

## Training and safety

1. This is a newly upgraded item for hookah diving in Australia. It can still be a dangerous device if you do not respect it or ignore the instructions.
2. Check and be aware of surroundings – E.g. items that may cause the Suba rig to flip or become caught including your airline. Structures, including Shipwreck and boat anchor ropes, can cause the Suba Rig to flip or become caught – Do not dive under or in closed spaces.
3. Check the wind and water current direction – your Suba Rig will float in this direction. Do not dive if the current is too strong for your swimming ability.
4. Start by practicing at a shallow depth to gain your skills and breathing technique. Do not dive straight to 10metres until you feel comfortable to do so.
5. Once in the water, float until you feel relaxed, comfortable and are breathing correctly. Dive to desired depth equalising while you descend. Once at your chosen depth, float there until you feel comfortable and breathing correctly. Now you are ready to explore the underwater world.
6. As you descend you need to breath, not holding your breath and equalise every 1metre-5metres depending on the individual. To do this Pinch your nose, hold your breath and blow out of your nose until you feel/hear a pop.
7. Ensure weights are correct for individual buoyancy. The correct weight will allow swimmer to neutral in water without sinking or rising to surface. For Example, 90kg body weight and a full 3mm wetsuit commonly uses 10kg of weights.
8. The Suba Rig is designed for relaxed, calm breathing. Inhale for 4 seconds and exhale for 6 seconds is the trick.
9. The Suba Rig can be heard operating while you dive. At times of diving, the motor will turn off when you are breathing out. The motor will always restart when you breath in again. If the motor does not restart immediately when breathing in, return to the surface. There is no need to equalize or decompress on the way up.
10. Never hold your breath while ascending to the surface, this will cause serious injury or death. Breath and slowly surface or exhale while surfacing.
11. There are no decompression stops needed as you rise to the surface, unless you are planning on diving at 10metres for over 3 hours.
12. Do not use the Suba Rig as a floatation device – if the Rig intakes water, it will malfunction and void the warranty. We do offer a repair service if this happens.
13. If you struggle to stay afloat and/or are struggling to breath on the surface, drop your weight belt. This will allow you to float and swim more easily.

14. If you end up with water in your regulator exhaling into your regulator. This will clear the water for it to operate correctly again.
15. You must have no medical conditions to use the device. Please check with your practitioner.
16. Do not dive under a charge of 20% on your volt meter
17. The Suba Rig is a very reliable machine. Not much can go wrong. On the off chance your Suba Rig stops working while you are at 10meters most people are able to hold their breath while ascending to the surface. If you would like to purchase a pony bottle as a back-up we also sell these on our website.
18. Diving is a skill, it takes time and patience. But will be very rewarding when done correctly.