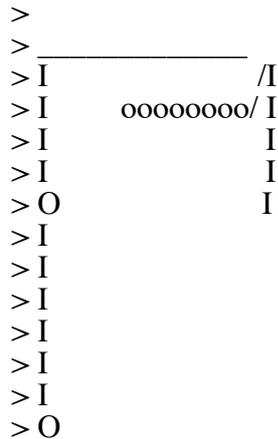


Mai 2002 par Claude

hello

- >
- > here one of the system we use in France
- > of course it's just an example
- > too long to explain in which given conditions we can modify what is written
- > below
- > this is not a standart or a law, just an example based on a certain philosophy
- > of training
- > which philosophy?
- > spend many time to train, progress slowly, don't listen yor stupid brain but
- > listen to the old trainers in your group, emerge each time with a smile
- > joke before to start by speaking with your friends, stop blow like a whale, if
- > you emerge with your face blue : you repeat the depth another day,
- > if you emerge more tired than after a marathon, repeat the depth another day
- > (never 2 max in a training!!), and if one day you have a samba :
- > you have to try again another day but not so deeper because every body around
- > you is laughing thinking that you are a little stupid, Do the
- > maximum in the first 1/3 of the training and not at the end, never try to
- > explain to the teacher why you are tired or why you make a little kind samba
- > the answer in this case is always the same : it's too deep, no discussion, if
- > you are too old (in general after 20 years old hi hi) to listen advices of
- > your friends and your trainer : change of sport, play ping pong
- >
- > for constant weight
- >
- > trainings
- > slow progression
- > all the training lesson organized at the port EACH time
- > I (in Nice's trainings) shout every time after somebody who is not able to
- > plan exactly his training when he starts from the port
- > For max attempts in trainings between 0 to 45 meters the freediver is followed
- > by one of the bests in constant (Pradon, Nery for example)
- > Everybody respect exactly (max error 5 seconds) the timing (never 2 hours of
- > yoga before the start! it's not the big blue or ocean men)
- > the freediver has a lanyard and the ballast in the bottom is at the depth
- > which try to be reached, never more!
- > We know at the surface exactly the time the athlete need to arrive in the
- > bottom and to come back
- > If 10 or 15 seconds pass after the normal time we should see th efreediver
- > coming up, we pull the rope at the surface
- > For trainings between 45 to 65, same conditions but with no buddy following
- > you till the bottom, just a freediver waiting at 30m (precise timing always)
- > If a problem, we pull the rope ...
- > deeper than 65m, we pull the rope each time 10" after the freediver reach in
- > theory the ballast
- > difficult for the video in trainings.....
- >
- > trainings are not dangerous if freedivers are not dangerous .....
- >
- > competitions
- > in France, impossible to explain to the french law that there is no scuba
- > divers in the water enough deep to help in case of
- > (even if we all know that the first and may be unique role of a scuba diver is
- > to watch, to register penalties, and exceptionally to help
- > after 60m : trimix.
- > never more than 10' or 15' for decompression stop for scuba divers when they

- > arrive in 6m or 3 meters at the end of the dive
- > a lanyard since this year, a metallic O ring near the wrist of the freediver
- > 2 scuba divers together all the time, one with an emergency buoy (ballon - 10
- > or 12 liters) equipped with a carabiner
- > scuba divers wait 15 meters over the ballast, when the freediver arrive, they
- > go down 5 meters (it means they stay 10 meters over the ballast)
- > (the problem is very rare in the bottom we know it, except if the stupid
- > freediver try to force this day, but I have already told what must do stupid
- > freedivers i.e. ping pong)
- > when the freediver goes up, they go up 5 meters
- > video in competition yes with a co axial cable and a monitor at the surface
- > a quick dispositif (not a winch!) to pull the rope (4 persons if the ballast
- > is 20 kg or a counter ballast which is on the other side of the rope



- >
- > A special system to inflate the emergency system (buoy) in 3 seconds max (high
- > pressure) with a "tuyau" in french sorry to drive the air from the bottle to
- > the buoy
- >
- > BUT, all these examples are useless if the training is bad organized or bad
- > managed
- >
- > And I think it's not a bad thing to have a mask in competition, it limits a
- > minimum the depth
- > and I think that constant weight without fins (with or without a rope) are too
- > difficult for the moment to organize in a competition relative to safety
- > consideration
- >
- > Keep few and simple discipline for competition and keep the other disciplines
- > for training
- >
- > This info and examples doesn't concern records
- >
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- > Nice
- > France
- >