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Lifesaving Skills and Equipment

What are the three main types of diving? What is cave diving? What are special skills that cave divers need? Why is teamwork important? What types of cave-diving equipment is needed?

There are three main types of diving. **Open-water** diving is the first level. It's easy to get back to the surface. Divers just swim up. They can see sunlight.

Cavern diving is the next level. Caverns are the areas before caves. Divers can see the entrance. They can see sunlight.

Cave diving is the scariest level. Cave divers dive more than 130 feet (39.6 m) down. They can't see sunlight. Divers can't see the surface. They are enclosed by the cave.

They dive into blackness. They dive into tight spaces.

Cave divers take classes for several years. They learn to use gear. They practice diving.

They have a special swimming style. They look for cracks. They grab hold with their fingertips. They pull and let go. They glide through the cave.

Caverns, caves, and shipwrecks are called overhead environments. There is a barrier between the diver and the surface.

