

To understand what technical diving is we must first understand what recreational diving is. For recreational diving the diving industry sets clear limits and the risk level is relatively low. These boundaries are the limits of depth depending on the qualification of the diver (max of 40 meters), the dive times, which are within the no decompression limits and all dives performed are in open water only when there is direct access to water at any stage of the dive.

Technical diving came about to address the need to deviate from any of the above while maintaining a large safety envelope. These dives may exceed the depth and/or time limits of recreational diving or perhaps be in an overhead environment such as diving in a sunken ship or cave. The real difference lies in the approach required to maintain a high safety standard (sometimes even higher than in recreational diving). In recreational diving the diver is limited by the times and depths they are allowed to go whereas in technical diving the diver theoretically can go to any depth for any time he wants (at very large depths it becomes very hard due to all of the equipment and tanks necessary). It is important to have the proper training from an experienced professional, gradually accumulating experience and learning the appropriate procedures in order to safely perform such dives.

Technical Diving combines at least two elements that do not always exist in recreational diving: The first is redundancy- a diver must carry a backup for all life support systems. Second, in each dive at least two different mixtures of breathing gas are used (to improve off gassing while decompressing). These mixtures, except for in a very advanced stage of technical diving, are mixtures of oxygen-enriched air (Nitrox). Different breathing mixtures provide practical

benefits and safety, both for technical and recreational diving. More information about nitrox diving can be obtained in our first or second level Nitrox courses which are the first step in becoming a technical diver. Perhaps this is the place to correct a common misconception that technical diving is more dangerous than recreational diving. Ensuring understanding and application of all rules necessary for safe performance of technical diving guarantee a safety shell that does not exceed the level of risk than that of recreational diving.

Proper training, a gradual accumulation of experience, quality equipment and appropriate practices will ensure that you become a safe and responsible technical diver. Another fascinating field of technical diving is rebreathers but that is a subject for a different article...

Find out more about Technical Diving in Sea Tel Aviv's Technical Diver course, See you in the water... For more information contact us at info@seatelaviv.co.il or 972-52-8698080.