

# **DIVING**

**JALEELA ZIKRY**  
**PRE IB 9**

# TYPES OF DIVING

TRY DIVE

FREE DIVE

NIGHT DIVE

DEEP DIVE

WRECK DIVING

# TYPES OF SCUBA DIVING COURSES:

- Open water diver
- Advanced open water diver
- Rescue diver
- Master scuba diver

# SCUBA DIVING SPECIALTIES

- Underwater specialist
- Fish identification
- Night diver
- Wreck diver

**HOW DID I START?**

# HOW TO PREPARE YOURSELF AND THE EQUIPMENT FOR A DIVE?



# RULES OF DIVING

- Rule 1: never hold your breath.
- Rule 2: practice safe ascents.
- Rule 3: check you gear.
- Rule 4: dive within your limits.
- Rule 5: rule of thirds.
- Rule 6: use the buddy system.
- Rule 7: practice body language.
- Rule 8: practice equalization.











**THANK YOU**