

Plongée
plaisir

WORLDIVERS

Alain FORET

Ocea Notes

WATERPROOF

Plongée - Scuba diving
Buceo - Tauchen
Immersione subacquea

POUR PRÉSENTATION

Fiches
pédagogiques

Educational
cards

Fichas
pedagógicas

Pädagogische
Karten

Schede
pedagogiche



éditions

gap

1. Pression/Pressure/Presion/Druck/Pressione
2. Oreilles/Ears/Oídos/Ohren/Orecchie
3. Surpression pulmonaire/Pulmonary overinflation/
Sobrepresión pulmonar/Lungenriss/Sovradistensione
polmonare
4. Barotraumatismes/Barotrauma/Squeeze/
Barotraumatismos/Barotraumi
5. Froid/Cold/Frío/Kälte/Freddo
6. Orientation/Orientación/Orientamento/Orientierung
7. Lumière/Light/Luz/Licht/Luce
Vision/Visibility/Visión/Sicht/Visibilità
8. Azote/Nitrogen/Nitrógeno/Stickstoff/Azoto, Saturation/
Saturación Sättigung/Saturazione
9. Tables de plongée et ordinateurs, Dive tables and
computers/Tabelas de buceo y ordenadores/ Tauchtabellen
und Tauchcomputer/ Tabelle di decompressione e
computer
10. Profil de plongée/Dive profile/Perfil de la inmersión/
Tauchprofil/Profile dell'immersione
11. Après la plongée, After the dive/Después de la inmersión/
Nach dem Tauchen/Dopo l'immersione
12. Clefs d'identification/Identification keys/ Claves de
identificación/Bestimmungsschlüssel/ Chiavi d'identificazione

Author : Alain Foret

5 star CMAS Instructor - Air/Nitrox/Trimix - Instructor trainer

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2000 m (6600 ft) 0,795 bar

0 m (0 fsw) 1013 mbar
~ 1 bar (ATA) 14,7 psi

10 m (33 fsw) 2 bar (ATA)

20 m (66 fsw) 3 bar (ATA)

25 m (82 fsw) 3,5 bar (ATA)

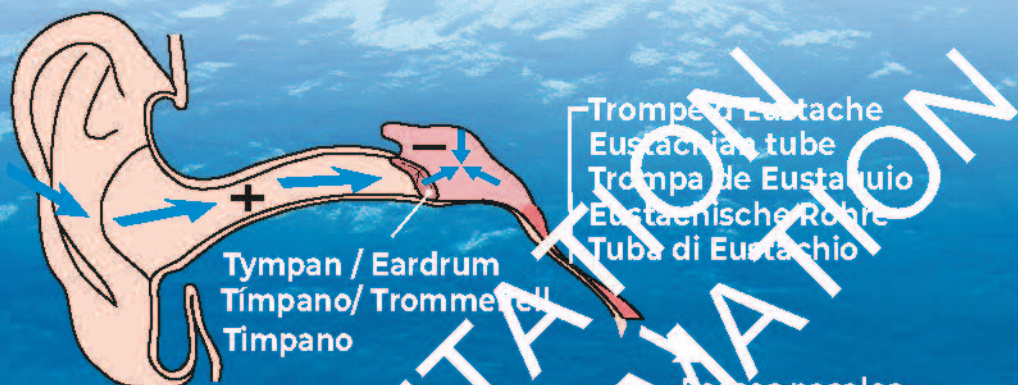
60 m (198 fsw) 7 bar (ATA)

POUR PRESENTATION INFORMATION



2

Oreilles / Ears
Oídos / Ohren
Orecchie



Tympan / Eardrum
Tímpano/ Trommel
Timpano

Trompe d'Eustache
Eustachian tube
Trompa de Eustaquio
Eustachische Röhre
Tuba di Eustachio

Fosses nasales
Nasal cavity
Fosas nasales
Nasenhöhlen
Fosse nasali

Air
Aire
Luft
Aria

PRESENTATION INFORMATION

Manœuvre d'équilibrage
Equalizing maneuver,
clearing maneuver
Equilibrar los oídos
Druckausgleich
Manovra di compensazione



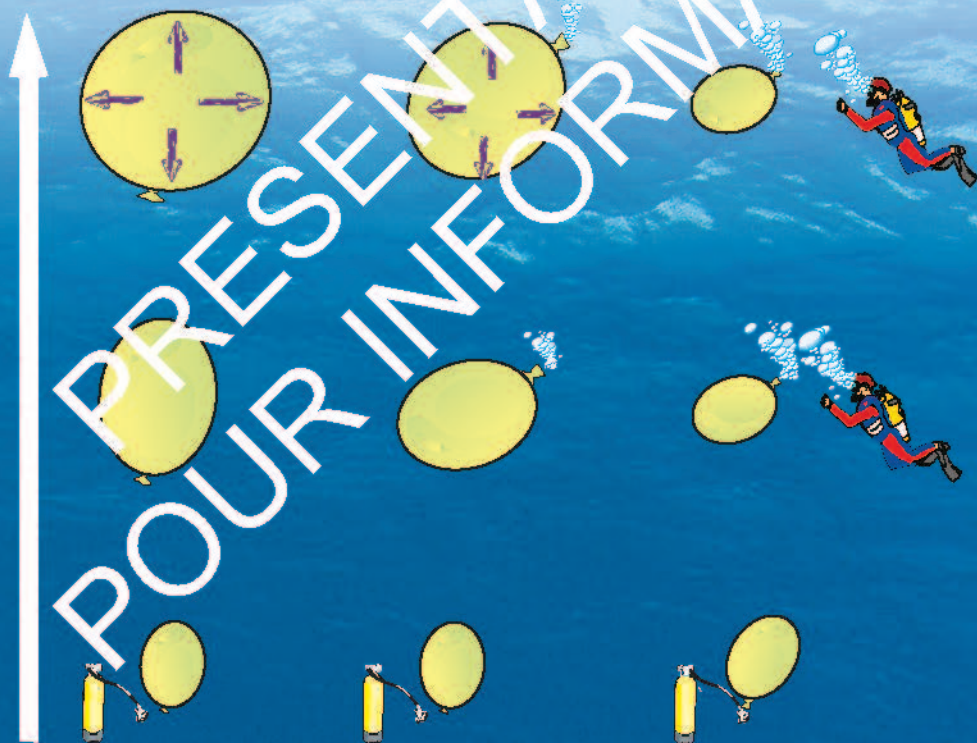
Surpression pulmonaire
Pulmonary overinflation
Sobrepresión pulmonar/Lungenriss
Sovradistensione polmonare

3

●
Expiration bloquée
Breath-holding,
pulmonary obstructions
Espiración bloqueada
Blockierte Atmung/
Stimmritzenkrampf
Scadenza bloccata

●
Expiration insuffisante
Insufficient exhalation
Espiración insuficiente
Ungenügende Ausatmung
Scadenza insufficiente

●
Expiration correcte
Correct exhalation
Espiración correcta
Richtige Ausatmung
Scadenza corretta

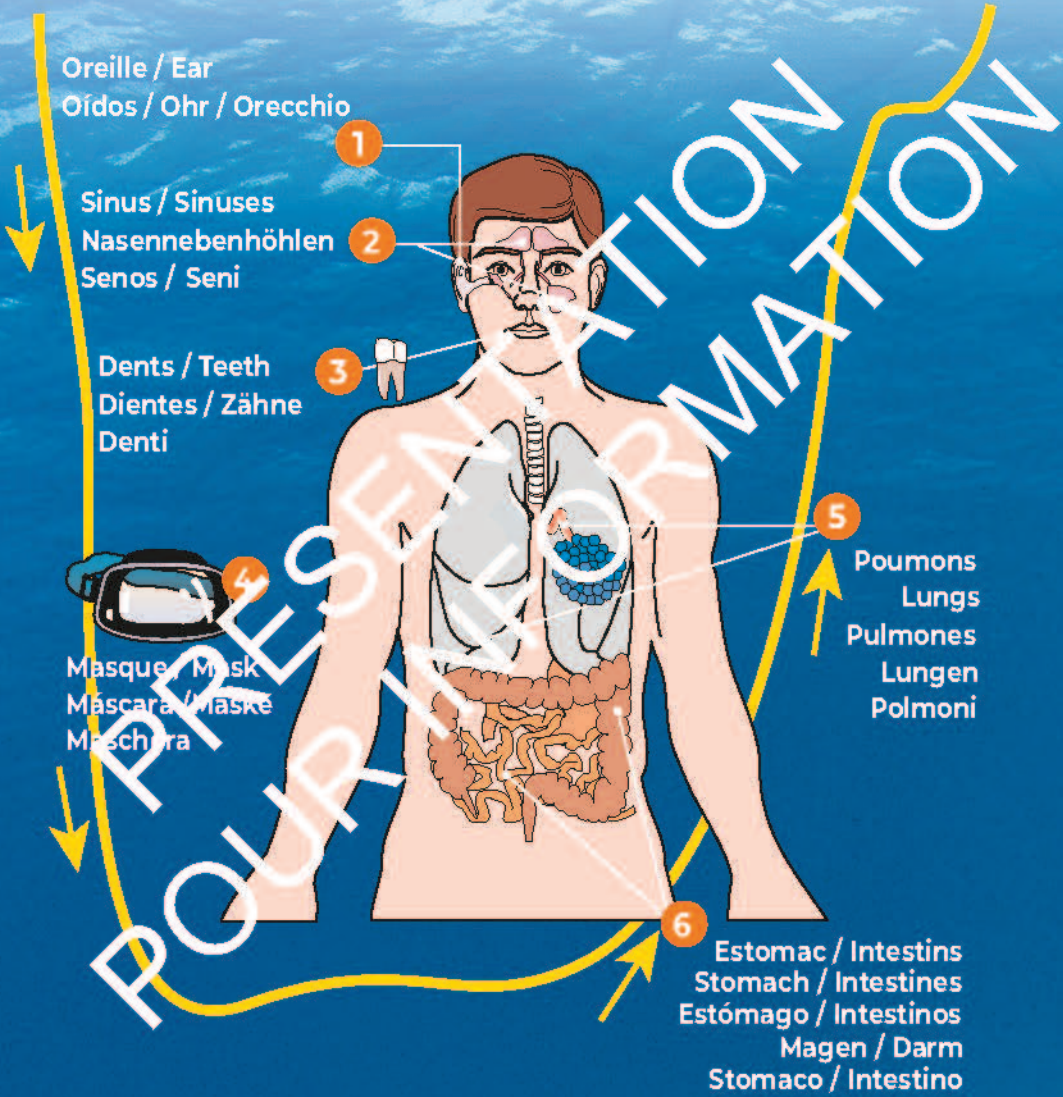


POUR PRÉSENTATION



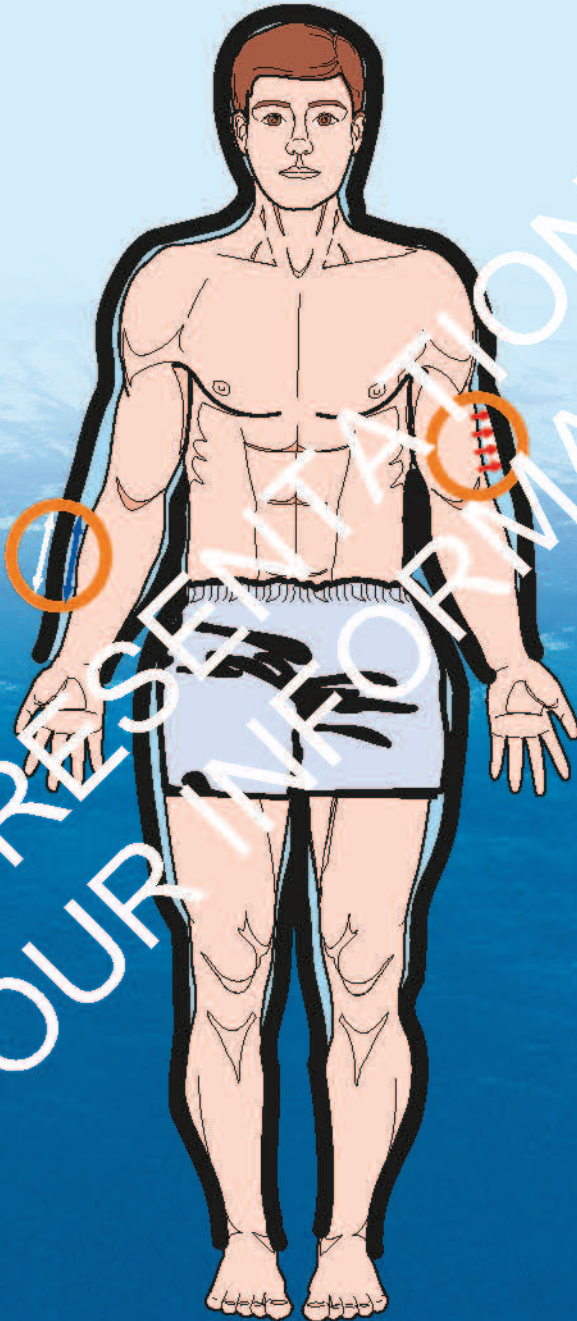
4

Barotraumatismes Barotrauma/Squeeze Barotraumatismos Barotraumi



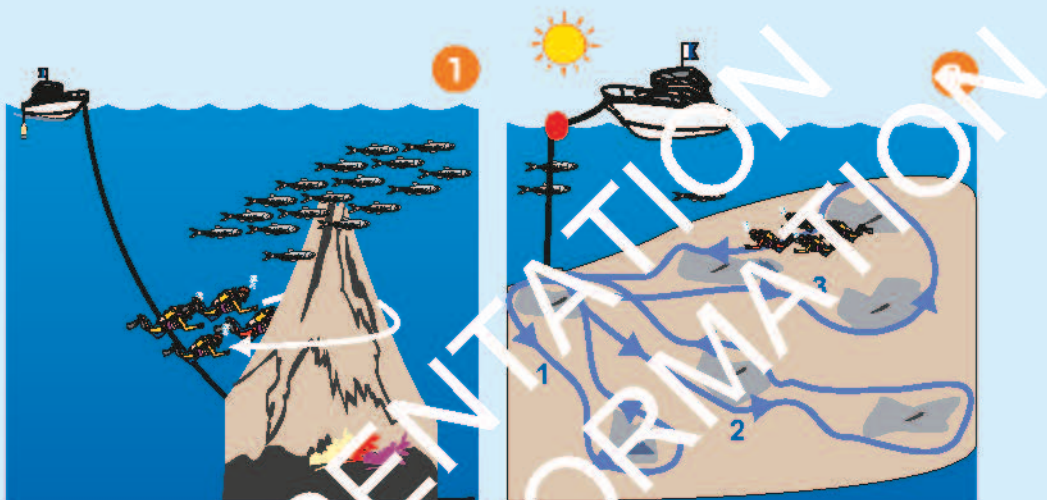
Froid / Cold / Frío
Kälte / Freddo

5



6

Orientation Orientación/Orientamento Orientierung



Lumière/Light/Luz/Licht/Luce
Vision/Visibility/Visión
Sicht/Visibilita

7



100 cm

3/4

75 cm



40 cm

4/7

30 cm

5 m
(~15 fsw)

15 m
(~50 fsw)

30 m
(~100 fsw)

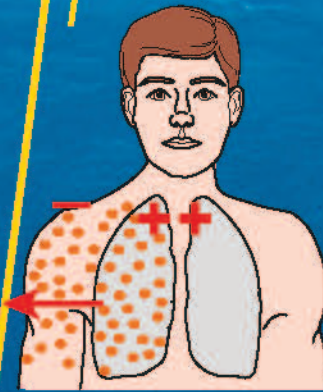
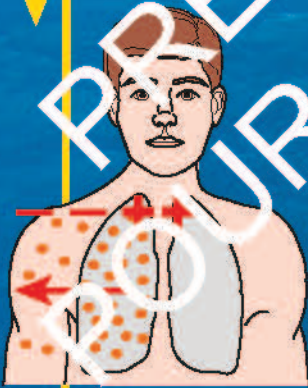
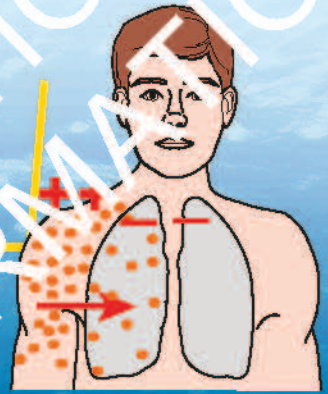
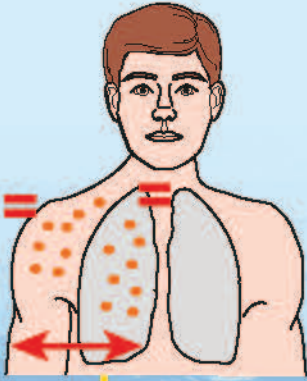
40 m
(~130 fsw)

FOR PRESERVATION INFORMATION



8

Azote/Nitrogen/Nitrógeno
Stickstoff/Azoto
Saturation/Saturación
Sättigung/Saturazione

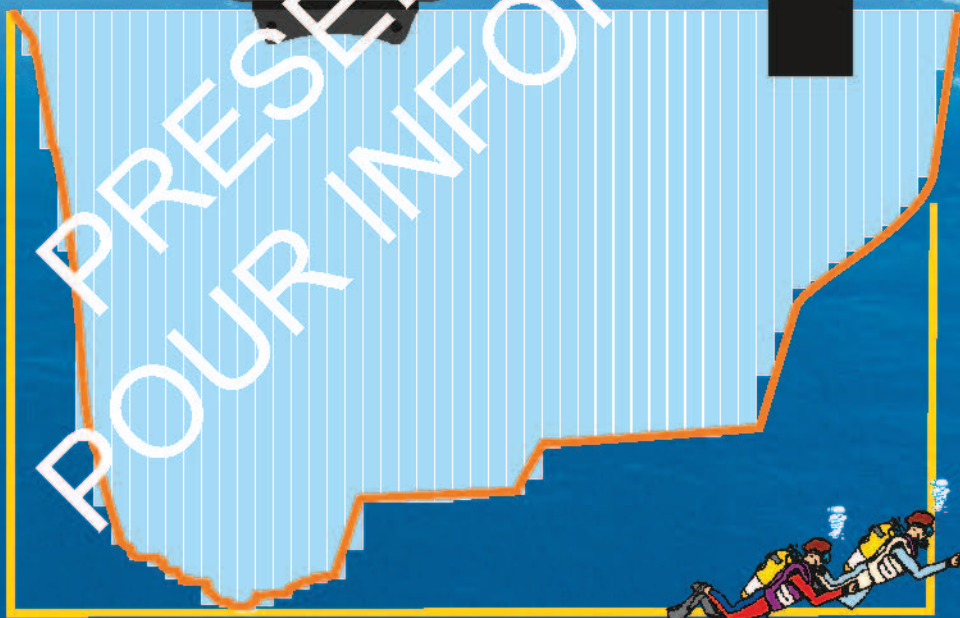


PRESENTATION INFORMATION



Tables de plongée et ordinateurs
Dive tables and computers
Tablas de buceo y ordenadores
Tauchtabellen und Tauchcomputer
Tabelle di decompressione e computer

9

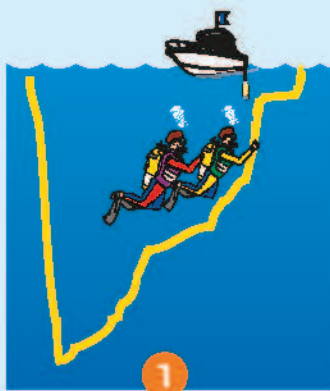


POUR PRÉSENTATION INFORMATION



10

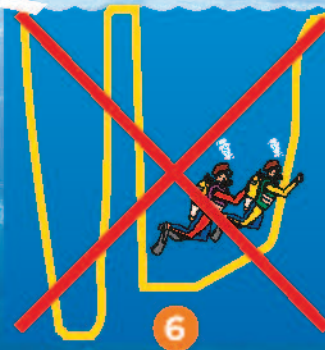
Profil de plongée Dive profile/Perfil de la inmersión Tauchprofil/Profilo dell'immersione



●
Plongée lente
Slow ascent
Ascenso lento
Langsame
Wiederaufstieg
Risalita lenta



●
Profil inversé
Reversed profile
Perfil invertido
Umgekehrtes Profil
Profilo invertito



●
Plongées yo-yo
Erratic dive profile
Perfil de yo-yo
Jojo-Tauchgang
Immersione a yo-yo



Après la plongée/After the dive
Después de la inmersión
Nach dem Tauchen
Dopo l'immersione

11

2h



6h



12 - 24 h



6 - 12 h



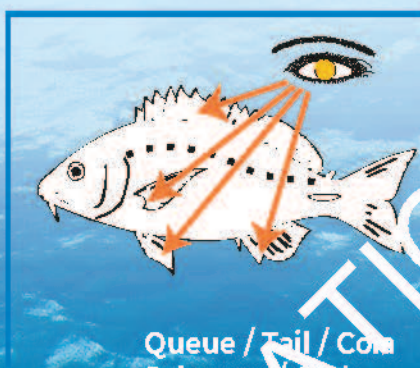
POUR PRÉSENTATION INFORMATION



12

Clefs d'identification/Identification keys Claves de identificación Bestimmungsschlüssel Chiavi d'identificazione

Nageoires
Fins
Aletas
Flossen
Pinne

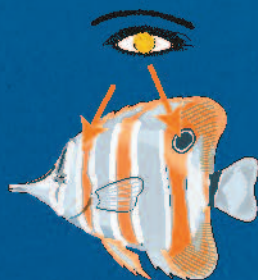
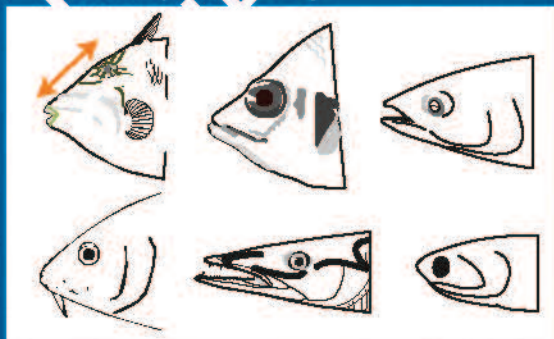


Queue / Tail / Cola
Schwanz / Coda



Bouche, yeux
Mouth, eyes
Boca, ojos
Mund, Augen
Bocca, occhi

*d'après E. Linke et F. Myers
Ed. Delachaux & Niestlé*



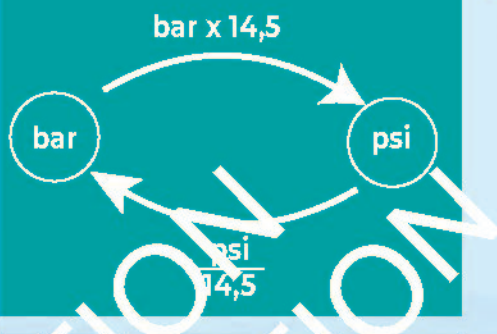
Fahrenheit $^{\circ}\text{F} = 1,818^{\circ}\text{C} + 32$

Celsius $^{\circ}\text{C} = \frac{^{\circ}\text{F} - 32}{1,818}$

$^{\circ}\text{C} = 0,555^{\circ}\text{F} - 17,6$

°C	0°	10°	20°	30°
°F	32°	50,2°	68,4°	86,5°

Kelvin $\text{K} = ^{\circ}\text{C} + 273,15$
 $\text{K} = ^{\circ}\text{C} + 273$



bar	psi
1	14,5
50	725
100	1450
150	2175
200	2900
230	3335
300	4350

bar	atm	psi	hPa	mmHg	fsw	msw
1	0,9869	14,5	1000	750	32,6336	9,9472
1,013	1	14,7	1013	760	33,066	10,079
0,0689	0,0680	1	68,948	51,715	2,25	0,6858

1 mille (M)	1 pied (foot/feet)	1 pouce (inch/inches)	1 mètre (m)	1 mètre (m)
1852 m	0,3048 m 30,48 cm	0,0254 m 2,54 cm	3,281 feet	39,37 inches





Ces fiches immergeables s'adressent à tous les moniteurs et monitrices, pour les aider dans leur démarche pédagogique, lorsque leurs cours de théorie se déroulent au bord de l'eau (piscine, fosse, carrière, lac, mer) ou sur un bateau. Cela concerne principalement les premiers niveaux de plongeurs (ex. 1^{er} CMAS). Les commentaires sont volontairement limités au minimum, afin de préserver la liberté pédagogique de chacun.



These waterproof cards are directed to the instructors, to help them in their educational process, when their classes of theory take place near the aquatic surface (swimming pool, lake, river, sea, or on board a boat). This mainly concerns the primary levels in scuba diving (eg 1st CMAS). Comments are voluntarily kept to a minimum length, in order to preserve the educational choices of each instructor.



Estas fichas sumergibles están dirigidas a los monitores, como ayuda pedagógica, cuando los cursos de teoría se desarrollan al borde del agua (piscina, balsas, lagos, mar) o sobre un barco. Están destinadas a los cursos para los que desean pasar los primeros niveles de buceo (ejemplo 1^{er} CMAS). Los comentarios están limitados voluntariamente a lo más mínimo a fin de preservar la libertad pedagógica de cada uno.



Diese wasserdichten Karten richten sich an die Tauchlehrer, als pädagogische Hilfe für Theorie-Kurse in der Nähe des Wassers (Schwimmbad, See, Meer). Es handelt sich vorwiegend um die ersten Stufen (z.B. 1^{er} CMAS). Kommentare sind bewusst auf ein Minimum reduziert, um jedem seine pädagogische Freiheit zu lassen.



Queste tabele impermeabili sono indirizzate a tutti gli istruttori e istruttrici, per aiutarli nel loro percorso pedagogico, affinché i loro corsi di teoria si possano svolgere a bordo d'acqua (piscine, fosse, fiumi, laghi, mare) o su barche. Riguardano principalmente il primo livello di subacqueo (es. 1^{er} CMAS). I commenti sono volutamente ridotti al minimo al fine di preservare la libertà pedagogica di ciascuno.

24,50 euros



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