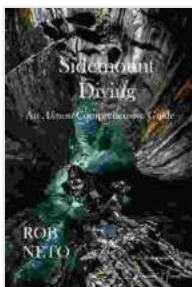


Sidemount Diving: The Almost Comprehensive Guide 2nd Edition

Sidemount diving is a scuba diving configuration in which the diver's scuba tanks are mounted on the sides of their body, rather than on their back. This configuration offers a number of advantages over traditional back-mounted diving, including improved buoyancy control, reduced drag, and increased comfort.

Sidemount diving is particularly well-suited for cave diving, wreck diving, and other forms of technical diving. It is also becoming increasingly popular for recreational diving, as more and more divers discover the benefits of this versatile configuration.

The origins of sidemount diving can be traced back to the early days of scuba diving. In the 1950s, cave divers began experimenting with sidemount configurations in order to improve their mobility and reduce the risk of entanglement in tight passages.



Sidemount Diving : The Almost Comprehensive Guide 2nd edition by Bill Schneider

★★★★☆ 4.2 out of 5

Language : English
File size : 32268 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 640 pages



In the 1980s, sidemount diving gained popularity among wreck divers. Wreck divers found that sidemount configurations allowed them to more easily penetrate wrecks and maneuver around obstacles.

Today, sidemount diving is used by divers all over the world for a variety of purposes. It is a particularly popular configuration for cave divers, wreck divers, and technical divers. However, it is also becoming increasingly popular for recreational diving.

There are a number of advantages to sidemount diving over traditional back-mounted diving. These advantages include:

- **Improved buoyancy control.** With sidemount tanks, the diver's weight is distributed more evenly around their body. This makes it easier to maintain neutral buoyancy and control their depth.
- **Reduced drag.** Sidemount tanks are mounted closer to the diver's body than back-mounted tanks. This reduces drag and makes it easier to swim through the water.
- **Increased comfort.** Sidemount tanks are less likely to cause back pain and discomfort than back-mounted tanks. This is because the weight of the tanks is distributed more evenly across the diver's body.
- **Versatility.** Sidemount diving is a versatile configuration that can be used for a variety of diving applications. It is particularly well-suited for cave diving, wreck diving, and technical diving. However, it is also becoming increasingly popular for recreational diving.

There are also some disadvantages to sidemount diving that should be considered before making the switch to this configuration. These disadvantages include:

- **Increased equipment cost.** Sidemount diving requires specialized equipment, including a sidemount harness, tanks, and regulators. This equipment can be more expensive than back-mounted diving equipment.
- **Learning curve.** Sidemount diving requires a different set of skills and techniques than back-mounted diving. Divers who are new to sidemount diving should take a training course from a qualified instructor.
- **Limited tank capacity.** Sidemount tanks are typically smaller than back-mounted tanks. This can limit the diver's bottom time.

The following equipment is required for sidemount diving:

- **Sidemount harness.** The sidemount harness is a specialized harness that is designed to hold the diver's tanks securely in place on their sides.
- **Tanks.** Sidemount tanks are typically smaller than back-mounted tanks. They are usually made of aluminum or steel.
- **Regulators.** Sidemount divers use two regulators, one for each tank. The regulators are connected to the tanks via short hoses.
- **Buoyancy compensator device (BCD).** The BCD is used to control the diver's buoyancy. The BCD is typically mounted on the diver's chest or back.

- **Weight system.** The weight system is used to add weight to the diver's body. The weight system is typically attached to the diver's harness.

Divers who are new to sidemount diving should take a training course from a qualified instructor. The course will teach the diver the proper skills and techniques for sidemount diving. The course will also cover the safety considerations associated with sidemount diving.

Sidemount diving is a safe and rewarding form of scuba diving. However, there are some safety considerations that should be kept in mind. These considerations include:

- **Proper training.** Divers who are new to sidemount diving should take a training course from a qualified instructor. The course will teach the diver the proper skills and techniques for sidemount diving. The course will also cover the safety considerations associated with sidemount diving.
- **Proper equipment.** Sidemount divers should use the proper equipment for sidemount diving. This equipment includes a sidemount harness, tanks, regulators, a BCD, and a weight system.
- **Proper buoyancy control.** Sidemount divers should have good buoyancy control. This is important for maintaining neutral buoyancy and controlling their depth.
- **Proper gas management.** Sidemount divers should have good gas management skills. This is important for managing their gas supply and avoiding decompression sickness.

Sidemount diving is a versatile and rewarding form of scuba diving. It offers a number of advantages over traditional back-mounted diving, including improved buoyancy control, reduced drag, and increased comfort.

Sidemount diving is particularly well-suited for cave diving, wreck diving, and technical diving. However, it is also becoming increasingly popular for recreational diving.

If you are interested in learning more about sidemount diving, I encourage you to take a training course from a qualified instructor. The course will teach you the proper skills and techniques for sidemount diving. The course will also cover the safety considerations associated with sidemount diving.



Sidemount Diving : The Almost Comprehensive Guide

2nd edition by Bill Schneider

★★★★☆ 4.2 out of 5

Language : English
File size : 32268 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 640 pages

FREE

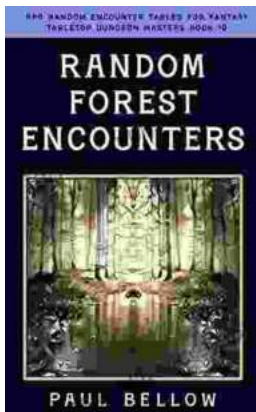
DOWNLOAD E-BOOK





Balancing Your Hormones Naturally: Regaining Fertility and Living a Better Life

Hormones play a vital role in our overall health and well-being. They regulate everything from our metabolism and digestion to our sleep patterns and fertility. When...



Random Forest Encounters: Random Encounter Tables for Fantasy Tabletop RPGs

Enrich Your Campaign with Endless Possibilities Embark on extraordinary adventures...