



Snorkeling with Students

A Guide to Gear and Technique

DO/SHOW	SAY
Welcome	<p>Snorkeling is a skill required by scientists wishing to observe the underwater world. Snorkeling requires a few pieces of specialized equipment that we are going to learn about today and train to use.</p>
Mask Fins Snorkel	<p>Here are the important pieces of equipment!</p> <ul style="list-style-type: none"> • This is the mask. • This is the snorkel. • These are the fins.
Mask	<p>Let's start with the mask.</p> <ul style="list-style-type: none"> • First you want to make sure you have a clean seal all the way around. • That means that your hair should be pulled back or slicked back. To test the seal, stick the mask to your face, no need for the strap yet, and inhale through your nose to create suction. • If the mask stays put, then you have a clean seal. • Remember that you have to breathe through your mouth or you'll snort the mask off your face. • The strap of the mask should be worn on the crown of your head (the fat part). • Before the mask goes on be sure to spit in it. I am happy to spit in your mask if you need help. Spit prevents the mask from fogging. Spit contains amylase which is an enzyme that will prevent the H₂O molecules from forming on the lens. • To review: Spit, rub it into the mask, slick your hair back, pull the strap onto the fat part of your head. • Breathe through your mouth.
Snorkel	<p>Next up is the snorkel.</p> <ul style="list-style-type: none"> • Most snorkels work on the left side. This allows room for other diving equipment. • See the tabs on the mouth piece? They are for resting your teeth—not for chewing! • Wrap your lips around the mouth piece. • Now, breathe normally through your mouth.



<p>Snorkel position</p> <p>Hold snorkel in correct position</p> <p>Hold snorkel upside down (“straw”)</p>	<p>You will want to pay attention to the position of your snorkel.</p> <ul style="list-style-type: none"> • Important knowledge: fish do not fly. • Since fish swim and do not fly, you will want to have your face in the water all the time. This is especially smart because, if you look up, your snorkel becomes a straw!
<p>Diving with the snorkel</p> <p>Purging the water</p>	<p>You can dive down with the snorkel in your mouth.</p> <ul style="list-style-type: none"> • It will fill with water, so when you dive down, you will want to hold your breath. • When you return to the surface you purge clear your snorkel by saying the number “2” with your diaphragm. • You need to use the “2” to push the water out of the snorkel, so give it some oomph! • It’s almost like the word ‘toot’ without the last ‘t’. • Practice with me. Twooooo!
<p>Fins</p>	<p>Finally, the fins.</p> <ul style="list-style-type: none"> • Did anyone call these flippers? They’re not flippers! Flipper was a dolphin who used flukes for transportation. • It is easiest to put your fins on if you sit on the edge of the boat. • Do not walk in your fins. Seriously. <ul style="list-style-type: none"> A- Walking in fins is dangerous; and B- Walking in fins looks silly.
<p>Summary</p>	<p>The proper snorkel technique has very official nomenclature that we call “The Three Hs” – Head, Heels, Hiney!</p> <ul style="list-style-type: none"> • Keep your three Hs at the surface of the water at all times. Yes, that means horizontal to the surface of the water. • If you let yourself go perpendicular, your equipment will not work and you pose a threat to the habitat in which you are swimming. • Keep your hands at your side and let your fins propel you. • If something swims by and you wish NOT to see it, just close your eyes! • Relax. • Breathe. • Kick.
<p>Practice</p>	<p>Any questions?</p> <p>Okay! Let’s practice!</p>