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Scuba Emporium

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1988 Why I did Cold Water Diver?

I had been teaching emergency care programs for a company called Medic First Aid. I loved their program and how they had us teach First Aid and CPR was a whole story in itself. But during this course, I read the learned a lot about cold water and near-drowning. I was able to identify with the manuals about what happens when a body is submerged in cold water. I thought this would be a great way to complete our fall, winter and spring programs. You see, when cold water hits our face, our body starts to go into shut-down mode. As a SCUBA instructor, I felt I learned why divers doing mask skills in cold water always had so many problems. I found it very interesting growing up in the Midwest just how many people do not or did not understand the functions cold water has on our bodies. I believe every diver needs to know about cold water and what challenges the diver may face. There are some books written about cold water, but most of them deal with the human after they have died. Read ones about the people that have lived. From that I started to make my mask clearing skills the last things I did before we surfaced. It sure did pay off and cut back on the panics I was seeing students have.

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