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the recreational diver was chosen with care we think that recreational diving describes our activity much better than sport diving as it is for people who want to become divers and not for those who want to try diving there is a gap to close a gap in training that has been weakened by greed a gap in the training material that is outdated and a gap in the actual training that is getting easier and easier to be able to sell it to an even broader range of potential customers no matter if they have the physical and mental prerequisites for the sport it is time for a new training system where quality is more important than quantity and where the individual is more important than the size of the course have a good dive

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unified team diving was born in dir hogarthian team diving principles but as we have progressed and innovated new disciplines we have gone beyond traditional cave wreck and technical diving to incorporate thinking protocols into all areas of diving including where we all began recreational diving we have continued to develop and refine our diving and teaching skills and principles through the years not only with traditional back mount but also with side mount and rebreather systems never losing sight of our mission to provide all divers the best education and educational materials we can for you the recreational diver we offer this book and training as a way to safely and efficiently learn the personal skills we think all divers need we encourage you to embrace the philosophy of team diving and become a

thinking diver safe diving andrew georgitsis and jeff seckendorfunified team diving

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because there is a right way to dive the scuba snobs remain avid and active divers and have more than 24 years of recreational diving experience after publication of the original the scuba snobs guide to diving etiquette they embarked upon a year of diving public appearances on line interaction with readers and now expand their rules for divers with the scuba snobs guide to diving etiquette book 2 have fun reading both books and visit the scuba snobs at their website scubasnobs com

we wrote this book to help you understand what is happening and why it happens before during and after a dive many of you will be preparing for an exam to become a dive professional this is book tells you all you need to know no more no less we will start off easy with a short introduction to the dive environment where we look at tides currents waves coasts ecosystems why are there usually two tides per day but only one moon why do currents follow a certain pattern over the globe what makes waves big how do they break at the beach how many different types of coasts are there and why how do marine biologists talk about the marine life they study and describe next we go on with the physics of diving we will keep the numbers to a minimum and we promise no formulas we will show you how to use your experience as a diver and your common sense to understand and calculate everything if you have a fear of physics and calculations as we know many of you have we will cure you from it give it a go you will calculate buoyancy air consumption pressure and partial pressure with a smile on your face well perhaps that is too much to ask without sweating let s settle for that next we have a look at equipment but because manufacturers can give you so much more information than we can and because we know you love shopping or looking at brochures we keep it to the minimum we tell you about tanks and tank maintenance burst disks balanced and unbalanced regulators venture valves pilot valves up stream and down stream valves and types of depth gauges after this we are ready to understand what happens in your body when you go diving in the physiology of diving we will have a look at blood hearts lungs ears and all the things that can go wrong more importantly we will give you the knowledge you need to respond when things go wrong

and even more importantly how to avoid things going wrong that does not mean you won't need an emergency first responder course you do because you need skills and practice but you will know all you need to know finally we can bring it together and talk about decompression theory how tables and dive computers work you will know how compartments half times m values are used to make models for your tables or computers to keep you safe we did even more we made an on line course with videos and many more exercises to help you study this is also the place where people all over the world taking this course help each other with questions and answers visit the on line course at [udemy.com/easydivetheory](https://www.udemy.com/easydivetheory) you can visit the facebook page of the book and the course at [facebook.com/easydivetheory](https://www.facebook.com/easydivetheory) ref t

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background meethi zindagi a non profit organization working for the development and support of type 1 diabetics in pakistan we organized a scuba diving event at the churna island karachi for people with type 1 diabetes aimsto track blood glucose fluctuations food consumption and insulin modifications in people with type 1 diabetes before during and after diving also to validate with these adjustments well controlled non complicated diabetics can safely perform scuba diving without any hazards method ten people with non complicated and well controlled mean hba1c 7 1 type 1 diabetes participated in the study with prior training and guidance capillary blood glucose was checked at several times throughout the day before during and after the dives following the protocol set by australian diabetes society 1 strict corrective measures were undertaken to bring blood glucose in safe ranges whenever necessary to prevent hypoglycemia all the participants had the same breakfast and lunch set by a dietitian and diabetes educator every individual dived once and blood sugar charts were maintained separately the maximum depth of the dive was 25 meters results mean blood glucose was 196 4 mg dl 201 7 mg dl and 212 9 mg dl at 1 hour 30 minutes and just before diving respectively only one case of hypoglycemia was reported one hour after the dive of 66mg dl which was corrected with 15 g of short and long acting carbohydrates the mean blood glucose after 1 and 2 hours of dive was 202 mg dl and 202 3 mg dl respectively mean post dive blood glucose was 214 2 and 174 mg dl after 3 hours and 5 hours of completing the dive discussion the results of our study are in accordance to previously held studies around the world 2 3 which allow insulin dependent diabetics to scuba dive under proper adjustments to their insulin dosage

food intake and blood glucose tracking according to our findings pre dive blood glucose should be in 180 250 mg dl range there appears to be no significant additional risk of hypoglycemia underwater while respecting these guidelines references 1 kyi m paldus b nanayakkara n bennett m johnson r meehan c colman p insulin requiring diabetes and recreational diving australian diabetes society position statement diving and diabetes 2013ads position statement 2016 2 dear g pollock nw uguccioni dm dovenbarger ja feinglos mn moon re plasma glucose responses in recreational divers with insulin requiring diabetes 3 lormeau b sola a tabah a chiheb s dufaitre l thurninger o bresson r lormeau c attali jr valensi p blood glucose changes and adjustments of diet and insulin doses in type 1 diabetic patients during scuba diving for a change in french regulations diabetes metabolism 2005 apr 1 31 2 144 51

this volume offers new insight into an important and largely under examined area of marine leisure and tourism scuba diving tourism knowledge of scuba diving has long been hidden among broad discussions of water based sports and activities and this focused book aims to shed further understanding and knowledge on this popular international activity the book examines the current issues central to research into and management of scuba diving tourism from multidisciplinary perspectives such as health and safety climate change policy and regulation and the recreation leisure context it further reveals critical management issues of economic environmental and socio cultural impacts related to scuba diving tourism which extends to the influence of climate change on the industry s operations and future this significant volume which conceptualizes the issues surrounding scuba diving tourism now and in the future is written by leading experts in this field and will be valuable reading for all those interested in marine leisure and tourism

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