



Video Tutorial Explanation - Perfecting Buoyancy

As you have been shown in the video, buoyancy control is very important when diving. There are three things to consider here - BCD inflation, weights and breathing:

- 1)** The amount that you inflate your BCD will provide you with a set amount of buoyancy when swimming underwater. Usually, a good rule of thumb is to give two short sharp compressions of your BCD inflator button, from fully deflated. This will provide you with a good platform from which to make alterations.

- 2)** An integrated weight system or weight belt help to regulate your buoyancy. When you breathe in, you will naturally float. Combine this fact with additions such as wetsuits and drysuits, your buoyancy will mean that you will naturally stay on the surface. Weights are used to cancel out this natural tendency to ascend, allowing you to sink in the water and dive. The amount of weights needed will vary from person to person and also depend on factors such as the buoyancy of the chosen wetsuit.

- 3)** Your breathing is one of the most important factors when perfecting buoyancy. Breathing in fully so that your lungs are completely inflated will naturally cause you to ascend, whilst when breathing out completely, you will descend. With this knowledge, divers maintain a consistent level of buoyancy by taking slow, deep breaths. Controlling your breathing in this way will also help you to avoid wasting the air from your tank, meaning you can dive for longer.