

## Prepare for Diving

### Regulator & Octopus

1. Check for damage to your mouthpieces, such as holes, and make sure the bite tabs aren't excessively worn. Make sure the mouthpiece is on tight.
2. After attaching your regulator to a filled tank, open the tank valve and check for audible leaks from any of the regulator ports and the valve/regulator connection (possibly a bad "O" ring, but it could be a worn valve seat).-
3. Close the tank valve and suck down the air remaining in the regulator until there is no more breathable air, indicating no leaks. (If you have an Atomic regulator, you will need to remove the octopus and put in a blanking plug due to Atomic's unique air-off design.)
4. Make sure all hose connections are tight.
5. If you suspect the slightest leak, you can check by turning on the tank valve and then turning it off, leaving the system pressurized, and note the pressure gauge reading. Wait to see if it decreases, indicating a leak. However, don't do this if you are about to dive. There is a danger that you might get distracted and think the set is ready to go with the valve open.

### BC

1. After attaching it to a full tank via the regulator and direct feed, check that the power inflator button works and does not jam open or closed.
2. Operate the oral inflation valve.
3. Operate dump valves to ensure they do not jam open or closed.
4. Fully inflate the BC so that the over-pressure valve operates, and leaves the BC fully inflated for five minutes to ensure the valve has sealed and there are no other leaks.

### Straps (BC, Mask, Fins)

1. Check for wear or small nicks that can become torn; replace your straps if necessary.

### Computer

1. Ensure the battery is in a good state and that your computer was pressure-tested after a battery replacement.
2. Verify that the display shows zero depth.
3. Ensure gas integration shows an appropriate tank pressure.

## Checks to Make Immediately Before Diving

Those who have been diving for a long time often become casual about pre-dive checks.

Here's a reminder:

**BWRAF** – the PADI mnemonic (Begin With Review And Friend), is shorthand for the checks you make together with your buddy immediately before diving:

1. **BCD** – Is it adjusted correctly for fit? Is the tank secure in the cam band? Is the direct feed connected, and does the inflator/deflator function? Is your surface signaling device stowed correctly? Does your buddy know how to operate it?
2. **Weights** – Are they the appropriate amount and properly in place for a proper trim in the water? Is the quick release operational and unobscured from your buddy's view? If jettisoned, will the weights clear other equipment? Does your buddy know how to do that?
3. **Releases** – Are you familiar with the releases on your and your buddy's equipment?

4. **Air** – Is your air turned on fully? (Turn on the tank valve fully and inhale off the regulator, ensuring the pressure gauge needle reading remains steady or the pressure on your air-integrated computer doesn't fluctuate.) Is your alternate air source stowed properly?
5. **Final** – Is your computer displaying properly? Do you and your buddy understand the basic hand signals? Have you given the final OK?

## Do you have all the ancillary equipment you need for the dive?

1. Is your delayed surface marker and reel or spool stowed properly?
2. Do you have a knife or trauma shears stowed where you can reach it easily if you become entangled in a net or line?
3. Do you need a current/reef hook?
4. Do you have an emergency flashlight?
5. Do you need a second flashlight for use on the dive?
6. Do you have a personal locator beacon?
7. Did you take a compass reading to orient yourself before diving?