

What's Your Dive Safety IQ?

Q. What is the recommended ascent rate for recreational diving?

A. *30–60 feet per minute.*

Q. What are four steps to avoid running out of air?

A. *(a) Start with a full scuba cylinder, (b) dive with a buddy, (c) monitor cylinder pressure often, (d) dive with a redundant air source*

Q. What should you do if you become entangled?

A. *Stop, breathe, think. Free yourself with the cutting tool you carry.*

Q. What is the best way to prevent entrapment?

A. *Avoid overhead environments such as caves or inside wrecks.*

Q. How do you achieve neutral buoyancy?

A. *With appropriate training, proper weighting and practice*

Q. What factors should you consider when choosing a dive site?

A. *Dive site conditions, your physical condition, your training and experience*

Q. How can you minimize buddy separation?

A. *Check your buddy often.*

Q. What two common pieces of equipment help control buoyancy?

A. *Weights and buoyancy compensator*

Q. When should you take a dive refresher?

A. *When you feel you need a skills update or haven't dived in about six months*

Q. What should you do before diving if your health has changed?

A. *See a dive medicine physician*

Q. What should you do if you feel sick or anxious before or during a dive?

A. *Cancel or end the dive*

Q. What is the most important piece of dive equipment?

A. *Your brain*