

Do You Remember Your Buddy Check?

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Whether you've done 10 dives or 1,000, the pre dive buddy safety check should be part of your routine. It ensures that everyone's equipment is properly set up and operational, and it also helps you both become acquainted with each other's gear.

It's no secret that acronyms are a great way to remember things when you're learning something new. But it's been a while since your PADI Open Water Diver course, and you can't remember what 'BWRAF' stands for or why you scribbled these 5 letters in your logbook?

The most commonly used acronym for remembering all steps of these so-called buddy checks is BWRAF, Begin With Review And Friend.



Here is a quick reminder on the meaning of BWRAF...

B – BCD/Buoyancy

Check to ensure that everything is connected and functioning properly. Check that the low-pressure inflator hose is properly connected and that the buckles are securely fastened. Test the inflator button, as well as all of the deflate valves and releases, and make sure you can inflate the BCD orally (in case there are any issues with the power inflator underwater). Confirm that the tank is securely strapped in. Verify that all signaling devices are working and easily accessible.

W – Weight

Is your buddy wearing a weight belt or an integrated weight system? Check that the weight is correct and evenly distributed. Ensure that the weight pockets or belt are securely fastened and that either option allows for a quick release

R – Releases

The clips, straps, and buckles on your buddy's BCD are also referred to as "releases." Check ALL releases to ensure they are secure and properly adjusted, and instruct your buddy on how to open the release in an emergency. Don't forget to double-check the tank strap and weight belt, in addition to the other releases. Check to see if there are any hoses or other items that could prevent a diver from exiting their equipment in an emergency.

A – Air

Taking a quick breath or two off the regulator isn't enough. You want to make sure that your buddy's tank is fully opened and take multiple breaths while looking at an SPG. This allows you to ensure the tank valve is open, see how much air is available for the dive, verify the air monitoring device is functioning, and that the air tastes okay. Check you can breathe through the alternate air source and make sure it is correctly clipped off and visible so your buddy knows where to locate it in an emergency.

*We will need to adapt this during covid times.

F – Final Check

Make a head to toe check to see if your buddy has everything they need (mask, snorkel, fins, computer, signal device and any specialized equipment which is needed for that dive). Secure loose hoses and other objects that may dangle and damage the reef. Check with your buddy if they are all right and ready to go!



How do you remember your BWRAF?

Mnemonics for BWRAF can be one of the more fun diving activities you can do above water! Your dive instructor would have probably given you a funny sentence to remember this (and some are definitely too rude to be shared online) Have a giggle exchanging all the ways to remember BWRAF!

Here are some of our favourites we have heard:

- Bruce Willis Ruins All Films (Sorry Bruce, we'll make it up in the next one!)
- Bruce Willis Rules All Films
- Burger with Relish and Fries
- Barf Will Really Attract Fish
- Beans With Rice and Fish
- Barry White Records Are Funky
- Because We Really Aren't Fish
- Big Whales Really Are Fun
- Big White Rabbits Are Fuzzy

Do you have any other mnemonics to add to our collection? Let us know in the comment section!