

# ***Ditch Your Weights!***

## **AUC Scuba Smart Safety Reminder**

Experts remind us that ***practice or repetition creates "muscle memory" which will help you execute the life-saving skill of "ditching your weights" automatically during a scuba emergency!***



Before every dive, most divers complete "dive buddy checks" -each buddy checks each other's gear, air gauge, hose connections, look for leaks/bubbles, etc, which ensures that hose connections are secure, air is turned all the way on & familiarizes buddies with each other's octopus or alternative air, weight belts/weight pockets, cutting devices, surface markers & other scuba gear. This is also great time to remind each other about procedures for air sharing, lost buddy drill, dive plan contingencies, common hand signals, turn-around tank pressure, etc.

**PLUS ADD: *mentally practice ditching your own & your buddy's weights!***

- Find & place your hand on the weight belt buckle (make sure it's not the BC buckle) or find the weight pouch release
- And then ***mentally follow through with the next steps*** - pretend to undo buckle or pull weight pocket, then swing it away from the body & release!
- Then do the same with your dive buddy's weights/weight pouches (still pretending mind!)

This can be practiced before every dive - tropical or temperate, boat or shore - by every diver regardless of experience and familiarity with your gear.

**Mentally rehearsing "ditching your weights" scuba skill over & over before a "panic" or emergency scuba situation could help save you or your buddy's life!**

***DIVE SAFE, ALWAYS! Live today to scuba dive another day!***



# **ALBERTA UNDERWATER COUNCIL**

***Serving Alberta's underwater sports community since 1960***

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