

# TEN RULES FOR CCR DIVING

There are considerations and if one does not or cannot observe these they should not dive CCR

1. Avoid complacency (this is most likely the number one problem area in CCR diving , and is easy for some to fall into as when the ccr is at its peak it is close to perfection as a dive tool)
2. Avoid distraction (this I would rate as second greatest threat, and again an easy thing to fall prey to, if you look at many accidents you can easily see where distraction was major if not the sole contributor)
3. Be a disciplined diver
4. Be a thinking diver not just a reactionary diver
5. As the slogan goes always know your po2
6. Do not be cheap (amazing divers will spend thousands of pounds on a CCR then be unwilling to change softlime, or sometimes even weak sensors or other parts)
7. Dive the CCR regularly make it your primary diving equipment(some promote only dive rebreathers when they are required-this leads to loss of reflex skills and familiarity with the units-if you dive CCR it must be your primary kit)
8. Always assume that like any mechanical or electrical device it will fail, thus practice all of your bailout options periodically
9. Accept that all emergencies that are discussed and taught during training will happen eventually on any CCR, (same is true on OC)
10. Do not start dives with a known system failure this has killed at least one excellent CCR diver

**Giving consideration to the above CCR is by far safer than any other form of diving.**