

DIVING THE HOLE

Diving the hole is like any other dive, if it's something that is new to you it can be a challenge and needs preparation.

If you are not experienced at diving the hole, if you have less than 15 dives where you have been 'down the hole' consider yourself a 'novice' in which case there are certain guidelines to follow.

Before attempting to dive the hole get plenty of experience in at the 20m level, once you get more experience you start to relax more, things like buoyancy become second nature and your breathing rate improves, once you feel comfortable only then think about diving deeper.

Speak to the Training Officers or D.O. about your intention to dive deeper and don't be upset if they advise you to do more dives, this will be in your best interest. Once everyone is happy find an experienced diver to be your buddy, there are plenty of experienced club members who will be only too happy to help, build your experience up, first time go down to 25m, again make sure you and your buddy are happy with everything, maybe do this 2 or 3 times, then go a bit deeper to 30m, again make sure you are happy do this a few times and then go down to 35m.

If at any time you are not happy abort the dive, there is always another week to try again. Also if you want to dive the hole you will need to have a buddy prior to the Sunday dive, let the D.O. know of your intention and also of your buddy or advice for a buddy, and the D.O. will inform the marshall for Sunday.

If you are in any doubt about anything please talk to the D.O., the club has a very good safety record and we want to keep it that way.