188
Toxic Gas Effects	98	Diving from Larger Vessels	190
Nitrogen Narcosis	100	Night Diving	192
Decompression Sickness – Causes	104	Low-Visibility Diving	194
Decompression Sickness – Treatment	107	Drift Diving	196
Decompression Sickness – First-Aid	108	Deep Diving	198
		Deep-Diving Procedures	200
Dive Planning		Adventurous Diving	202
Decompression Tables	110	Shipwrecks	204
The Air Supply	115	Wreck Diving	206
Dive Leadership	118	Cliff Diving	208
		Ocean Diving	210
Open-Water Training		Shoal Diving	212
Safe Open-Water Diving	120	Cold-Water Diving	214
Preparing to Dive	122	Dangerous Tropical Marine Animals	216
Entry to the Water	124	Diving in the Tropics	218
The Buddy System Underwater	126		
Normal Ascents	128	Interests	
Emergency Ascents	130	Diving Schools	220
Coping with Surface Difficulties	132	Diving Careers	222
Progressive Open-Water Skills	134	Special Interests	224
Natural Underwater Navigation	136	Underwater Photography	226
Compass Navigation	138	Underwater Visibility	230
Underwater Search Methods	140	Marine Life	232
Circular Searches	142	How to Select Good Dive Sites	238
Simple Underwater Work	144	British Diving Locations	240
Lifting	146	World Diving Locations	242
Safety		Appendix 1: BSAC Diving Qualifications	244
First Aid	148	Appendix 2: The Divers' Code of Conduct	246
Expired-Air Resuscitation	152	Appendix 3: Trouble at Sea	247
Expired-Air Resuscitation in the Water	154	Appendix 4: Safety at Sea	248
External Chest Compression	155	Index	250
Diver Rescue	156		
Tow Techniques	160		
Oxygen Treatment	163		

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Figure 1



For many years The British Sub-Aqua Club's diving manual has been one of the world's recognized authorities on sports diving.

The BSAC is to be congratulated on the production of this fully updated edition.

It is a great pleasure for me to be asked to introduce this manual for what is a growing number of diving enthusiasts. I am sure it will continue to influence significantly the growth of this adventurous activity, and I am sure it will also provide me with extremely useful information on how to improve my own diving technique!

Charles

Foreword

The British Sub-Aqua Club is the governing body for sport diving in the United Kingdom and a leading member of the World Underwater Federation. From its inception, it has actively set out to promote underwater sport and related activities. By setting and maintaining the highest standards of education and training it has encouraged hundreds of thousands of people to take up sport diving in both United Kingdom and overseas waters with safety.

The British Sub-Aqua Club's diving manual has been the world's bible of safe sports diving practices for over twenty-five years. The eleventh edition carries on this influence. The manual has been written not only for current divers but also for those who would like to experience another and greater world. It is a practical introduction to the technique of the sport and all aspects of diving. It is easy to study and understand and the aim is to give the reader the basic knowledge to enjoy the undersea environment in a safe but enjoyable manner. The principles of safe diving are easily understood, the practice of safe diving requires proper training, constant attention to prevailing circumstances in the water and the modification of acquired techniques through the advance of knowledge and the introduction of new equipment. The British Sub-Aqua Club provides this training, our manual gives the essential background.

Many members have contributed to this manual through the sharing of their experiences, skills and the donation of significant time to what is a major publishing effort. We should all be grateful for their dedication to our sport and their desire to encourage more people to enjoy one of the most adventurous and exciting sports of our time.

I.A.N. Irvine
Chairman
BSAC

SPORT DIVING

The extraordinarily exhilarating sensation of weightlessness; the excitement of seeing underwater life at close quarters; the sheer physical challenge and sense of adventure – all these things and more go to make up sport diving. It's a sport which is attracting more and more people of all ages who, having learnt the correct techniques, can enjoy the element of risk without being in any way endangered by it.

In this invaluable book the distinguished contributors, each of whom backs theoretical knowledge with practical expertise, combine to provide all the essential information for the would-be sport diver. Every aspect of the sport is explained in straightforward language and illustrated with specially commissioned line drawings and photographs in colour and black and white.

A comprehensive guide to the required equipment, with full explanations of its use and maintenance, lead in to chapters on training, dive planning, seamanship, diving techniques, safety precautions and procedures and first aid. Finally there are notes on diving schools, special interests such as underwater photography, and British and world diving locations.

The British Sub-Aqua Club is diving's governing body in the UK and this manual, which is used by their members in more than twenty-seven countries throughout the world, is the most authoritative work on the sport.

Front cover photograph by Mike Portelly

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