

Stephanie Naglschmid

Let's dive!

Scuba diving for
kids and teens



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Naglschmid

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Bathing, snorkeling, diving and technical diving can involve dangers that can be minimized through constant training and expert training at licensed diving schools and clubs. Publisher and author strongly recommend to dive only within the boundaries of your own experience and daily form. Publisher and author assume no liability for accidents or deaths that may or may have been caused by information contained in this book.

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Preface

If you are fascinated by the underwater realm, by dolphins, whales, fishes and coral reefs, perhaps the inhabitants of your local waters, or simply nothing less than the uncharted depths and secrets of the ocean ... well, then scuba diving will suit you perfectly! Diving is a nature sport which can be learned at almost any age and gives you the opportunity to roam completely freely in your environment. Diving allows you to enjoy almost complete detachment and gain new perspectives from the world below - something otherwise only experienced by pilots and astronauts. And the step to make this dream a reality is not as difficult as you may think.

Many years ago, when I looked for the first time into the educational aspect of diving, I was sobered by all the technical and theoretical knowledge, as well as the physical aspect of the training and my own (pretty poor) condition. It seemed unattainable, something clearly made only for silver screen heroes.

I jumped into the adventure with sometimes shaking knees but I soon realized that it was not actually that complicated if you threw in a little bit of common sense. My excitement for the underwater world grew with every fluke swing and as a passionate painter, I captured many of my impressions in paintings and drawings.

Like they say "Why make it difficult if it is simple?". This book is my small contribution to bring you closer to diving and to ease the way a little. Together with the diving amateurs, Tim and Jenny, we'll go through the basics step by step, illustrated and with easy-to-understand texts.

We'll take a look at what awaits you, independent of any diving organization. Think of it and use it as a companion book for your training.

In every case, you should start your training with a worldwide acknowledged organization which provides you with a good and solid education, including highly qualified diving instructors. You'll find an introduction to the top-ranking organizations in the appendix to this book.

I hope you succeed!

Truly yours

Stephanie Naglschmid

Acknowledgements

With all that said, I must give many thanks to the always caring and cautious diving instructors of my diving club 'SGS Ostfildern', of which I have been a fond member for over 25 years and where I was trained myself. Thanks to my family, for the support in the making of this book with patience and motivation and to Werner Scheyer, a long-time friend of the family and a famous diving technician and instructor, who carefully looked over the text. I also want to thank Dr. Uwe Hoffmann of the Cologne Sports Academy for the scientific verification of techniques and practices and Sabine Kaiser, instructor at i.a.c. for her suggestions.



How to start and where to go

- Diving!
- Where do you have to go?
- What do you need?
- Snorkeling

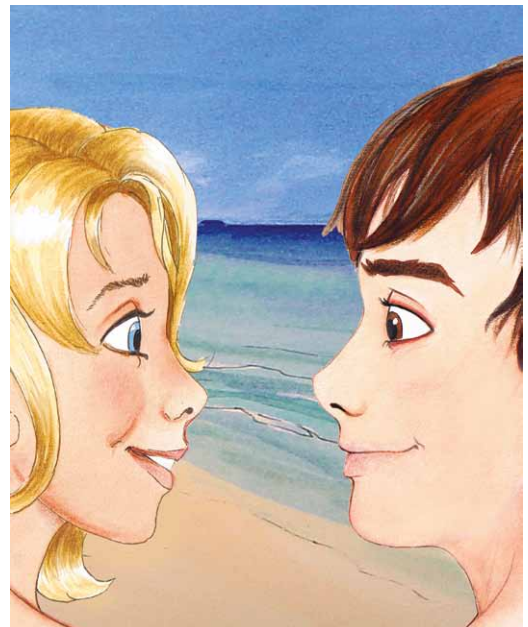


There are many reasons why someone wants to go diving...



... one may dream of the richly colored animal kingdom or the sightings of big and small fish. Another may want to explore wrecks and find historical treasures. No matter what reasons drive you to jump into the underwater realm, today it is easier than ever.

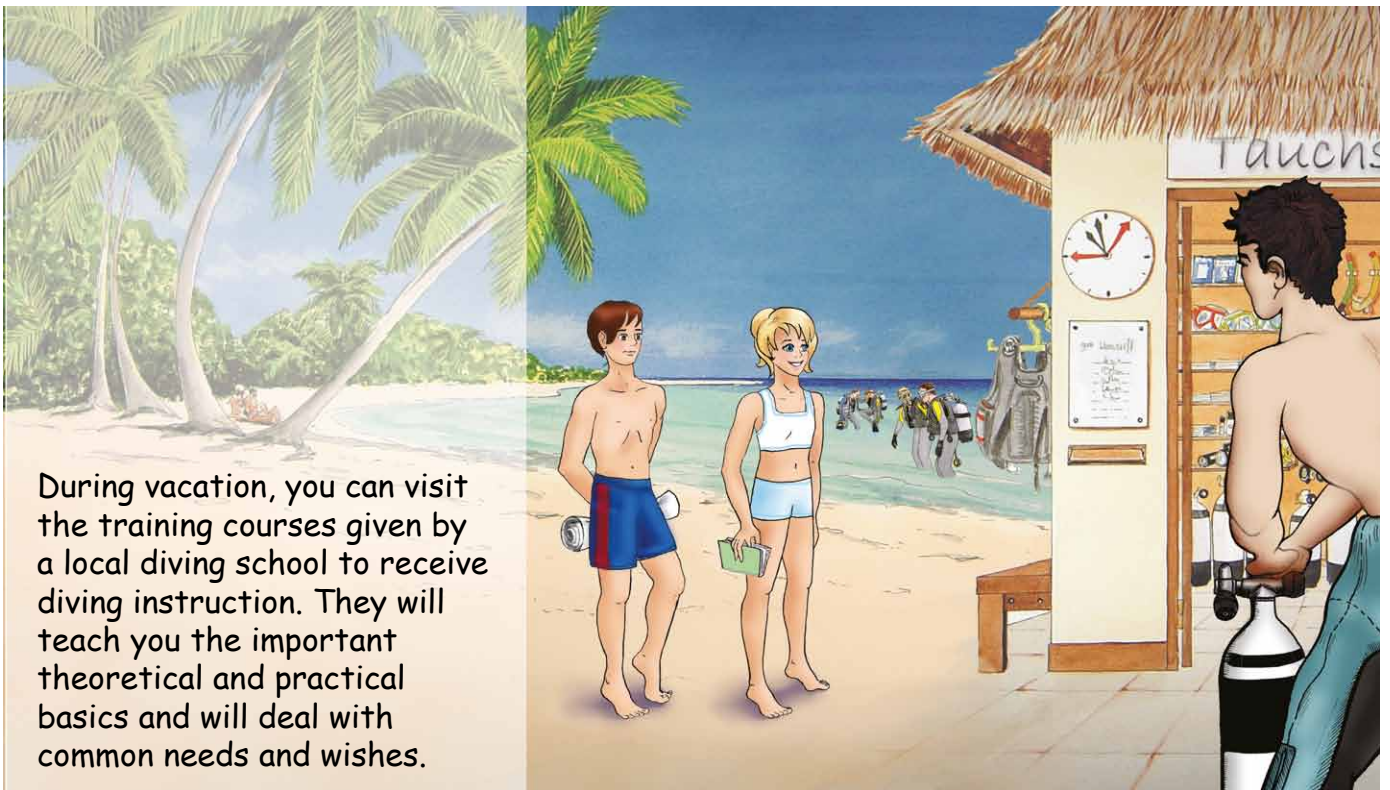
Let's start ...





Where to go?

The best place to go to is a diving base or school close to you or you can join a diving club with youth membership. Diving schools and clubs usually offer additional possibilities to go diving off-season, and you can find people with similar interests for diving in your region. You'll find the main addresses in the appendix.



During vacation, you can visit the training courses given by a local diving school to receive diving instruction. They will teach you the important theoretical and practical basics and will deal with common needs and wishes.

It is very important that you're healthy. This means you will need a quick medical checkup. Also, you shouldn't dive with a cold, a temperature, or allergies, or generally if you feel sick or unwell because diving has a lot to do with your breathing organs. But more about that later.

If you have any doubts whether you are allowed to dive, ask a doctor without hesitation. Generally, parents must give their permission before adolescents are permitted to start scuba training.

