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## Scuba Diving for Kids

Scuba diving allows kids and adults to explore the fascinating realm of the ocean from under the water.

Kids can begin scuba diving at age twelve. Anyone who wants to be able to go scuba diving must take classes to learn how to use scuba gear and how to have underwater adventures safely. Lessons must be given by a

certified scuba instructor. The first lessons are given in the safe and calm environment of a swimming pool. The big excitement of beginner scuba lessons is the very first real dive in a pond, lake or shallow ocean.

Novice divers especially enjoy diving in shallow tropical waters to view the fascinating structures of coral reefs and the colorful fish that inhabit them. Visitors to places with coral reefs often can take lessons there and begin ocean scuba diving on their vacation. Some experienced divers enjoy searching for and exploring sunken ships; this is called wreck diving.

Professional scuba divers may participate in underwater rescues or perform other underwater work like measuring water quality, filming documentaries or laying underwater cables.

Originally SCUBA was an abbreviation for Self Contained Underwater Breathing Apparatus but now scuba is accepted as



Name \_\_\_\_\_

part of the English language as a word. The type of scuba gear that divers use today was invented by Jacques Cousteau and Emile Gagnan in 1943. Scuba divers wear a tank of air on their backs. Each tank of air delivers oxygen to a diver through a mouthpiece; divers breathe through their mouths while scuba diving. The average scuba tank holds enough air to last 90 minutes. Divers must be careful to keep track of time while diving and return to the surface before the tank is empty.

Scuba divers generally wear a wetsuit while diving. A wetsuit fits snugly next to the body and is worn for warmth. Divers who are swimming in warm waters may wear a short sleeve knee length wetsuit. Scuba divers wear fins, also called flippers, on their feet which help them to propel through the water. Divers also don a facemask which covers the eyes and nose for protection.

With the need for lessons, clothing, equipment rental and travel to diving spots, scuba diving is an expensive hobby that many people cannot afford. Remember this before you ask your parents for scuba lessons! You probably need to wait until you are earning money before undertaking scuba diving.



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Multiple Choice Questions

Circle the correct answer.

1. What is the youngest age someone can earn a scuba diving certification?
  - a. 12
  - b. 16
  - c. 18
  - d. 21
  
2. As part of taking scuba lessons the first real dive is taken in
  - a. A pond
  - b. A lake
  - c. Shallow ocean
  - d. All of the above
  
3. Searching for or exploring sunken ships is called
  - a. Shipwreck diving
  - b. Searching for treasure
  - c. Wreck diving
  - d. None of the above
  
4. Modern scuba gear was invented in 1943 by
  - a. Jacques Cousteau
  - b. Emile Gagnan
  - c. Both a. and b. above
  - d. None of the above
  
5. Scuba divers generally wear
  - a. A wetsuit
  - b. Flippers or fins
  - c. Facemask
  - d. All of the above
  
6. Scuba diving
  - a. Can be self-taught
  - b. Can be taught by your buddy
  - c. Can be taught by another scuba diver
  - d. Must be taught by a certified instructor



Name \_\_\_\_\_

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### Short Answer Questions

1. What does it mean that scuba diving must be taught by a certified instructor? If you don't know, look up the answer.
2. Explain why beginning scuba lessons are frequently given in a swimming pool.
3. With a team of your classmates, do some research and locate the most famous coral reefs on a map of the world.
4. Do some research and write a short biography about Jacques Cousteau.
5. Frequently either police or fire departments have an underwater rescue team. Find out if there is an underwater rescue team in your area. Ask how they prepare and practice for emergencies.
6. Do some research and find out how much it costs to buy your size scuba diving outfit including wetsuit, fins and mask.
7. Would you like to learn scuba diving? Explain why or why not.



Name \_\_\_\_\_

## Answer Key

### Multiple Choice

1. a.
2. d.
3. c.
4. c.
5. d.
6. d.

### Short Answer

1. A certified instructor must take classes and pass an examination before teaching scuba classes. Certification is like getting a diploma.
2. The first lessons are given in the safe and calm environment of a swimming pool.
3. Individual response
4. Individual response
5. Individual response
6. Individual response
7. Individual response

