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!!!