



Video Tutorial Explanation - How To Enter The Water

There are many ways to enter the water, from many different platforms. Below we will discuss these different methods and how appropriate they are to different situations.

From A Boat or Platform

This is the most common way that divers enter the water. Usually coral reefs are located away from the mainland and need a boat to transport divers to the dive site. In this case, there are many acceptable ways to enter the water:

1) The Big Leap - here you should put your regulator into your mouth, place your right hand over your mask, holding it to your face, and your left hand on your stomach. Standing with both feet together, take a big step away from the platform so that you enter the water with your legs in line and apart. Your fins should make contact with the water first and your head last.

2) The Backwards V - stand facing away from the ocean, with your feet together on the edge of the platform, with your right hand on your mask, holding it in place, and your left hand on your stomach. From here, bend your knees and jump backwards with both feet together. As you travel backwards, you should raise your legs so that you enter the water with your bottom first, and your body in a V shape, where your head and feet are the last body parts to enter the water. This entry should not be done at great heights as it may be painful if you land badly.

3) The Backwards Roll - in a seated position, tuck your feet in so that your heels are touching your bottom and your back is to the ocean. Place your hands on your mask and stomach as usual. Ensure that your bottom is right on the edge of the platform, so your air tank is hanging off the edge and roll gently backwards into the water. Once again, this entry should not be done if the platform is at a height as it may result in injury.

From Land

Entering the ocean from land is perhaps the easiest way to enter the water. Keep your fins off your feet until you are submerged up to at least waist height. Put your fins on and walk backwards in the water until it is deep enough to swim out further.