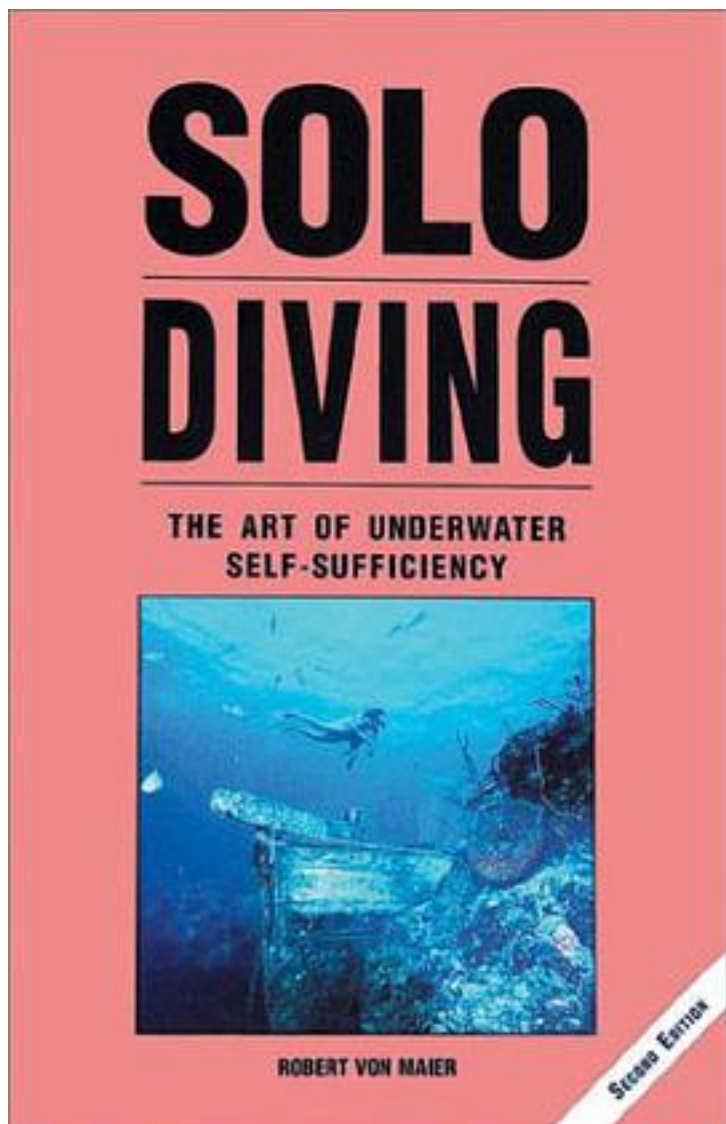


Solo Diving



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出版者:Natl Book Network

出版时间:

装帧:Pap

isbn:9781881652281

Solo Diving begins with an examination of the strengths and weaknesses of buddy system, and explains why some divers choose to dive alone. This volume then addresses what it takes to become a self-sufficient diver, which includes a section on self-evaluation. Diving physiology and the importance of fitness are stressed, and there is an excellent section of dive management guidelines which include dive planning rules, air management, air consumption, thermal protection, ascents and cold water/arduous dive considerations. Included is a discussion of the benefits and drawbacks of the various emergency breathing systems available, and how they affect self-rescue. The final section has comments of well known divers about solo diving. Contains information for all levels of divers.

作者介绍:

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