

**SEABAG**  
**(Site, Emergency, Activity, Buoyancy, Air, Gear & Go)**

**S = Site Assessment:**

- 1) Personnel, Facilities and Shore features
  - a. Dive leaders (Inst., DM, AI, TA, Safety Divers, etc.)
  - b. Name of location
  - c. Type of dive site / beach
  - d. Restroom and showers
  - e. Parking and fees
  - f. Food facilities and trash receptacles
  - g. Check in/out location and person (s)
  
- 2) Water Conditions
  - a. Tide – High (Height \_\_\_\_\_, Time \_\_:\_\_), Low Height \_\_\_\_\_, Time \_\_:\_\_), Now approaching \_\_\_\_\_
  - b. Waves (Wave Height \_\_\_\_\_ - \_\_\_\_\_, Interval \_\_\_\_\_ seconds)
  - c. Surge (Wave length \_\_\_\_\_ feet for (L)(M)(H) surge)
  - d. Surf – breaking waves
  - e. Currents (longshore / rips) – speed \_\_\_\_\_, direction \_\_\_\_\_
  - f. Visibility - \_\_\_\_\_ feet vertically, \_\_\_\_\_ feet horizontally
  - g. Water Temperature - \_\_\_\_\_ °C surface, \_\_\_\_\_ °C at depth
  
- 3) Entry and Exit points – primary and secondary
- 4) Navigation
  - a. Directions to open sea
  - b. Cardinal directions (N, S, E, W)
  - c. Navigational features
- 5) Reef and bottom configuration
- 6) Local plants and animals
- 7) Hazards particular to area

**E = Emergencies:**

- 1) Lost buddy procedures
- 2) Chain of command
- 3) Phone locations and numbers (911, coins, cell phone location)
- 4) Beach name
- 5) Emergency Oxygen, First Aid kit and car key location
- 6) Out of air emergencies
  - a. Know how your buddy will donate and vice versa
  - b. Know your buddies gear (octopus, spare air, air 2)
- 7) Emergency signals (air, time & depth, problems, out of air, share air, direction, beach/exit, ok?)
- 8) Boat diving – recall signal

**A = Activity:**

- 1) Dive plan (max depth and time)
- 2) Air supply and limits / turn around point
- 3) Dive objective

**\*\*\* All of this should be done before gearing up!!!**

**B = Buoyancy check:**

- 1) Check weight belt
  - a. Reasonable amount of weight
  - b. Evenly distributed
  - c. Quick release is functional
- 2) Check BCD
  - a. holds air
  - b. oral inflator functional
  - c. dump valve functional
- 3) Wetsuit / Dry suit (proper features)

**A = Air:**

- 1) Air is on and pressure in tank (watch SPG while testing regulator)
- 2) Regulator functions
- 3) power inflator functional (does not stick open)
- 4) Tank is secure
- 5) Hoses in correct position

**G = Gear up and Go:**

- 1) Check or test other equipment
- 2) Mask, fins and snorkel

**PLAN YOUR DIVE AND DIVE YOUR PLAN!!!**