

WOMEN IN FREEDIVING

www.freedivewire.com/freediving-women

Is freediving an equal opportunity sport? Is participation different for men and women? What about the way freediving women are perceived on social media, or how they are represented?

We wondered about these questions, but cannot answer them from our own experience. Hence, we decided to ask five women in freediving: Jeanine Grasmeijer, Valentine Thomas, Sara Campbell, Tanya Streeter, and Radziah Radzi.

This read will take you about 10 – 15 minutes.

First things first: introductions

Valentine Thomas is a spearfisher and freediver and posts her adventures on Instagram.

Jeanine Grasmeijer currently holds the world Record in free immersion. (Find her on [Facebook](#) or [Instagram](#))

那些自由潜水的女神们(女性与自由潜水)

Translation by Aolin Wang.

自由潜水是一项机会平等的运动吗？男女之间是否有差异？在社交媒体上这些女神们是如何被人们所认识和接受的？

我们对此深感疑惑，却无法仅凭自身的经验来解答。因此，我们咨询了五位自由潜水界女神Jeanine Grasmeijer, Valentine Thomas, Sara Campbell, Tanya Streeter, and Radziah Radzi.

您需要花费十到十五分钟来阅读这篇文章

首先，让我们来介绍一下这些女神：



Valentine

Thomas一名渔猎爱好者和自由潜水员，她经常在instagram上发布自己的探险日志。



Jeanine Grasmeijer现在是女子攀绳下潜的世界纪录保持者



Sara Campbell has held several world records and now teaches Yoga For Freediving

Sara Campbell曾经拿过多项自由潜水的世界纪录，现在她在埃及利用瑜伽来帮助人们提升自由潜水的表现。



Tanya Streeter has held the no limits world record since 2002. She was inducted in the Women Diver's Hall of Fame in 2000. You can find her on Facebook.

Tanya Streeter从2002年就开始保持着无极限下潜的世界纪录。她进入了2000年的女性潜水员名人堂。



Radziah Radzi is an AIDA competition judge based in Kuala Lumpur, Malaysia. She has ample advice for other Muslim female freedivers for dealing with traditional Muslim garb. You can find her on instagram.

Radziah Radzi是一个居住在马来西亚吉隆坡的AIDA比赛裁判。她可以给穆斯林的女性自由潜水员们在穿着方面提供非常多有用的建议，

Is freediving an equal opportunity sport?

Jeanine: It is definitely an equal opportunity sport in the Netherlands. If anything women are encouraged to take part in freediving. Why we don't have half as many female athletes as male, I don't know. It's not like soccer, which is still considered a very masculine sport. This can be a pretty big barrier for girls to start and/or continue, society basically discourages them from it. But freediving is both: Very masculine because of it's extreme nature and very feminine in it's gracefulness and spirituality. So it fits both parties.

But since you ask, I'll whine a bit. As in most sports men will always be better, when you look at the numbers. They always go deeper, further and longer. So their performances will always be seen as the ultimate performance, the maximum of human capability. It's only when a woman exceeds a man's performance that she rises to his level. As was the case with Natalia Molchanova (all hail the Queen!)

自由潜水是一项机会平等的运动吗？

Jeanine：在荷兰这绝对是一个机会均等的运动，如果我们都鼓励女孩子去参加自由潜水，为什么女性潜水员数量不及男性潜水员的一半，我不知道为什么。自由潜水不像足球，足球仍然被看做是一项非常男性化的运动。女孩子们想要开始踢足球并且（或者）坚持下去面临巨大的困难，社会基本上不鼓励她们这样做。但是自由潜水兼具两方面的：由于它极限运动的本质使它有男性化的特质，同时，它的优雅和灵性使它有女性化的特性，所以它适合所有性别。

但是既然你问到了这个问题，我就发发牢骚好了。在大多数运动中你能够男性都是具有一定先天优势的，从深度的数字上你就能看出来很明显的差别。这里我指的是当他们身体在极限状态下所创造的成绩。只有真正当一个女运动员超越了男子纪录的时候她才能真正和男性的竞技水平相提并论。在这里不得不提到的是Natalia Molchanova（向女皇致敬）。

I've heard say that women should physically be able to reach the same depths as men and that it's a matter of training. I don't believe this. It's a mental sport yes, but 20% is still physical. As far as I know there are no physical sports where women's world records consistently equal or exceed men's. Men and women are built different. So I believe women should sooner be seen as exceptional in their own right. This is for all sports, not just freediving.

Valentine: I am more into spearfishing than into 'pure' freediving, but I think it is. The women in my freediving classes sometimes have a bigger mental barrier, but once they go past that they are amazing!

Sara Campbell: Absolutely! Mainly because it's not a professional sport yet so it's open to everyone to get involved and do their best. As and when (and if) it becomes more professional, with government subsidies and more serious and broader sponsorship offers, then we might see things change. But for now, each athlete creates his or her own opportunities and can embrace equally all the the sport and the ocean has to offer.

However, I do recognize that for people living in Europe, or away from opportunities for regular, quality depth training, it can be challenging and frustrating. To have depth training limited to a few short weeks a year, and still be relaxed with a goal of improving a PB or competing at a big event, such as the worlds, is almost asking the impossible. But this applies to all freedivers, not just women.

Radziah: I think it is equal opportunity for men and women. Actually, if we look into competitive freediving, our late freediving queen Natalia has held world records that were higher than the contemporaneous men's records! Perhaps, because it is such a mental sport, maybe women have the upper hand haha! Just kidding ;)... In Malaysia, some of the women's national records are higher than the men's.

Unfortunately, because it is a sport without much sponsorship, it is not equal opportunity for people in different countries. Naturally, if you live in a richer country with access to deep and warm water you will have much more opportunity than if you live in a landlocked developing country. Unless you can pay for international airfare, competition fees, and the cost of training you won't be able to compete on the same level.

Tanya: I do believe freediving is an equal opportunity sport! The playing field is pretty level!

Are there (or have there been) any barriers for your participation in the sport?

Jeanine Grasmeyer: Not when it comes to gender inequality. The barriers I've faced were either financial or personal.

Tanya Streeter: There have been no barriers for me, but I did retire from competition before having children, by choice.

Sara Campbell: Living in Dahab I never experienced any barriers for participation. The limitations of the sport as it is right now in terms of sponsorship, creates barriers for athletes to open up opportunities for more time training depth. I think however, that this year has seen a break-through of that paradigm – the invention of the Dive-Eye underwater camera at the worlds will hopefully break the vicious circle that athletes have found themselves in; it is not possibly to convince big serious sponsors to get involved either at the event or personal level, until there is serious, mainstream coverage for them to realize return on their investment. The Dive-Eye will hopefully be the break in that cycle that athletes and event organizers have been waiting for.

Valentine Thomas: My brain haha. Freediving is such a mental sport and sometimes my mind plays tricks on me, it tells me to go back up and that I'm out of air when I'm not. I used to suffer from a lot of anxiety when I was younger, so this sport helped me overcome that. When you manage to let go, it is the best feeling in the world. The second barrier has been my ego. There is a competitive side of this sport and sometimes it makes you forget about what is truly important. We tend to forget that it is essentially a team sport!

Radziah Radzi: No, there have not been any barrier so far for me to participate in the sport either competitively or just for leisure.

But there are some challenges for me as a female Muslim freediver.

I consciously choose to sacrifice performance to adhere to my religion. It is not just about the headcover, but also about wearing a loose outfit rather than a snugly fitting wetsuit. I still wear a wetsuit but I do cover it with a rashguard, tennis skirt and long pants. Of course this is a personal choice, and everyone should decide for themselves. To other Muslim freediving women I just want to share these:

If you choose to wear draggy clothes outside your wetsuit, realize and embrace the fact that you are losing performance (only slightly).

Come to terms with the sacrifice you choose to make to adhere to our faith. If you don't glide as far per stroke as someone not wearing a loose-fitting rashguard, it's okay, and you can try to compensate another way to swim the same distance.

我总是听到一些女孩子通过训练是完全可以在深度上与男子平起平坐的。但是说实话我认为这根本是不可能的。虽然自由潜水更多是精神层面的运动，但是有至少20%还是要看身体素质的。据我所知，没有一项与身体生理结构有关的运动中，女子世界纪录能够始终追平或者超过男子世界纪录。男女的构造本就不一样。所以我认为不应该进行男女之间的比较，女性应该在他们自己的领域有所长。这个道理使用所有的运动，不仅仅是自由潜水。

Valentine：比起纯粹的自由潜水运动，我更喜欢渔猎，但即使这样，我仍然认为这是一项平等的运动。通常在我的自由潜水课程里的女同学，他们在精神层面相对较弱，但有时一旦他们跨越了这个障碍，她们的表现会让人惊叹。

说的非常正确！现在自由潜水还不是一个主流的运动，所以它的包容性非常强，基本上任何人都可以参与进来，并且通过训练做到最好。而当我在有政府或者是赞助商支持的时候，我通常会以更为专业的态度进行训练，这个时候也许会发生一些改变。但是就目前而言，每个运动员，无论是他还是她，都在平等的面对这项在大海的运动中所获得的机会。

但是，我的确意识到，对于生活在欧洲的人或者无法定期训练的人来说，高质量的深度训练是一个具有挑战性、很难实现、令人沮丧的话题。一年之中只在有限的几个星期里进行深度训练，想轻松的完成一个目标——达到新的个人最佳成绩或者在一个大型活动，如世界级比赛中奋勇争先，是不可能的。但是对于所有的自由潜水员来说情况都是这样的，不仅仅是女性

Radziah

：我认为对于女人和男人来说，机会是平等的。实际上，当我们把目光放在竞技自由潜时，我们已故的自由潜女王 Natalia 所保持的世界纪录超过了同期的男子世界纪录。也许，可能因为自由潜是一项与内在精神力息息相关的运动，女性也许更有优势。哈哈！开玩笑啦。在马来西亚，有一些女子国家纪录是高于男子的。但不幸的是，由于这项运动缺乏赞助商，对于不同国家间的运动能源其实机会并不是对等的。如果你住在一些富裕的国家，温暖并且有一定深度的海水近在咫尺，您的优势比起住在发展中国家的人要好得多。除非你完全可以支付自己的差旅费，比赛费用和所有训练期间的花销，否则你们根本不可能在同一个水平线上进行比赛。

Tanya：我相信自由潜是一个机会平等的运动! 竞技场是同样标准的。

你参与这项运动是否（或者曾经）遇到任何阻力？

Jeanine Grasmeyer

：并没有在性别不平等上遇到障碍。我面临的障碍来自于经济方面或者个人方面

Tanya

Streeter：对于我来说没有任何的障碍，但我确实处于选择在生孩子之前就退出竞技自由潜水了。

Sara

Campbell：我在埃及住了那么久从来没有觉得从事自由潜水有任何的障碍。我认为现在这项运动里更多的限制在于是否有赞助商，如果没有经济支撑，很多运动员都没法腾出时间来进行充足的深度训练。但是我认为今年会有一个非常棒的突破点，因为Diveeye水下直播系统的出现彻底改变了以往这项运动根本没法观看的问题。直到Diveeye出现以前，想要大型的赞助商来资助赛事基本是不可能的，但是现在Diveeye确保他们的投资可以得到丰富的回报。Diveeye则是那个所有运动员和赛事筹办方一直在等待的。

Valentine

Thomas：我的大脑，哈哈。自由潜水精神层面占很大比重，而我的大脑经常跟我玩儿一些小把戏，它经常在我氧气还比较充裕的情况下让我开始上升。我小的时候饱受焦虑症的折磨，所以这项运动帮助我克服了焦虑。当你真正放松的时候，那简直是这个世界上最美的感受。第二个障碍则在于我的野心。这项运动竞技的一面经常会使人忘掉从事这行运动的初衷。我们也会忘掉这是一项集体运动。

Radziah Radzi：不，目前为止，不管是为了竞技还是为了放松，我都没有遇到任何障碍。

但是对我而言，以一名女性穆斯林的身份做自由潜水员的确存在一些挑战。

我会为了坚持我的信仰而自觉的牺牲我的成绩。这不仅仅是头巾的问题，我也会穿宽松的装备，而不是贴身的合适的湿衣。我仍然会穿湿衣，但是我会用能遮盖皮肤的网球衫和长裤子遮住它。当然了，这是一个人的选择，而且每个人都可以为了自己做决定。对于其他的穆斯林女性潜水员，我只是想分享这些：

如果你选择在湿衣外面穿上宽松衣服，要意识并且接受一个事实：你会损失一部分成绩（只是很轻微的）。

妥协于为了坚持我们的信仰所选择的牺牲。如果你每次踢蹼滑动的距离没有那些没有穿宽松外衣的人远，没关系的。你可以试着用游动相同距离的方式来抵消这个差距。

What do you think of the way women who freedive are represented (or the way you represent yourself) on social media?

Jeanine Grasmeyer: People choose how they present themselves in photos and on social media, it's in their own hands. Someone once told me: 'If you want followers as a girl, you need to show some skin'. This is a fact and you can use it to your advantage. There is no doubt in my mind that the most popular freediving women on social media are very fit and feminine and not afraid to show it. But it's certainly not specific for freediving and it's not the only way. You can also be funny, inspirational, motivational, educational, etc. Either way, I think anyone who has the courage to put himself out into the superficial world of social media and inspire people, is amazing.

Valentine Thomas: A lot of women in freediving are naturally sexy and fit. I think it is admirable to be comfortable with your body and who you are. That doesn't mean posting pictures of you bending over, it just means that you acknowledge you can be a sexy woman. I believe confidence is sexy. Some men like to complain that women get more popularity just because they show bikini pictures. The reality is that it is still a men's world, and women are at a disadvantage for a lot of things in society, so I don't think using our looks to empower ourselves is a bad thing. And in the end, we should all get together and have each other's back.

As a woman, a lot of people accused me of posing with fish that weren't mine. I did this once when I started out, on my second time spearfishing. Initially I just didn't think it mattered, but I quickly realized that if you are a woman, you have to achieve double if you want credibility. But I don't want to sound pessimistic. In the end it was all the bad talk that pushed me to do a freediving course and made me push my limits as a diver.

Sara Campbell: I think it's great to see more and more women approaching and breaking through the 100m 'glass ceiling'. Many of them are doing really well with self-promotion, but it varies according to their own expertise, contacts and drive and desire. Ideally, with sponsorship, each athlete could employ a social media/brand manager to handle their online presence to really promote themselves and maximize opportunities for both promotion and earning, through public speaking and media appearances. Currently, it's ad hoc, according to the individual athlete's own abilities, budget and feelings.

As for my personal marketing, I've moved away from promoting myself as an athlete and am now working to promote my teachings, my school, Discover Your Depths, and my online training program 'Yoga for Freediving'. As I'm now working in the sport, I have a dedicated social media manager, as well as graphic designer, website manager etc. But this is beyond the reach of most athletes, and some coaches. It's tough, I struggled, and still do. And of course the more popular the sport comes, the busier the market and the harder each of us has to work to be seen and heard. Big diving results, such as national and world records are invaluable for both men and women when it comes to promotion because the world and the media loves to benchmark us, but of course they are not the be all and end all when it comes to the greater experience of the sport – that is something between the athlete/diver and the ocean itself.

Tanya Streeter: I think the freediving world is currently full of women representing themselves and the sport responsibly. And I think they bring a softer approach to a fiercely competitive sport, which is great.

Radziah Radzi: I think that the women in freediving are represented well, fairly and with respect of their capabilities as athletes. If we compare how men and women are represented in social media, we can't deny the fact that women's physical beauty, attractiveness, and sex appeal do play a role in their "popularity". However, for the athletes, I don't think this overshadows their freediving ability, after all they are all well performing freedivers and deserve the recognition.

I do remember a recent post about a female freediver breaking a National Record for Static (I don't remember her nationality though). Her post appeared in the AIDA International FB page. So, naturally people congratulated her. However, one guy thought it was funny to comment something along these lines: "You know she is good gf/wife material as she can keep her mouth shut for that long". Of course a lot of people expressed their distaste (guys included). It was very distasteful, and comments like these belittle her fantastic performance for no reason.

对于女性自由潜水员在大众媒体上被展示出来 (或者你展示你自己) 的方式, 你有什么看法?

Jeanine

Grasmeyer : 人们可以自由选择用照片或者社交媒体方式来展现自我。有人曾经告诉我, 作为一个女孩如果你希望被关注, 你需要更性感一些。”这是事实, 而且你也可以利用这一优势。毫。对我来说, 毫无疑问的是: 大众媒体上最出名的女性自由潜水员都非常健美、具有女性韵味而且毫不畏惧去展示出来。当然这并不是自由潜特有的, 而且也不是唯一的途径。你也可以是有趣的、富有感染力的、能够激发别人的、具有教育意义的、等等。不管怎样, 任何敢于把自己展示在大众媒体上并且鼓舞别人的人, 都很棒!

Valentine Thomas

: 自然而然的, 很多女性自由潜水员都很性感和健康。我认为与自己的身体和自己的内在舒适共处是一件令人钦佩的事情。并不是意味着要上传你优美曲线的照片, 那不过是你告诉别人你可以做一个性感的女人。我相信自信是性感。有些男人喜欢抱怨女人因为秀出了比基尼美照而博得了更多关注。事实是现在仍然是一个男人的世界, 女人在社会上很多方面处于劣势。所以我并不认为用我们的外在来给自己助力是一件坏事。最后, 我们应该团结起来, 互相支持。

作为一个女人, 很多人指责我上传的照片里面的鱼不是我自己猎取的。在我刚刚开始这项运动, 进行我的第二次渔猎的时候, 我的确这样做过。最开始我认为这没什么大不了。但是很快我意识到, 作为一个女人, 想要拥有可信性需要付出双倍。但是我并不像听上去悲观。最终, 是这些不好的言论让我上了一个自由潜课程并且不断突破自己的极限。

Sara

Campbell:看到越来越多的女性下潜深度已经接近100米, 有些甚至突破了100米深度, 我感觉真的很棒。她们中的很多人都善于自我推销, 但根据每个人自身的技术、动力以及欲望不同采取的方式也各有不同。理想的情况是, 在赞助的支持下, 每个运动员可以雇佣一个媒体经纪人, 通过公开的发言和参与媒体活动, 塑造他们的网上形象, 真正有效的推销他们, 将推销和收益的机会最大化。现在, 推销都是临时的, 取决于个体运动员自身的能力、预算和感觉。

而我个人营销方式, 已经不再将自己作为一个运动员进行推广, 而是致力于推广我的教程、学校、“探索你的深度”和在线课程“自由潜水瑜伽”。我现在从事这项运动, 我有专用的媒体经纪人, 同时还有平面设计师及网站管理员等。但这样的团队是超出大多数运动员和教练的能力范围。这很艰难, 我挣扎过, 并且到现在仍然坚持着。显而易见的, 随着这项运动越来越普及, 市场竞争会发激烈, 我们每个人都需要更努力才能被看见被听到。大的潜水成绩, 比如国家和世界纪录, 对于男性潜水员和女性潜水员的自我推销来说都是无比珍贵的, 因为世界和媒体喜欢用基准来衡量我们。当然了, 这些并不是这项运动的全部。最终追求的是这项运动中更好的体验, 运动员、潜水员和大海本身之间的体验。

Tanya Streeter:

现在自由潜水世界里有着一很多女性, 她们即展现了她们自己, 也承载了传播这项运动的责任。她们为激烈的竞争带来了一丝柔软, 她们是伟大的。

Radziah Radzi : 我认为女性自由潜水员被很好地、公平地展

示了出来, 而且很尊重她们作为运动员的能力。如果我们对比一下男性女性在大众媒体上的展示方式, 我们不能否认一个事实, 即女性身体上的美、吸引力和性吸引力的确帮助她们收获关注。然而, 我认为这些并不能掩盖住这些女性潜水员卓越的自由潜水能力, 不管怎么样。她们都是表现突出的自由潜水员并且理应得到承认。

我记得最近一篇关于一名女性自由潜水员打破自由潜水静态闭气国家记录报道 (我不记得国籍了)。这篇报道被放在AIDA国际FB的首页。自然而然, 很多人会向她表示祝贺。但是有一个男人认为在一片恭喜声中做出批评是一件有趣的事情 : “ 你们知道的

, 她一定是块做女朋友或者老婆的好材料, 因为她可以闭嘴那么长时间。”自然有很多人 (包括男人) 表示讨厌他。

这真是非常令人厌恶, 这样的批评毫无理由的贬低了她出色的表现。

There are certain recurring themes in social media. Some female freedivers identify themselves as mermaids, spearfishing women, underwater models, freediving instructors or experts, freediver yogis, vegan/vegetarian/clean eating freedivers, while other freedivers just share their activities; training or excursions on social media. I do not have any issue with this. What I do have an issue with is posts of over exposing butt and cleavage shots. I think some of the social media accounts that have these posts are run by men, but even so the women are legit female freedivers, and maybe they do spearfish too. Unfortunately, most of the photos just show them wearing sexy bikinis, and holding a big fish in a seductive pose! Sometimes they do have underwater shots while wearing a very sexy bikini and holding a spearfishing gun but many times these are shots from (the) “behind”. It could just be my culture, or maybe I am too old-school, but I don’t find those are tasteful photos. Though maybe they do dress that way while spearfishing and maybe they are really proud of the big fish they caught, but I can’t help but cringe while thinking of how those photos are viewed by men. And I think it only portrays female spearfishers as seductive and sexy, not as great spearfishers. Not everybody does this of course. I think these shots are mostly on spearfishing social media accounts for or by men, which I unfollow instantly.

Is there anything else you’d like to share?

Jeanine Grasmeyer: Yes! I do. There is something that I noticed during the AIDA Depth World Championships in Roatan: The men and women’s performances were separated and what a difference it made. Because they were separate the women’s competition was much more exciting. A 90-m dive for a man may not mean a medal while that could be gold for a woman This is what I was talking about before. Competing at the same time as men doesn’t do justice to the performances of women. I think separating the men’s and women’s dives should be standard procedure, after all, they don’t dive for the same medals.

Radziah Radzi: I just would like to share something about the experiences I had as a Muslim freediver. I need to plan a little different from other divers. For example, changing attire is something that needs to be planned for someone who can’t show any skin. I have gone, fully prepared in my wetsuit, from hotel room to dive spot and vice versa to avoid showing any skin.

When I went to Adam Stern’s DeepWeek training in Bali we sometimes had a classroom session in the dive centre before the dive, so I would wear my wetsuit in the classroom session. “Are you not hot?”, is a normal question. I wear just a 1.5 mm wetsuit and I don’t have any problems with heat but I do need to plan ahead of time to avoid changing trouble.

There can also be a bit of social awkwardness because different cultures mix. For example, I try to adhere to the rule of not touching men that are not of blood relation to me. I struggle between choosing not to be rude versus strictly adhering to that rule.

Some people from western countries are not aware about this and they will offer a hug or shake hands. I sometimes accept the hand shake but I will try not to hug. Every now and then someone won’t give me a choice though, and I am too slow to say “urm.. sorry I can’t hug you” haha.

On another note, some Muslim female freedivers from abroad have also asked me for advice, on how do I freedive while protecting my aurat (female muslims’ parts that have to be guarded from non-family males’ eyes). They ask questions like what kind of head cover I use, how do I keep it on while freediving and doing water activities and what are good swimming attires for Muslimah (female Muslim). This makes me feel that I have a purpose that even while I’m not a big performer, athlete or instructor, I can still contribute.

大众媒体上有一些确定的循环出现的主题。一些女性自由潜水员将自己定义为美人鱼、渔猎女、水下模特、自由潜教练或者专家，自由潜瑜伽修行者，素食主义者。同时其他的自由潜水员只是在大众媒体上分享他们的活动、训练和旅行。我对这个没有意见。我有意见的是上传过于暴露臀部和乳沟的照片。我认为尽管有些媒体将这种现象归因于实际上是由男人上传了这些照片，但是即便如此，这些女性是合法的自由潜水员，也许她们也渔猎。不幸的是，大多数的照片里，她们只是穿着性感的比基尼，抓着一条大鱼，摆着性感的姿势！有时，她们会拍一些穿着非常性感的比基尼拿着渔猎枪的水下照片，但是很多时候照片是从“后面”拍的。这是我的观点，也许是我太老土了，我并不认为这些照片趣味高雅。尽管也许她们真的在渔猎时这样穿或者她们真的为抓到的大鱼而骄傲，但是当我想男人会如何浏览这些照片时，我不禁畏缩。我认为这不过是扮演性感窈窕的女渔猎潜水员，而不是伟大的女渔猎潜水员。不是每个人都这样做的。我认为这些被放在与渔猎有关的大众媒体上的性感照片旨在吸引男人，我会直接取消关注。

还有什么其他的想分享吗？

Jeanine Grasmeyer:

是的，我确实还有想分享的。我注意到在Roatan举办的AIDA深度赛上，男性和女性比赛是分开举行的。正因为是分开举行，女性比赛显得更加令人兴奋。一次 90 米深的潜水，对于男性来说可能连奖牌都拿不到，但是女性也许可以拿到金牌。这就是我之前说过的，和男性同时比赛对于女性是不公平的。男女分开比赛应该作为一个标准程序，他们不应该去同台竞争一块奖牌。

Radziah

Radzi：我想分享一下做为一个穆斯林教徒的自由潜水经历。我需要做一些不同与其他自由潜水员的准备。比如：对于不能裸露一点点皮肤的人来说，我需要提前计划好如何更换衣服。有时，我必须穿好湿衣往返于酒店和潜水点，以避免裸露出肌肤。

在我参加巴厘岛Adam

Stern深度周训练时，每次下潜前都会有一个教室课程，因此，我需要穿着潜水完成教室课程内容。“你难道不热吗？”对我而言是一个常见的问题。我并没有感到温度方面有什么问题，这样我就不需要提前想办法来解决换衣服的困扰。

由于不同文化的融合，也会产生一些社会交际的尴尬。比如，我要尽力坚守信条不去触碰非血缘关系的男士，我一直在选择显得不那么不开化和严格遵守教义之间挣扎

一些西方国家的人会忽略到这些习俗，主动过来握手或是给你一个拥抱。有时候我会接受握手但会试图拒绝拥抱。但不时的，有些人不会给我选择的机会，而我又反应过慢的才说：“额，不好意思，我不能抱你”哈哈

另一方面，一些来自其他国家的

穆斯林女潜水员会想我征求建议，关于在自由潜水时，我是如何遵从穆斯林的着装要求的（女性穆斯林的身体是不能被非亲属的男性看到的）。

她们会问我我用什么样的头巾，

在自由潜和水中活动时如何保证头巾不会掉下来，以及女性穆斯林有哪些好的游泳服装。这让我下定决心，即使我不是一个自由潜大师、运动员或者教练，我也还是能做出贡献。