

The use of LSAC Demand valves in cold water

Most Lutterworth sub-aqua club demand valves are designed with adjustable breathing rate settings.



In normal conditions, the setting should be at “normal”

In cold water conditions, the valve should be adjusted to a negative



setting, by turning anti-clockwise.

This will make the breathing effort greater, but will reduce the risk of a freeflow.

Ensure that your Diving Instructor checks your demand valve before you dive.