



Video Tutorial Explanation - If You Lose Your Regulator

It is pretty much impossible to completely lose your regulator as it is attached by a hose to your air tank and clipped to your BCD. If, however, it slips from your mouth and you lose track of it or it becomes unreachable, follow the steps below to resolve the issue:

- 1)** Put your arms down by your side and make a wide circular motion with your arms, bringing them up, stretched back as far as they can go and then bring your hands together in front of you. From this action, you should find your regulator hose in between your arms. Follow the hose to the end until you find your mouthpiece. If this does not work, follow the steps below.
- 2)** Grab your buddy and indicate that your regulator has gone, placing a closed fist over your mouth where the regulator should be.
- 3)** Following this, shrug your shoulders to show that you do not know where it is. This will prompt them to find it for you and return it to your hand.
- 4)** Failing this, use your own octopus for air until you are able to regain control of your regulator. Remember that once your regulator is back in your control, you should stow away your octopus where it was placed before, should you need it again.
- 5)** Before putting the regulator back in your mouth, hold the regulator with the mouthpiece facing vertically down and press the button on the top to expel any water that may have entered the mouthpiece.
- 6)** Place the mouthpiece back into your mouth and continue your dive as normal.