

ADAPTIVE SCUBA DIVING

Alexandra Fackrell
Norfolk, Virginia

LEARNING OBJECTIVES

1. Raise awareness of adaptive scuba diving and the resources available.
2. Highlight a brief history of handicapped scuba Nationally and Internationally.
3. Address how water gives us a freedom and empowerment over our bodies that can not be experienced on land as well as build self-confidence.
4. Identify the possibilities for adventure that are available along with the requirements to be a diver.

DISCUSSION

Everyone has the power within to do what he or she wants, and scuba diving provides a way to use that power. Scuba diving is a normal activity that is not altered for people with disabilities. It improves quality of life and helps to live life to their fullest potential. Each person must overcome the limitations caused trauma or by birth. It is a sport that can include their family and friends on an equal basis. They must successfully learn and practice the skills required to become a diver. Scuba diving is unlikely any sport available to people with disabilities, it offers a lifetime of challenge, education, and normal socializing.

ACKNOWLEDGEMENTS

Professional Association of Diving Instructors (PADI)

Scuba Schools International (SSI)

Handicapped Scuba Association (HSA)

Chesapeake Dive Center, Portsmouth, VA

Lynnhaven Dive Center, Virginia Beach, VA

Soldiers Undertaking Disables Scuba (SUDS)

Woodrow Wilson Rehabilitation Center, Staunton, VA