



# Diving and Spearfishing in South Africa

*Piet van Rooyen*

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South Africa has over 2500km of spectacular coastline washed by the icy rollers of the Atlantic Ocean in the west and the temperate waters of the Indian Ocean along the eastern seaboard, providing the country with a vast undersea wilderness and a staggering array of marine species that attract divers and spearfishers from around the world.

In this wide-ranging book, veteran spearfisher Piet van Rooyen provides an extensive overview of all there is to learn about diving and spearfishing.

Comprehensive chapters cover equipment, spearfishing and deep-diving techniques, prolonged breath-holding, fitness training, safety guidelines, boats and boat handling, and how to avoid the hazards of the sport – from shallow water blackout to shark attacks.

Twenty-two major fish species are profiled in detail, and prime diving and spearfishing destinations in southern Africa are described for help in planning where to go.

Especially important in promoting sustainability, the very latest information on regulations and protective measures, species size restrictions and bag limits is included.

Regarded as a definitive guide when it was first published in 1988, this new edition of *Diving and Spearfishing in South Africa* will appeal to novice and seasoned spearfishers, as well as scuba divers, shore fishers and boat anglers.

Piet van Rooyen is professor in political and administrative studies at the University of Namibia, Windhoek. He holds a PhD in development studies and has additional qualifications in nature conservation and conservation planning. He has been an avid diver and spearfisher for the past 25 years and has captained the Namibian national spearfishing team on several occasions.

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