



Erasmus+



# Dive signs with disabled divers



lifras



**FFESSM**

IMMERSION & EMOTION



# Signs of communication with disabled diver

This training material explains only the main communication signs suitable for divers with disabilities. Conventional CMAS signs are not explained but well used.

They are aimed at divers with a disability and their instructors.

In particular, we will limit ourselves to divers who are visually impaired or blind as well as divers who are unable to use their upper limbs due to disability or amputation.

To progress through the training support, click on the box of your choice to select or change pages throughout your progress.

Now choose the type of disability for which you want to discover the adapted signs

[Suitable signs for visually impaired divers](#)

[Signs adapted for divers with upper limb disabilities](#)



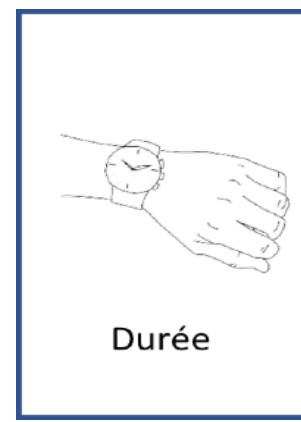
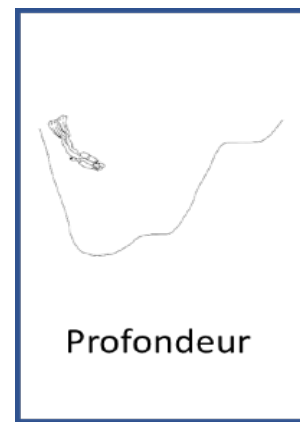
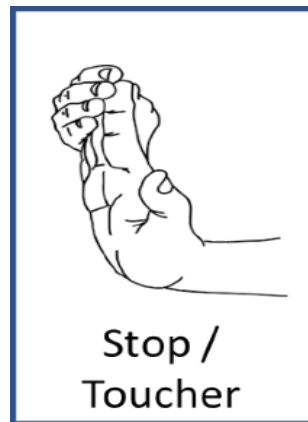
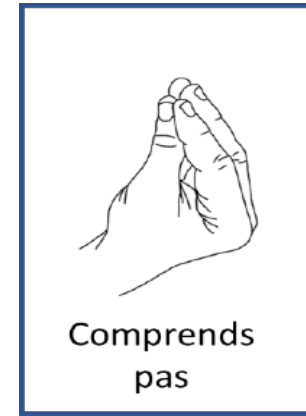
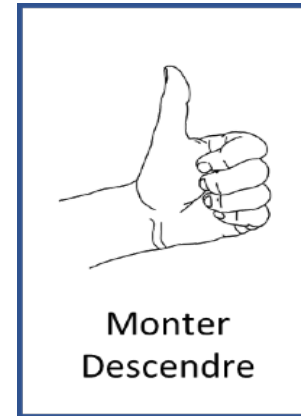
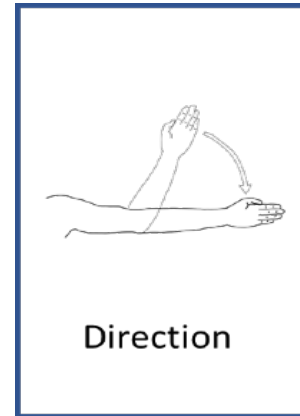
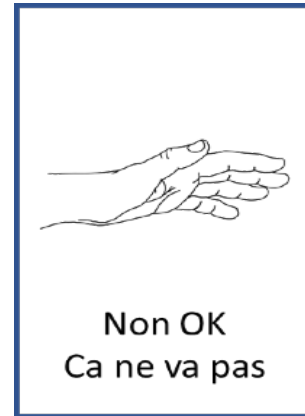
[Adapted signs quiz for visually impaired divers](#)



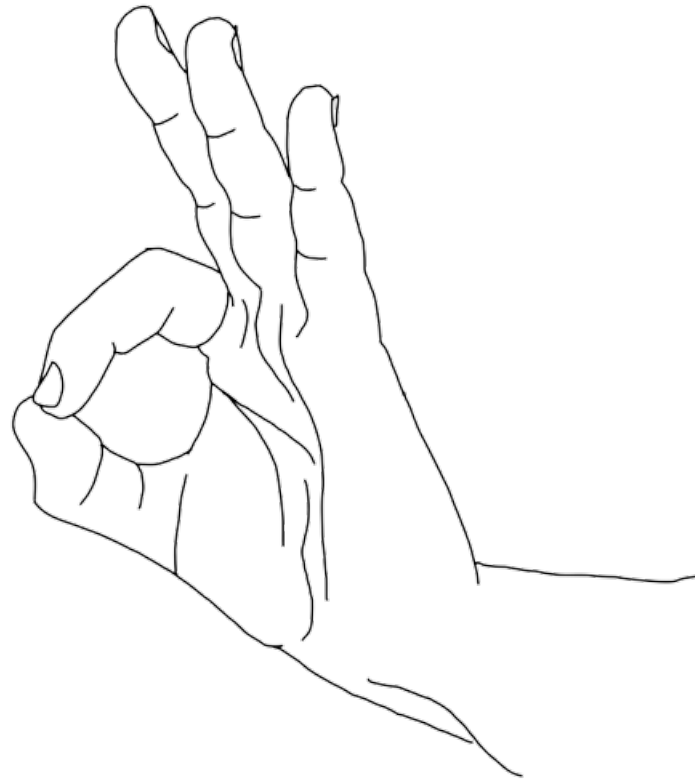
[Adapted signs quiz for divers with upper limb disabilities](#)

# Specific signs for the blind divers

Select the desired sign



# 'OK' sign for blind divers

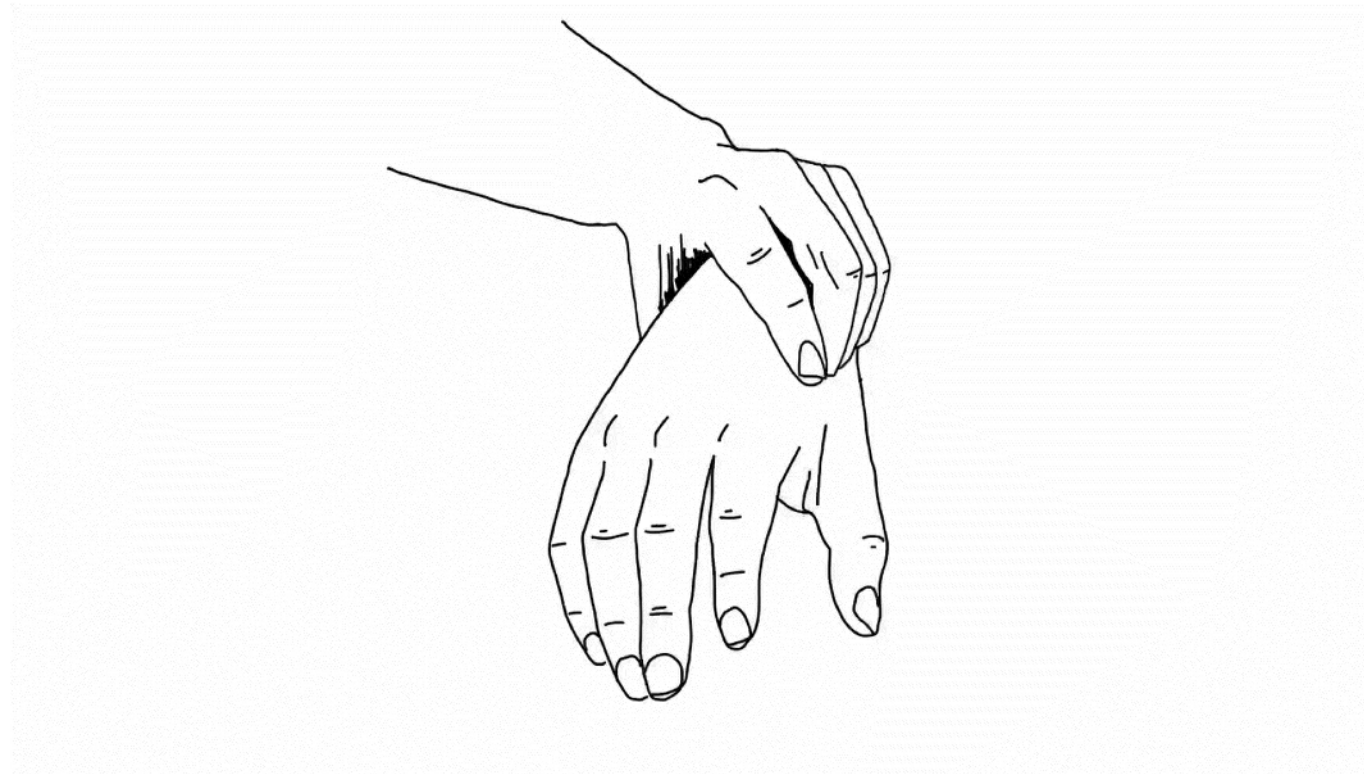


# 'OK' sign for blind divers



[Click on the video to play it](#)

# 'OK' sign for blind divers

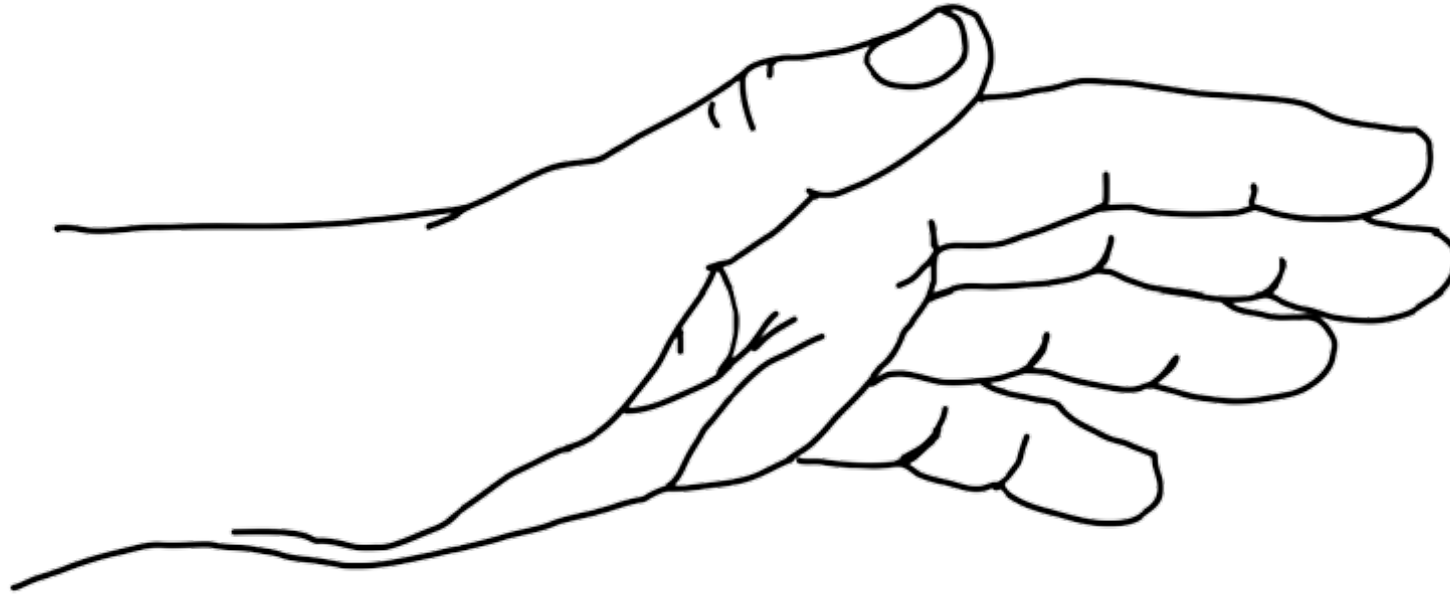


Next sign

Choosing the signs



# 'Not OK' sign for blind divers



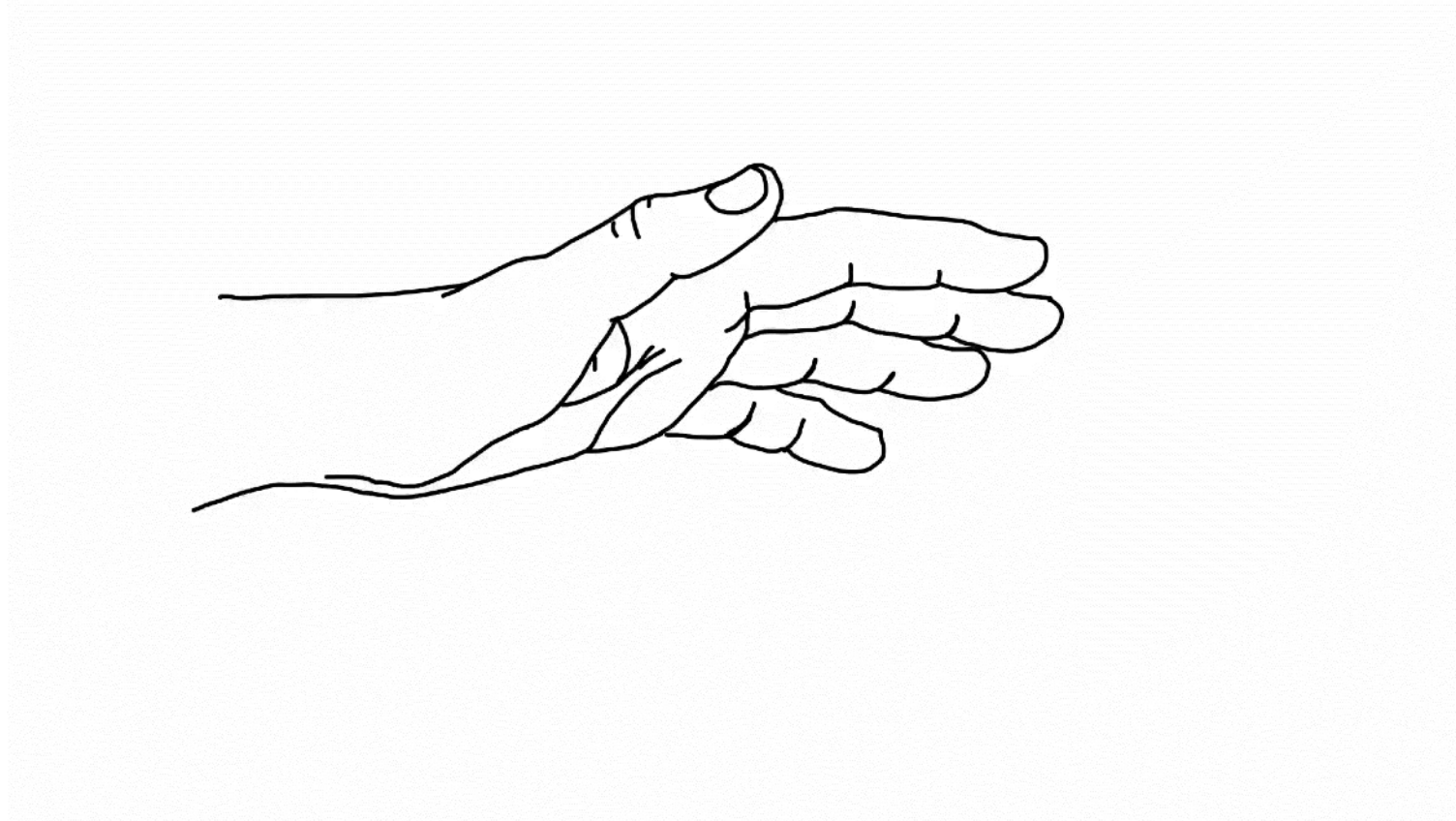


# 'Not OK' sign for blind divers



[Click on the video to play it](#)

# 'Not OK' sign for blind divers

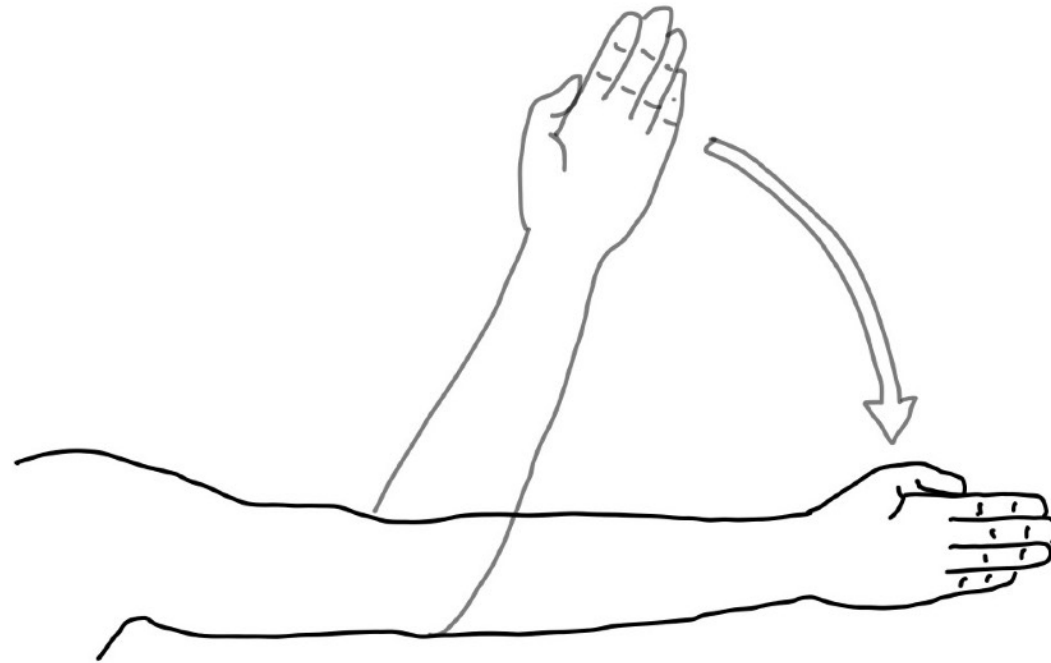


Next sign

Choosing the signs



# 'Direction' sign for blind divers



# 'Direction' sign for blind divers

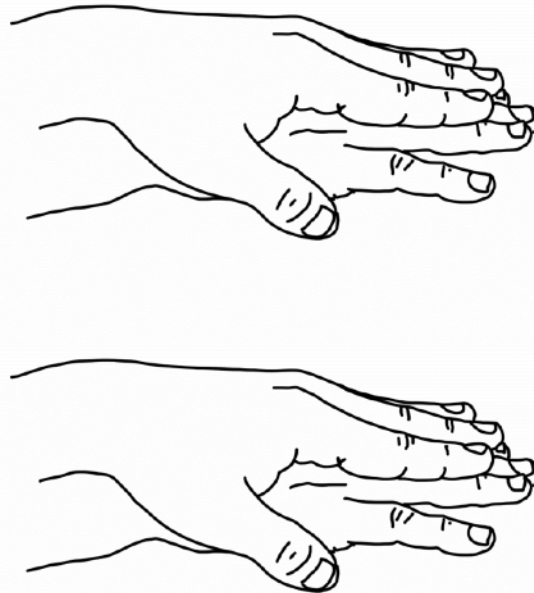


[Click on the video to play it](#)

# 'Direction' sign for blind divers



Go to the left



Go up

Go down



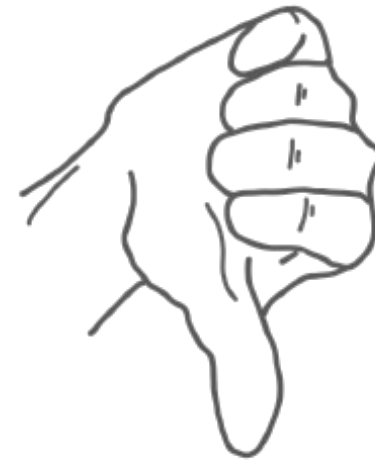
Go to the right

Next sign

Choosing the signs



# The 'Up' and 'Down' signs for blind divers





# The 'Up' and 'Down' signs for blind divers



[Click on the video to play it](#)

# The 'Up' and 'Down' signs for blind divers



Next sign

Choosing the signs



# The 'I don't understand' sign for blind divers

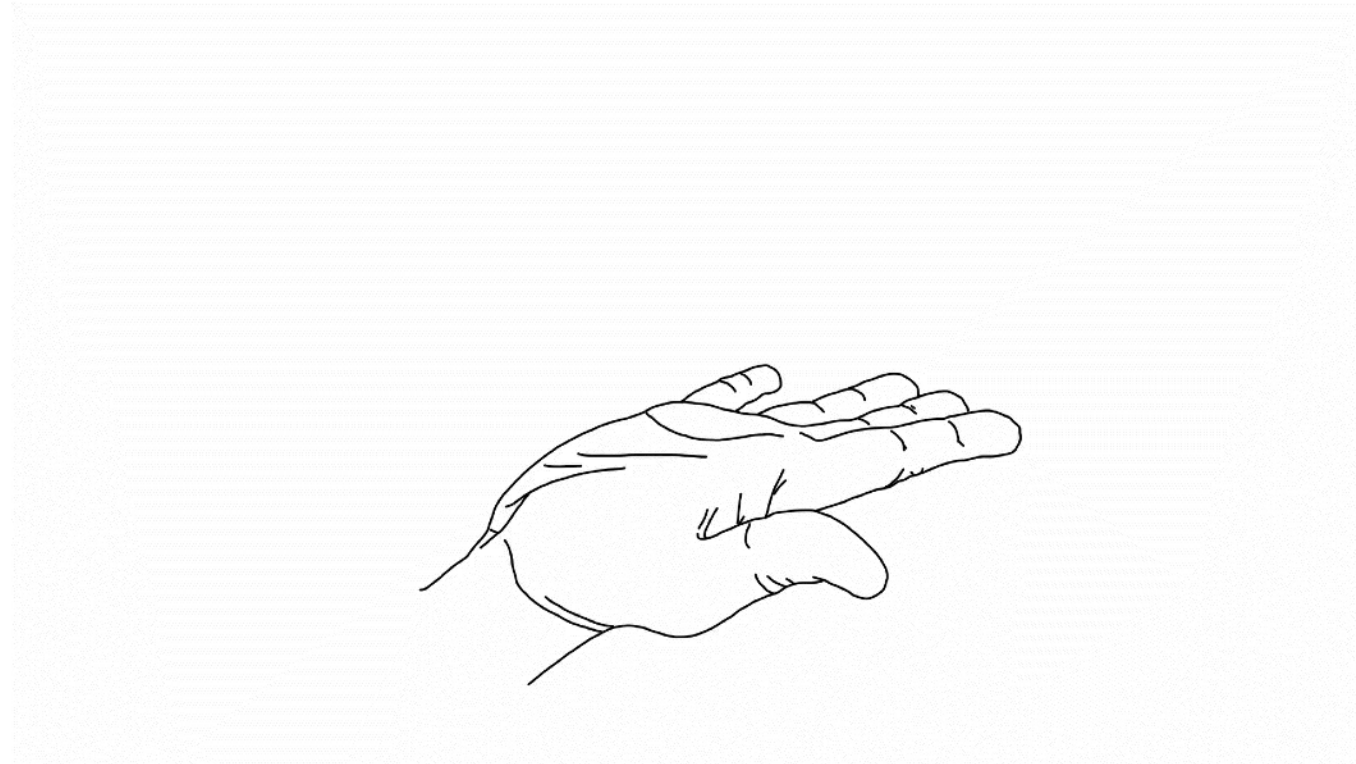


# The 'I don't understand' sign for blind divers



[Cliquer sur la vidéo pour la lire](#)

# The 'I don't understand' sign for blind divers



Next sign

Choosing the signs



# 'Stop' and 'Touch with caution' signs for blind divers



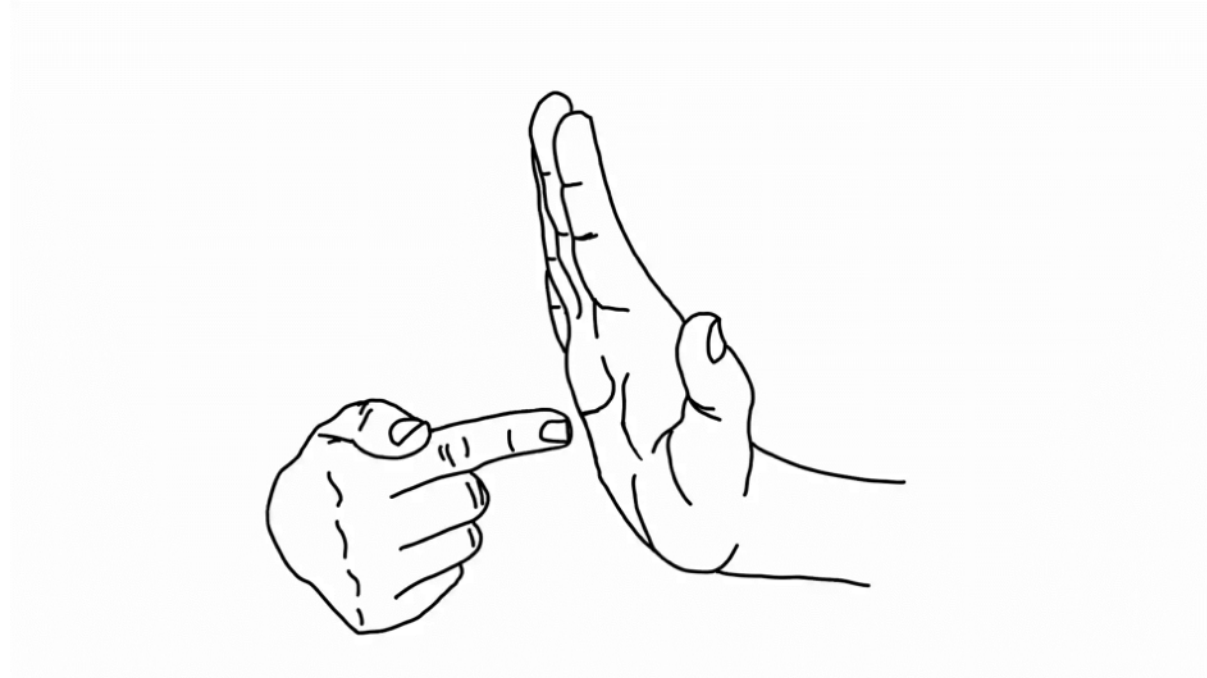
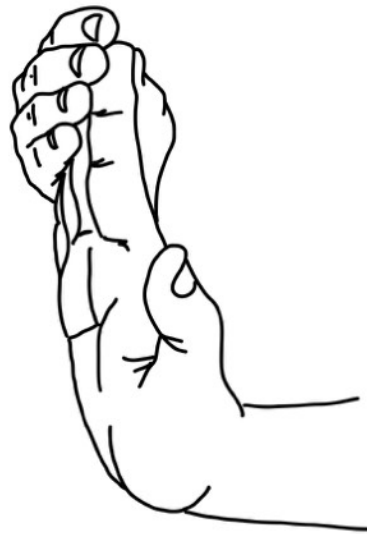


# 'Stop' and 'Touch with caution' signs for blind divers



[Click on the video to play it](#)

# 'Stop' and 'Touch with caution' signs for blind divers



Next sign

Choosing the signs



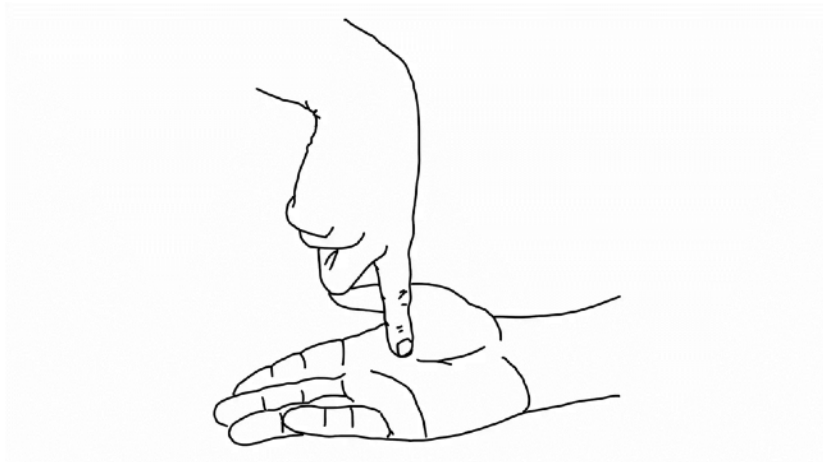
# Number signs for blind divers



# Number signs for blind divers

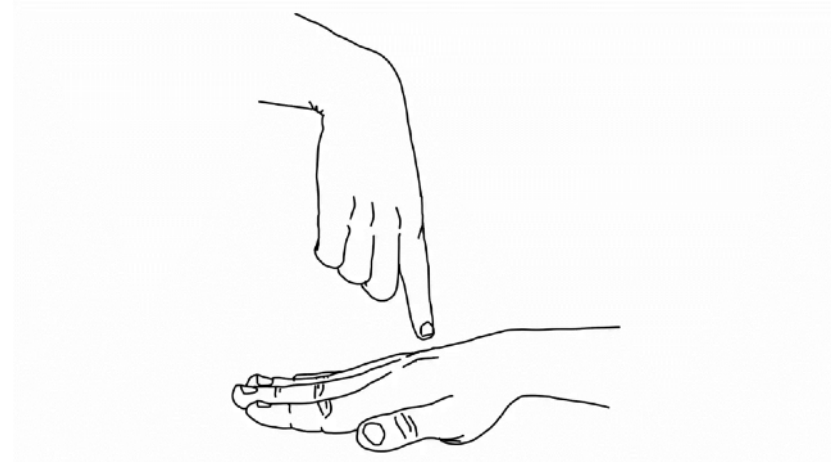
## Units

1 pressure on the palm  
= 1 metre or 10 bars



## Dozens

1 pressure on the back  
= 10 metres or 100 bars

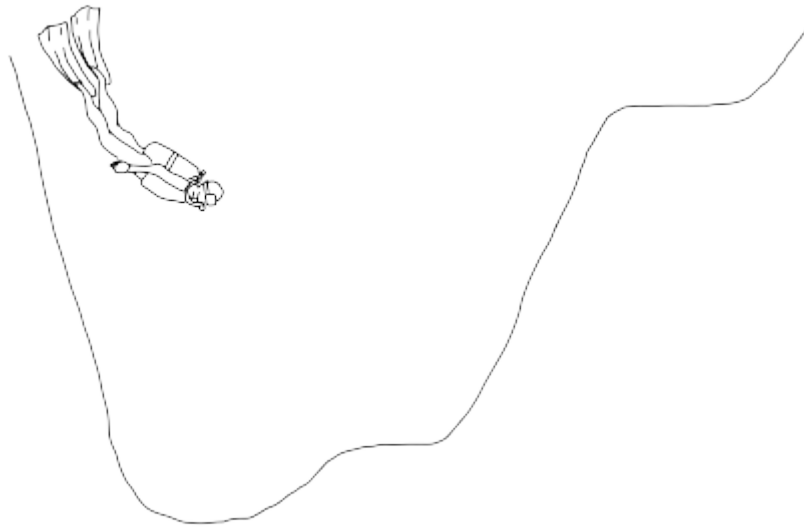


Next sign

Choosing the signs



# 'Depth' sign for blind divers



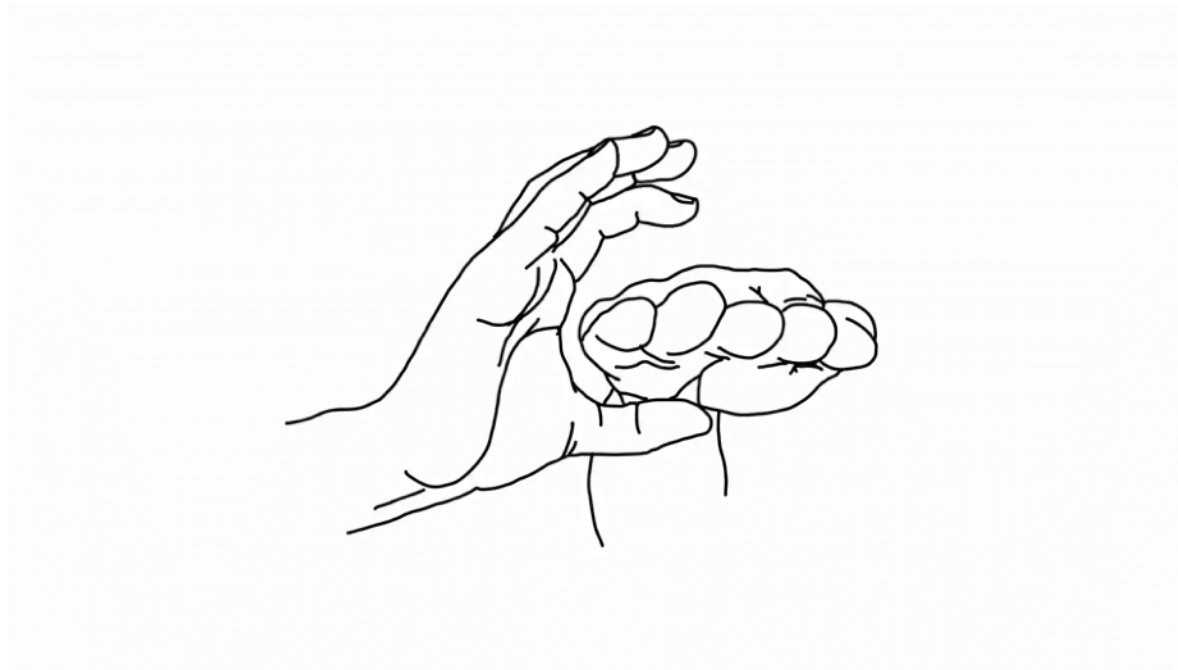
# 'Depth' sign for blind divers



[Click on the video to play it](#)



# 'Depth' sign for blind divers



Next sign

Choosing the signs



# 'Duration of the dive' sign for blind divers

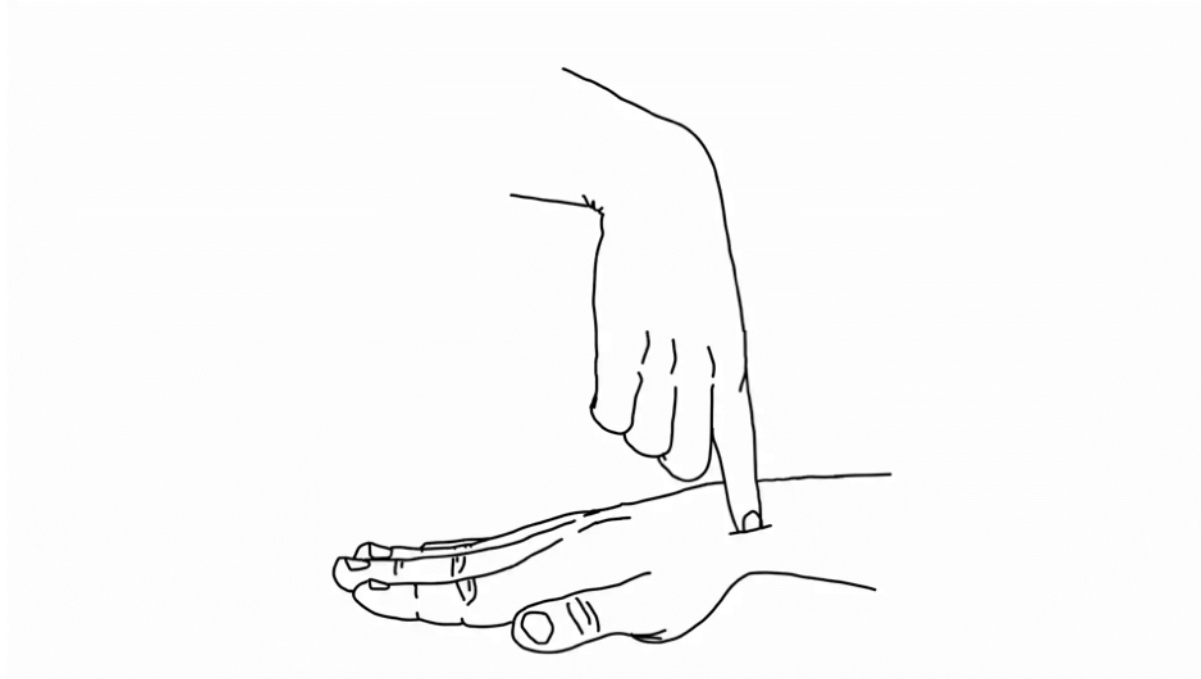


# 'Duration of the dive' sign for blind divers



[Click on the video to play it](#)

# 'Duration of the dive' sign for blind divers

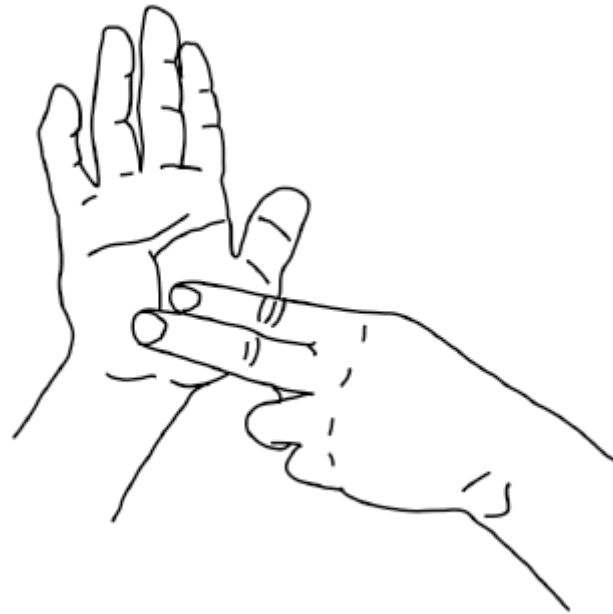


Next sign

Choosing the signs



# 'Pressure / Manometer' sign for blind divers



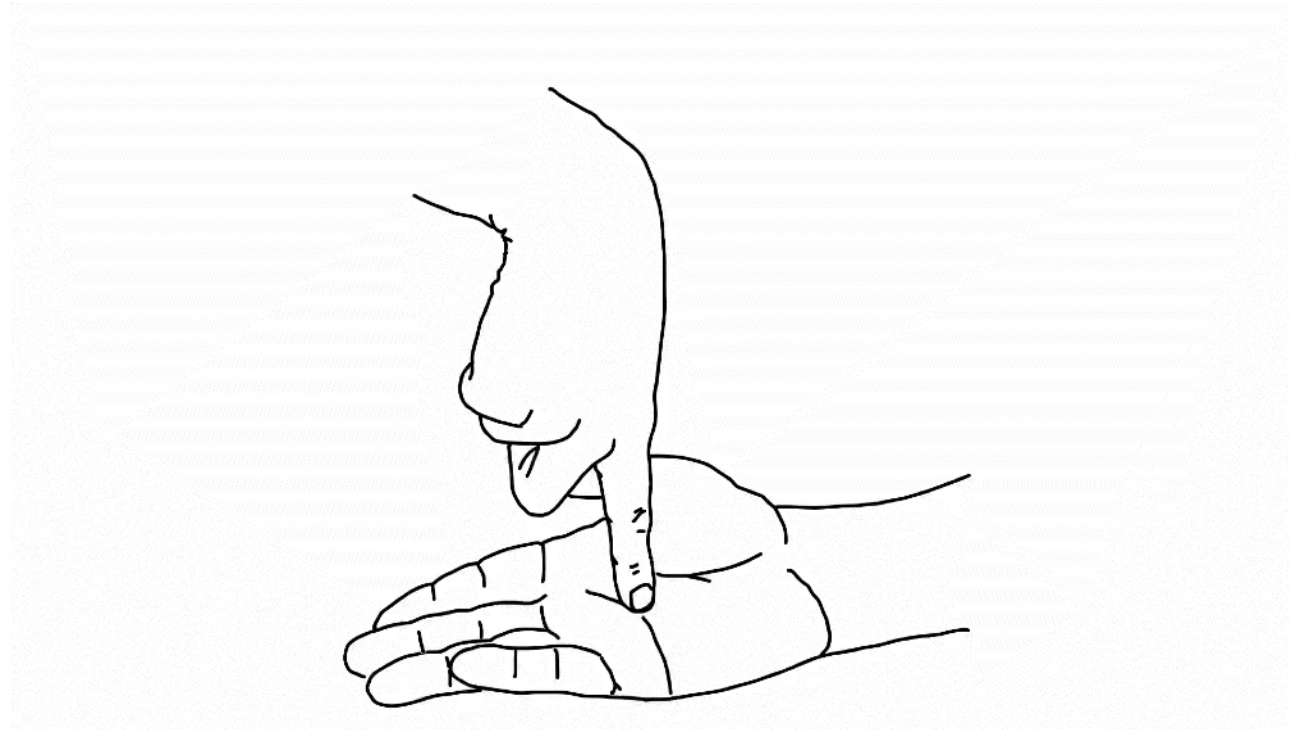
# 'Pressure / Manometer' sign for blind divers



[Click on the video to play it](#)



# 'Pressure / Manometer' sign for blind divers



Next sign

Choosing the signs



# Quiz on signs for the visually impaired or blind divers



# Quiz for the blind divers

## Sign: OK

\* Where does the pressure come from to ask if the diver is OK?

\* on the wrist

\* on the hand

\* on the shoulder

# Quiz for the blind divers

Sign: OK

\* How much pressure is needed to ask if the diver is OK ?

\* one

\* two

\* three

# Quiz for the blind divers

## Sign: Not OK

\* What gesture should the diver make to indicate that something is wrong?

\* shake head

\* fold arms

\* rotate the hand

# Quiz for the blind divers

## Sign: Changer de direction

\* How to indicate a change of direction ?

\* 2 presses on the wrist on the desired side

\* tap the shoulder in the desired direction

\* point the hand in the desired direction

# Quiz for the blind divers

Sign: An obstacle, something to discover

\* How to show an obstacle?

\* straighten your hand and slow down

\* hold the shoulder and stop

\* pull by the flipper



# Quiz for the blind divers

## Sign: Go Up / Go Down

\* Which part of the hand should the instructor squeeze?

\* the thumb

\* the entire hand

\* the index

# Quiz for the blind divers

## Sign: I don't understand

\* How do you explain "I don't understand"?

\* no of the hand

\* no of the head

\* back and forth with the forearm, joining the fingers

# Quiz for the blind divers

## Sign: How deep ?

\* What sign will indicate depth ?

\* 1 pinch on the wrist

\* 1 pinch on the hand

\* 1 pinch on the forearm

# Quiz for the blind divers

## Sign: How deep ?

\* What does 1 pressure on the back of the hand and 2 on the palm mean?

\* 21 meters

\* 12 meters

\* 3 meters

# Quiz for the blind divers

## Sign: Duration ?

\* Comment indiquer la durée d'une plongée ?

\* make circles in the palm of the hand

\* perform circles on the forearm

\* make circles on the back of the hand

# Quiz for the blind divers

## Sign: Gauge ?

\* Comment indiquer la pression restante ?

\* make circles in the palm of the hand

\* perform circles on the forearm

\* make circles on the back of the hand

# Quiz for the blind divers

## Sign: Touch

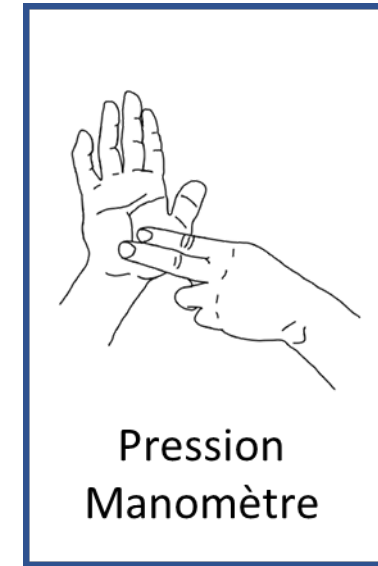
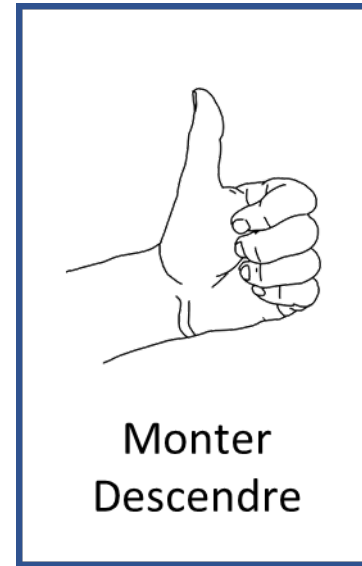
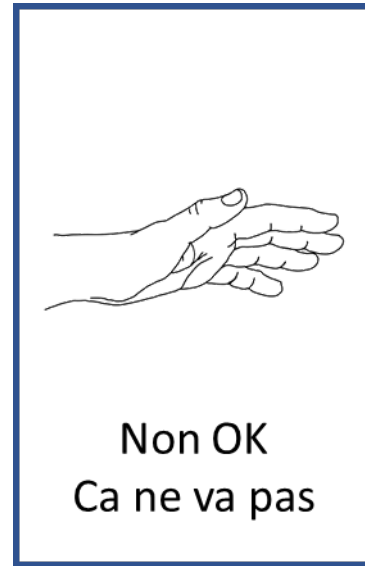
\* Comment prévenir d'un obstacle nécessitant de la précaution ?

\* take a finger and hold it up

\* take the hand and raise it to stop, then place a finger on the palm

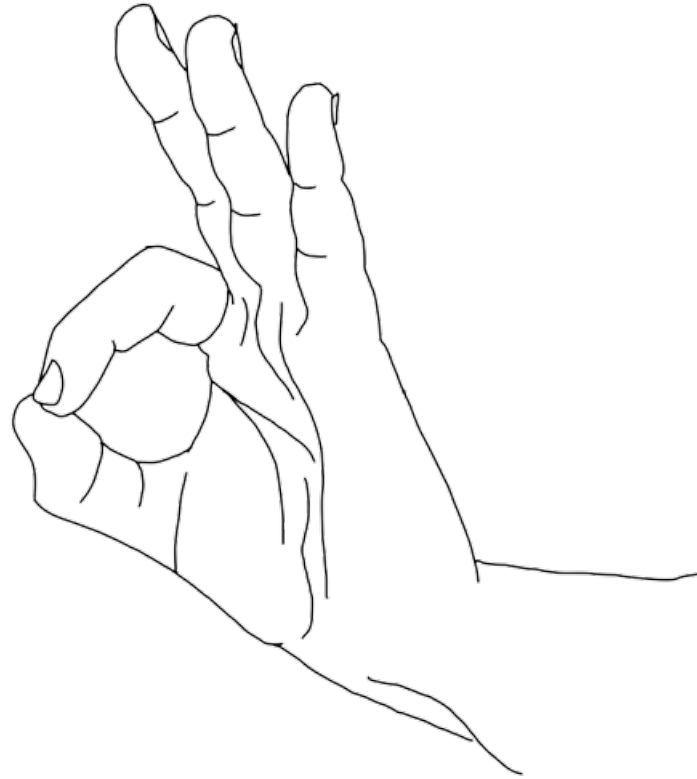
\* take both hands and raise them up

# Specific signs for upper limb disabilities





# 'OK' sign for divers with upper limb disabilities

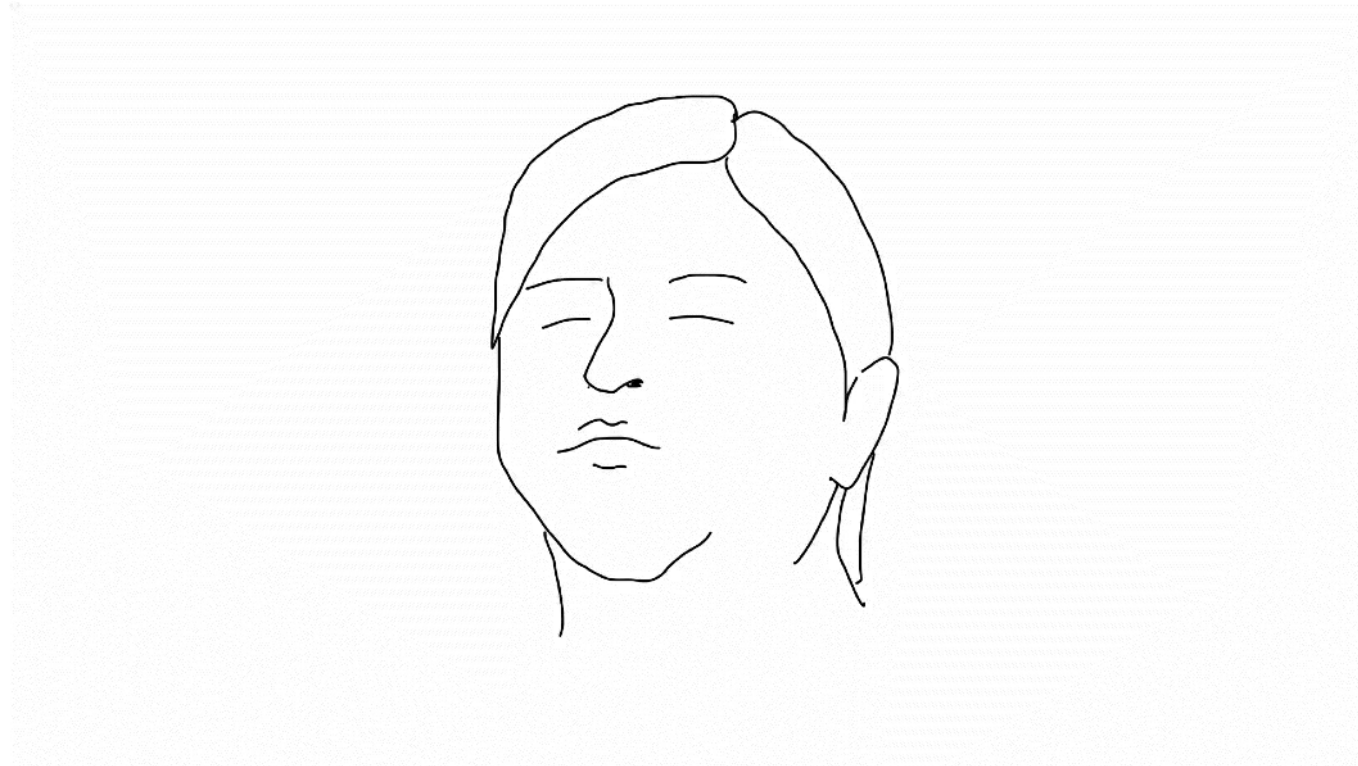


# 'OK' sign for divers with upper limb disabilities



[Click on the video to play it](#)

# 'OK' sign for divers with upper limb disabilities

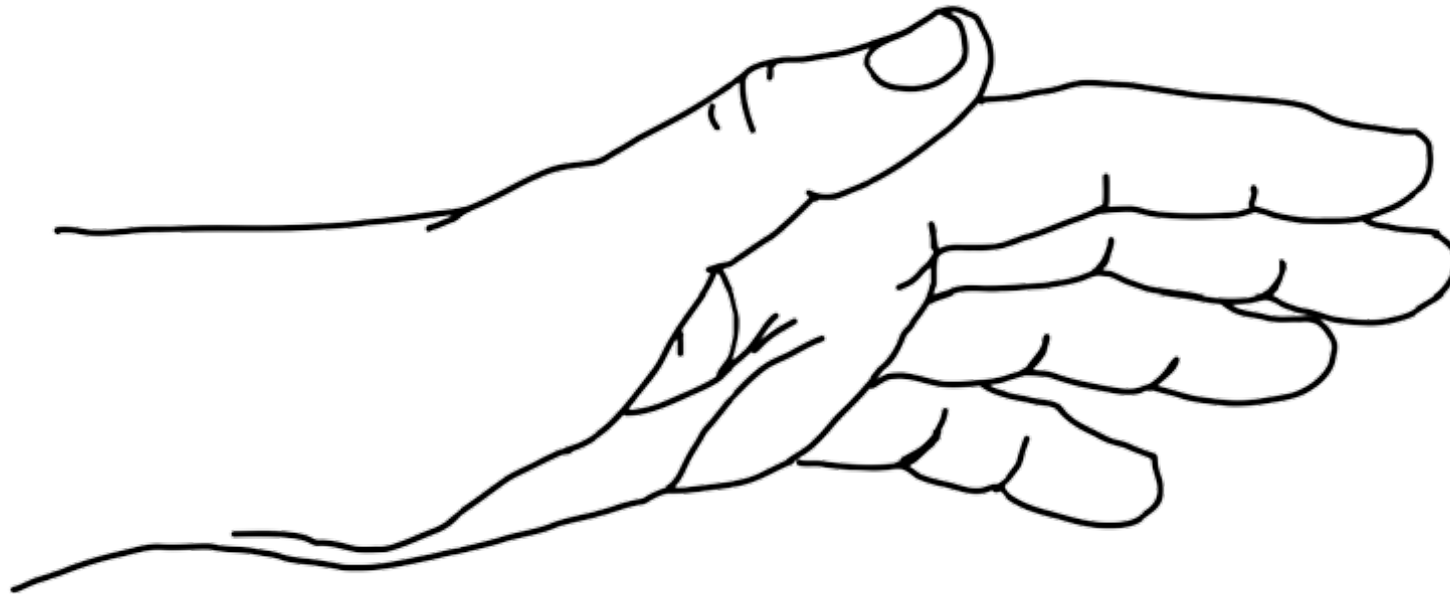


Next sign

Choosing the signs



# 'Not OK' sign for divers with upper limb disabilities

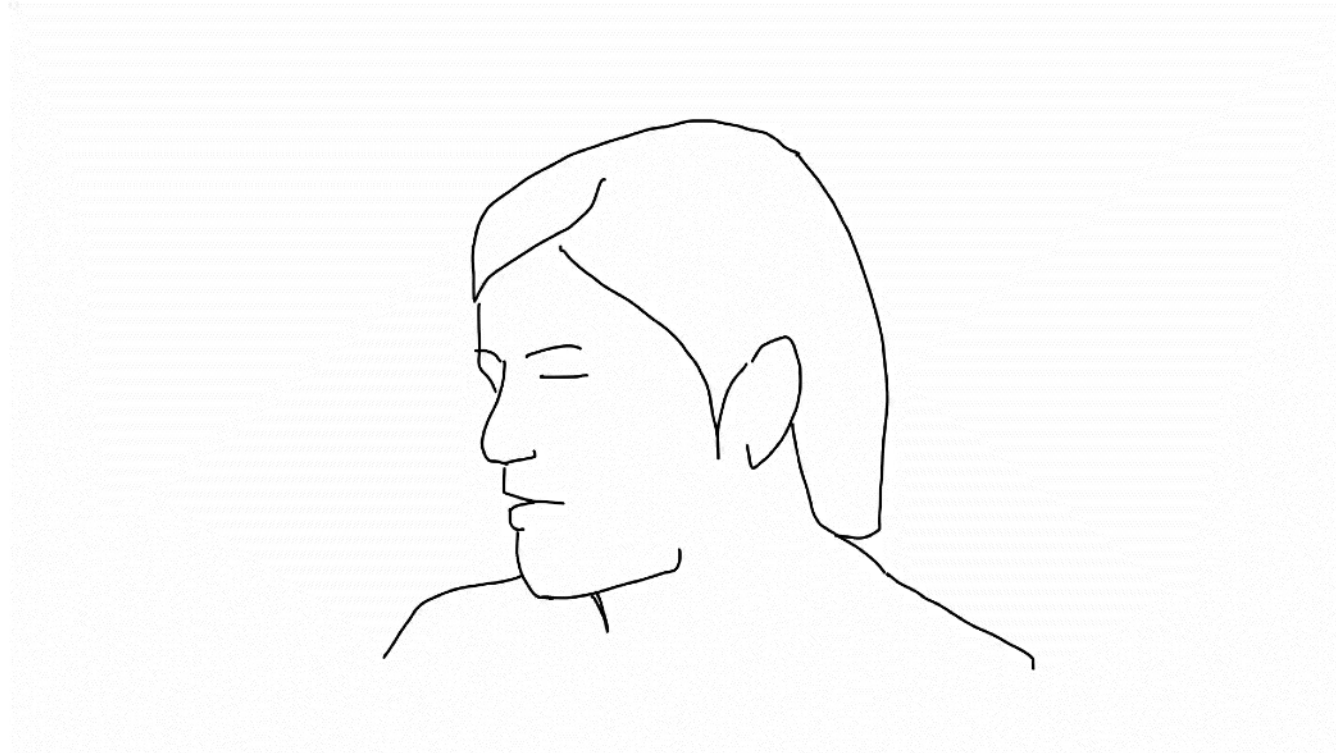


# 'Not OK' sign for divers with upper limb disabilities



[Click on the video to play it](#)

# 'Not OK' sign for divers with upper limb disabilities



Next sign

Choosing the signs





# "Up" and "Down" signs for divers with upper limb disabilities



# "Up" and "Down" signs for divers with upper limb disabilities



[Click on the video to play it](#)

# "Up" and "Down" signs for divers with upper limb disabilities

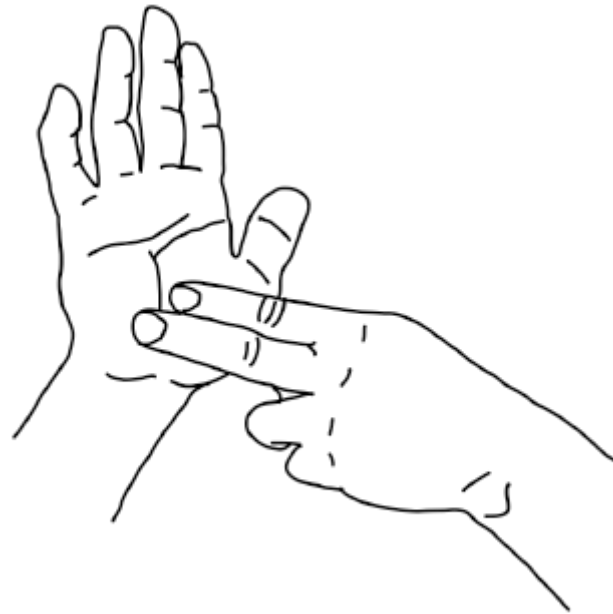


Next sign

Choosing the signs



# Manometer sign for divers with upper limb disabilities

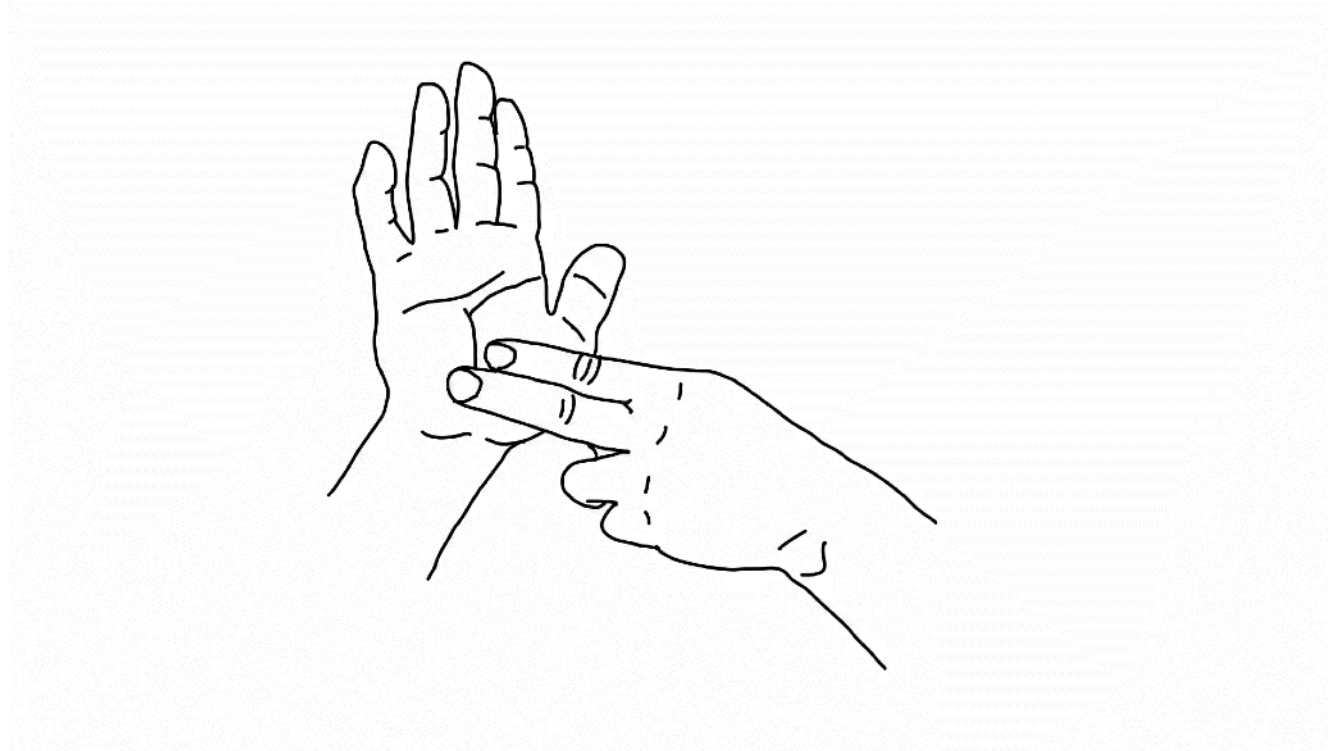


# Manometer sign for divers with upper limb disabilities



[Click on the video to play it](#)

# Manometer sign for divers with upper limb disabilities



Next sign

Choosing the signs





# Quiz on signs for upper limb disabilities



# Quiz on signs for upper limb disabilities

## Sign: OK

\* Comment le plongeur répond-il qu'il va bien ?

\* by nodding his head

\* by blinking

\* by lifting both shoulders

# Quiz on signs for upper limb disabilities

## Sign: Not OK

\* Quel geste le plongeur doit-il faire pour signifier que ça ne va pas ?

- \* Lift both shoulders several times
- \* Blink three times
- \* Repeated sideways movement of the head

# Quiz on signs for upper limb disabilities

## Sign: Compensation is not going to

\* How does the diver indicate a compensation problem ?

\* by lifting both shoulders

\* by blinking on the side of the ear concerned

\* by lifting the shoulder on the side of the ear concerned

# Quiz on signs for upper limb disabilities

## Sign: Going Up / Going Down

\* How does the diver confirm the ascent ?

\* by moving the head upwards

\* by shrugging the eyes

\* by shrugging both shoulders

# Quiz on signs for upper limb disabilities

## Sign: Pressure gauge ?

- \* How does the instructor warn that he is going to check the remaining pressure?
  - \* by tapping two fingers in the palm of your hand
  - \* by tapping two fingers on the back of your hand
  - \* by clapping hands



# Thank you !

