



## **HOW TO CHOOSE THE RIGHT REGULATOR**

The main parts of the regulator are two and they are called:

### *First Stage*



or



### *Second Stage*



The First Stage is the part of the regulator which is attached first on the tank's valve and it provides the air that the scuba diver breaths. The first type, the so called, Yoke International, is the usual type that is used globally. The second type, the so called DIN Standard, is used on tanks whose valve has an insert valve which when removed it can accommodate regulators with DIN First Stage.

There are scuba tanks where the inner part of their valve can be removed and can be transformed from International Yoke Valve to DIN Standard Valve. This inner part of the tank is called DIN Insert Valve.

**The regulators are divided into two major categories according to the type of their 1<sup>st</sup> Stage:**

- (1) Piston
- (2) Balanced Diaphragm

The first Stage has various ports to accept the following equipment:

- *Octopus*– this will be mounted in the Low Pressure(LP) port
- *Console*– this will be mounted in the High Pressure(HP) port
- *Transmitter* (optional) – this will be mounted on the 2<sup>nd</sup> Port High Pressure (HP Port), if there is one.
- The hose of the valve of the *Dry Suit* - this will be mounted on the 2<sup>nd</sup> Port High Pressure (HP Port).

**Another categorization of the regulators is their performance and the level of training/expertise of the diver i.e**

- **Beginners**
- **Medium Range**
- **Advanced and Active Divers**

**TIP: It is better to consult your Dive Instructor of what type of Regulator to buy according to the level of training that you have, your experience and what type of diving you wish to engage into.**