



*Ask Dr. Debbie...*

## Equipment Options & Versatility with the Backplate System

*By Debra A. Hill, MD*

*While getting ready for our trip to Fiji, I was reminded about how much I like diving with a backplate system because of its incredible versatility. So, I'd like to share with you a brief article that I wrote sometime ago, and it is also viewable on my website, [www.divein.tv](http://www.divein.tv). The webbing on my backplate for this trip is bright pink--great for photos & video here in Fiji, the soft coral garden of the world.*

*Bula! and Happy Diving!*

### **Buoyancy Compensators:**

As a female diver, I've struggled with finding a comfortable buoyancy compensator. I've tried various jacket style BC's, including those with back style inflation bladders. My favorite option to date is the Halcyon backplate/harness system used with a back mounted BC bladder. What I like about it is the comfort, versatility and safety features.



- 1. Comfort** - The Halcyon backplate/harness consists of a simple strap system. The backplate itself is stainless steel and offers the opportunity to remove 4-5 pounds off the weight belt. Additionally, it is quite versatile in that it can be used with either a single cylinder using a tank adaptor or double cylinders. But the most important reason that I enjoy the Halcyon backplate and harness system has to do with the shoulder straps and waist belt allowing for greater freedom of mobility and comfort.
- 2. Versatility** - The color of the webbing can be changed to match any mood - and this makes for great photos! The Halcyon backplate/harness can be integrated with a single cylinder of air, double cylinders, and various sized bladders, depending on what is needed for the type of diving being performed. This enhances its cost effectiveness as it eliminates the need for many types and styles of jacket BC's.
- 3. Safety** - This system allows for the streamlined attachment of lights, safety sausage, light canister or stage bottles. No quick releases prevent just that... an unexpected quick release during a dive.

*Ladies, try it! I think you'll like it!*

*Dr. Debbie*