

# DIVING



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The word "diving" appeared in Russian not so long ago, but it has become firmly established by those people who, when choosing a travel destination, prefer islands and coastal cities. Translated from English diving means "diving".



# DIVING TYPES

- Recreational diving
- Technical diving
- Commercial diving
- Sport diving



# Recreational diving

Recreational diving is scuba diving as a form of leisure and recreation. Its motto is "Diving for Fun". Diving depths are usually limited to 30-32 m.



# Technical diving

Technical diving includes dives over 40 meters, decompression dives, dives with a physical barrier to ascent, dives with multiple gas mixtures (trimix, heliox, nitrox and air), and rebreather dives.



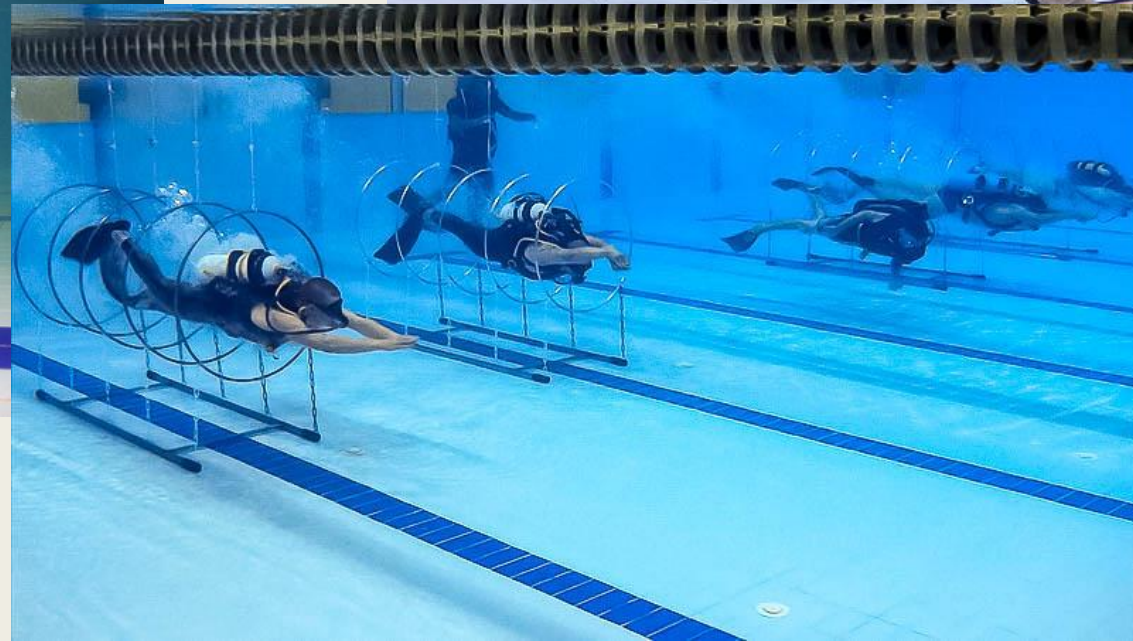
# Commercial diving

Commercial diving includes all technical diving, scientific diving, treasure hunt, and submarine military operations using submarine saboteurs.



# Sport diving

Sport diving includes a range of recreational diving based sporting events.



# Diver's equipment

Fins, Boots (boots), in case fins with an adjustable heel.

Mask, snorkel, flashlight, coil, tug, buoy, compass, knife, underwater watch.

Wetsuit, helmet, gloves, wetsuit socks, belt with weights.

Rebreather, or spark, or scuba gear, regulator, BCD, compressed air cylinder.





# Dangers

- Drowning.
- Decompression sickness.
- Barotrauma.
- Poisoning by gases: carbon monoxide, carbon dioxide, oxygen, nitrogen.
- Oxygen starvation (or hypoxia)



# Necessary skills

- Prepare equipment for the dive (selection, appointment, collection / analysis, care);
- Put on, adjust and check the equipment, provide assistance to partners during the dive;
- Be able to recognize and send signals for communication underwater;
- Plan a series of dives taking into account the weather, the type and topography of the bottom of the reservoir;
- Ability to use a dive computer, pressure gauge, low pressure inflator, emergency air release valve, signal buoy, compass and other equipment.



# Informational resources

- <http://srednyadm.ru/msu/administratsiya/munitsipalnoe-byudzhethnoe-uchrezhdenie-kulturyi-kulturno-sportivnyij-tsentr-polyot-mbuk-ksts-polyot/media/2020/8/4/dajving-что-это-такое/>
- <https://dive-and-boats.ru/articles/divetypes/>
- <https://www.sport-express.ru/divings/reviews/kakim-byvaet-snaryazhenie-dlya-dayvinga-1383660/>
- <https://volga.news/460032/article/vybiraem-snaryazhenie-i-oborudovanie-dlya-dayvinga.html>
- [https://diving.ru/articles/populyarno-o-dayvinge/stati\\_68.html](https://diving.ru/articles/populyarno-o-dayvinge/stati_68.html)