

Download Freediving Training Manual

Freediving, free-diving, free diving, breath-hold diving, or skin diving is a form of underwater diving that relies on breath-holding until resurfacing rather than the use of breathing apparatus such as scuba gear.. Besides the limits of breath-hold, immersion in water and exposure to high ambient pressure also have physiological effects that limit the depths and duration possible in freediving. A freediving watch is a necessary piece of equipment for any serious freediver, just as a computer is to a scuba diver. The best freediving watch will help keep you safe by taking the guess work out of diving while helping you improve performance. Dive watches can track your dive time as well as surface intervals, so you can avoid the illnesses associated with diving. This page lists notable underwater diver certification agencies. These include certification in cave diving, commercial diving, recreational diving, technical diving and freediving. Diver certification agencies are organisations which issue certification of competence in diving skills under their own name, and which train, assess, certify and register the instructors licensed to present courses ...From non diver up to professional, daily fun dives, freediving and snorkeling in a relaxed atmosphere and with a personal approach. We offer fair prices including pick-up on the west coast of the island, food and drinks, PADI certification and online manual, use of good dive- and snorkel equipment, licensed Padi staff for diving and courses.