

## COMMUNITY RESOURCES

### Divers Alert Network



[www.diversalertnetwork.org](http://www.diversalertnetwork.org)

### Tsunami Scuba

[www.mccsokinawa.com/tsunamiscuba](http://www.mccsokinawa.com/tsunamiscuba)

### Kadena Marina

[www.kadenafss.com/rec/marina](http://www.kadenafss.com/rec/marina)

### Torii Beach Scuba Locker

[www.toriiimwr.com/scubalocker](http://www.toriiimwr.com/scubalocker)

## REDUCE RISK OF DECOMPRESSION SICKNESS

*Remember to ALWAYS*

**Slowly  
Ascend  
From  
Every Dive**

*Call immediately if you are  
experiencing any of these signs  
or symptoms:*

- +joint aches or pain
- +numbness or tingling
- +mottling or marbling of skin
- +coughing spasms or shortness of breath
- +itching
- +unusual fatigue
- +dizziness
- +weakness
- +personality changes
- +loss of bowel or bladder function
- +staggering, loss of coordination/tremors
- +paralysis
- +collapse or loss of consciousness

*Know your dive tables*

## DIVE SAFETY

**OFF-BASE  
EMERGENCY**



**CALL 119**

**ON-BASE  
EMERGENCY**

**CALL**

**911**



**098-911-1911**

**TSUNAMI SCUBA**

**KADENA MARINA**

**TORII BEACH SCUBA LOCKER**

## Plan

+Plan the dive and dive the plan

## Equipment Check

+Well before you dive, ensure equipment has been serviced and maintained properly

+Check the batteries for your dive computer and underwater light

+At the dive site, check that your equipment is working properly

+Do a pre-dive safety check with your buddy ensuring all gear is properly assembled, functioning and that your air is turned on

## Dive within your limits

+Do not dive beyond your limits or personal comfort

+If you are only qualified to dive to a certain depth, then ensure that your dive plan does not exceed that depth

+This also applies to specialized diving that requires additional certification

## Consult your gauges regularly

+May sound obvious, but many accidents occur because divers don't stick to this basic rule

+Follow the rule of thirds for air consumption (1/3 dive out, 1/3 dive back, 1/3 reserve)

+From time to time, you and your buddy should ask each other how much air the other has left

## Make sure you are ready to dive

+Certified divers take a SCUBA Review class prior to diving if inactive from the sport for several months

+In addition to your equipment, your body needs to be ready to dive

+If you are feeling ill or otherwise unprepared to dive, listen to your body & don't dive!

+It's better to postpone a dive if you are not feeling well

## Check current conditions

+Before you dive,

check [shogunweather.com](http://shogunweather.com)

+Check other online resources for the latest tide, wave and wind conditions

+Military personnel are prohibited from diving in any underwater caves

## Alcohol and diving don't mix

+Alcohol increases your risk of decompression illness (DCI)

+Avoid drinking alcohol the night before and immediately after a dive

+Ensure at least 24 hours has lapsed between diving and flying



## Test new equipment in a controlled environment

+Always test new equipment in a controlled environment

+The best option is to test equipment in a swimming pool

+If not possible, then use it during an easy, shallow dive first

## Be properly equipped

+Military personnel are required to carry a compass, visual signaling device (when boat diving), an audible signal device and a dive tool/knife

## Take responsibility

+Before you dive, review the dive plan, signals and what to do if you get separated from your buddy

+Remember to make a slow ascent and do a 3 minute safety stop at about 15 feet/5 meters

+Remember you are ultimately responsible for your own safety—always:

**S**lowly

**A**scend

**F**rom

**E**very Dive