

THE SCUBA ZONE

February 2008

Happy Valentine's Day

Hi,

As I write this newsletter, I am thinking about the contests I have had the past 2 months. I really think that everyone thinks that I am joking in the "Everyone Wins" contest. I only had 1 person respond to the "Everyone wins". Jim Brenner from Canada won the book "Diver Down" by Michael Ange and I ended up having to drink all the coffee since no-one took me up on the Starbucks offer. Now I am wired from all the coffee and I still want your feedback. This is my last chance – "NO STRINGS ATTACHED" contest. I am looking at improving the newsletter and giving you what you want so I am asking, no begging for your feedback as well as bribing for your feedback. See the contest below and enter the "No Strings Attached – Everyone Wins" contest and I will send you a Starbucks card just for entering.

On another note, I have booked my vacation for the year. Hopefully it won't be my only vacation, but I am heading out to Maui in April to scuba dive with the Whales. No seriously, I am taking a Rest and Relaxation break with no kids so I definitely get to dive every day that I am there.

Enjoy the newsletter!!!

Lilah

Check out my blog at: ScubaMama.com

What you will see:

Gear: All about Scuba Diving Wetsuits

Health: The Dangers of Diver Dehydration

Travel: Top 5 Incredible Scuba Diving Destinations

Contest: NO STRINGS ATTACHED - Everyone Wins Contest – See Easy Contest Rules below

Upcoming Scuba Diving Conferences

*****Watch for the upcoming teleseminars with Scuba Experts coming soon...*****

Gear: All about Scuba Diving Wetsuits

Most wetsuits are made with foam neoprene. It comes in 1/8", 3/16" and 1/4" thicknesses. This material is buoyant but the drying time is much longer. It keeps you 20-100% warmer than diving in bare skin. When scuba diving in warm water, you may try a 3 mm wetsuit or a diving skin. If you dive in cooler (not cold) water (not colder than 65 degrees), you may want a wetsuit that is 7 mm. If you dive under 55 degrees, it is essential that you do not dive in a wetsuit, but to invest in a drysuit.

When you are scuba diving, there is no such thing as a perfect wetsuit, but modern manufacturers have come close to perfection. The area you will dive in will determine whether you need a dry suit, a wetsuit, or a semi-dry suit. While dry suits are meant for cold dives, wetsuits keep your body warm in waters of moderate temperatures.

If you are going to scuba dive in a warmer area, you have the option of buying either a full wetsuit or a spring suit. A full wetsuit has full arms and legs while a spring suit has shortened arms and/or legs. Spring suits come in many combinations – a torso-only design, bicep length arm sleeves, or full length arms,

but mid-thigh length pants.

A wetsuit called steamer cover your entire body except the head, hands and feet. Some steamers have removable arms or legs and are called convertibles. A shorty covers the torso but has short legs and arms.

Regardless of design, there is a standard way to measure a wetsuit – using the thickness of the neoprene material. A suit that has a thickness of 3mm (1/10th inch) thick in the torso, and a thickness of 2mm in the arms and legs is designated 3/2. Use a 3/2 wetsuit for dives in water that is 60F (15.5C) or above. If you need more warmth, you will need a 4/3 which is thicker. Some suits have separate numbers for the torso, arms and legs.

Like any other sports clothing, your wetsuit must fit well. Flexibility is important to allow easy movement underwater. The suit should not chafe or bind. Since you will be using your arms to navigate underwater, it is important that your suit allows for a free range of shoulder movements. It should be snug but not squeeze. Restricted blood flow near the skin surface will cause soreness and fatigue and shorten your dive time.

Secure suits will have fewer number of sturdy seams - wither glued, welded or uni-body. The material is most likely to split at the seams. Bad seams can also cause sore spots and adversely affect flexibility. While suits which are seamless or have fewer seams are best, some suit designs have to have seams because of their extra features like hydro-lock collars, integrated knife holders, removable headgear, and fire-skin linings for wicking.

If you have to dive in colder temperatures, you must have a good dry suit to keep you warm. An adult can die in a matter of minutes if exposed to waters of 50F (10C) or less. Dry suits come with attached booties that seal off your feet. They also have watertight seals around the neck and wrists. You must wear thermal underwear with your dry suit. The dry suit has sealing that keeps it dry, while the underwear has wicking that keeps moisture off the skin. In case of wetsuits, the design allows a layer of moisture which is warmed by skin.

Try on lots of models before you buy so that you find a suit that fits snug and yet allows maximum flexibility. You will be using your wetsuit for years, so invest the time in finding the right one.

To view the different wetsuits, [Click Here!](#)

Health: The Dangers of Diver Dehydration

Isn't it an irony that while you are scuba diving you run the risk of dehydration underwater even while you are enveloped by millions of gallons of water?

Ironic but true. Scuba diving can get a scuba diver dehydrated if there is an inadequate quantity of water in his body. That can cause major problems as water is crucial for the smooth functioning of a dozen biophysical systems and biochemical processes. At the cell level, chemical reactions in the cell require water. At the tissue level, water keeps the tissues flexible and plump. Water is also needed for blood production and circulation through the cardiovascular system.

A scuba diver can lose fluids through sweat or urination. Yes, divers do sweat even underwater. But breathing causes the most loss of water for divers. Have you ever observed what happens when you breathe near a piece of glass? The glass becomes foggy. This shows that when you breathe normally, you are expelling high amounts of moisture into the air. Since the scuba tanks contain air that is drier than surface air, you tend to breathe out more moisture underwater. Moisture tends to flow from wet to dry areas just as heat gets transferred from warmer to cooler bodies.

Lowered concentration of fluids in the blood can cause serious consequences. If a diver is dehydrated his muscle tissues will receive reduced blood flow. This affects the ability of his body to absorb and release nitrogen, thereby altering the time required for ascending safely. A diver must ascend at a rate lesser than 30 feet per minute and also make several stops on the way up. If these safety rules are ignored, the diver can suffer from decompression sickness – whose symptoms include cramps, joint pain, and many other serious consequences.

Dehydration affects the rate of nitrogen release. This makes ascents take longer and the diver's oxygen may run out. In this situation, a diver faces an unpleasant choice. Compared to decompression sickness, dehydration causes lesser harm. Yet, the consequences like lowered blood flow, which makes the heart pump faster are still unpleasant enough and you must make all efforts to avoid this. If dehydrated, the diver will fatigue more rapidly, spoil his enjoyment and have to surface quicker.

It is not difficult to achieve the proper level of hydration before and while scuba diving. Before setting off, just drink lots water or a sports drink which does not contain too much sugar. In warmer weather and for longer dives, you will need to drink more fluids. Drink slowly, so your body gets enough time to absorb the fluids without the kidneys getting overwhelmed. But remember to avoid caffeinated drinks like coffee and colas or any alcoholic beverages for many hours before the dive.

Inadequate fluid in the blood vessels of the neck and head cause headaches, so look out for headaches – they are the first indication that you may be facing dehydration. Before the dive, examine your urine to ensure that it's clear and light colored. Once you have surfaced, re-hydrate slowly.

So, use common sense and go for safe dive!

Travel: Scuba Diving in the Cayman Islands

If there's one place that knows scuba diving, it is the Cayman Islands. Known as the birthplace of recreational diving in the Caribbean, the Cayman Islands were pioneers in scuba diving as a recreational sport to be enjoyed by the general public in the Caribbean and the rest of the world as well. In 1957, the first dive shop was opened on Grand Cayman. Today, there are more than 40 dive shops in operation offering excursions to more than 200 dive sites.

The Cayman Islands are made up of three islands that are actually the exposed top of an underwater mountain. The islands are the Grand Cayman, the Cayman Brac, and the Little Cayman. The mountainous nature of the islands contributes to numerous coral structures and vertical walls directly offshore. In fact, most scuba diving locations in the Cayman Islands can be reached directly offshore or within a few hundred yards of shore.

Scuba diving in the Cayman Islands is as diverse as the marine life that adds awe and beauty to this great place. There is plenty to see and do for every level of diver no matter if you are a first timer, still learning, looking to improve, or are considered a master. You can dive in as little as 20 feet or plunge to the depths of 350 feet or more. The bottom line is that you can find any type of scuba diving

experience that you desire in the Cayman Islands and maybe even a few that you haven't thought of yet.

Here is a brief overview of the three islands that make up the Cayman Islands and of the scuba diving to be found on each:

Grand Cayman – The Grand Cayman Island is the largest of the Cayman Islands and offers for main areas for scuba diving: the North Wall, the South Side, the East End, and Seven-Mile Beach. Prevailing Southeasterly winds make scuba diving off of the South Side a rarity but the experience is well worth waiting for favorable conditions.

Little Cayman – The Little Cayman Island is a sister to the Cayman Brac. It is most famous for the Bloody Bay Wall located in the Bloody Bay Marine Park which starts at a depth of only 20 feet. The best scuba diving on the Little Cayman can be found on the north and south sides but all sites are not accessible year round. Another great attraction of the Little Cayman is the Jackson Bay Area.

Cayman Brac – The Cayman Brac is most famous for being home to the only Russian Shipwreck that can be reached by scuba diving in the Caribbean. It rests at a depth of 330 feet and is an amazing sight to behold.

In addition to sheer vertical drops and shipwrecks, scuba diving in the Cayman Islands will bring you into intimate contact with numerous coral reefs and colorful fish and marine life that you have only imagined existed.

Resources in Cayman Islands:

Dive Cayman Islands- A Caribbean vacation adventure for people of all ages. ... attractions, dining, scuba diving, snorkeling, fishing and more.

Neptune Divers - Neptune's Divers only takes 8 DIVERS MAXIMUM

Ocean Frontiers - Ocean Frontiers specializes in scuba diving, snorkeling, and vacation packages in the Grand Cayman Islands.

Absolute Divers - Private dive and snorkel charters for small groups and families

Cayman.org - The latest dive news, as well as listings of Cayman Islands operators and associations.

NO STRINGS ATTACHED - EVERYONE WINS CONTEST

We are begging, pleading and offering an ETHICAL Bride to enter this contest. We are looking for feedback from you about what you want to see in the Scuba Zone Newsletter. We will send everyone who enters coffee on us (Starbucks Card). Just email us at scubadivingsolutions@gmail.com or info@scubadivingsolutions.com with the **answers to the following questions:**

1. What are the top 5 subjects you would love to see in the Scuba Zone?
2. Would you listen to a teleseminar with Scuba Gurus around the world?
3. What are the top 5 topics or people you would love to listen to?
4. What is your greatest challenge in Scuba Diving?
5. What is your diver's experience? How many dives?
6. Send your address.

Winners will be listed in March's Scuba Zone newsletter

SCUBA DIVING CONFERENCES 2008

[2008 Technical Diving Conference](#)

[3rd Annual International Underwater Photo/Video Contest](#)

[Dive Into The Past – Twin Cities Shipwreck – Scuba Show](#)

[Our World Underwater – Feb 15-17, 2008 Rosemont, IL](#)

[Moscow Diving Show](#)

[Georgia Dive Show – May 17-18, 2008](#)

[Long Beach Scuba Show – June 21 -22, 2008, Long Beach, CA](#)

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