



2019 == Unlocking the underwater world for those who have defended our freedom ==



Diving with Heroes (DWH) gives the gift of freedom to our nation's injured veterans and service members by providing opportunities for scuba diving. Whether as a continuation of scuba undertaken during rehabilitation or as a new therapy, DWH allows heroes to experience the freedom of the underwater world. Our programs enable our hero divers to build a sense of community while also promoting the diving lifestyle outside the confines of their rehabilitation programs.

A tax-exempt 501(c)(3) nonprofit organization, Diving with Heroes was founded in June 2014. Since then, DWH has worked with service members and veterans who have been injured during their service to our nation. These heroes have been certified to dive as a means of physical, emotional and/or social rehabilitation. The objective is to ensure that the heroes' rehabilitation and recreation does not end with certification, but is instead carried over into their everyday lives.

To date, Diving with Heroes has sponsored eight international excursions, one event in Florida, and several local (Washington, D.C., metro area) dive programs with divers from across the U.S. Forty-one men and women have participated in our programs; of those, DWH has certified nine as new Open Water Scuba Divers. These divers represent all branches of the armed services, from active duty to medically retired to honorably discharged. All suffer from physical and/or mental injuries including amputation, bullet and shrapnel injuries, burns, spine and joint injuries, post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

“Sharing the freedom of diving with those who have sacrificed for our freedom.”



Ken scrubs algae off a coral tree in Little Cayman

Marine Science Initiative

While DWH has sought to provide opportunities for our hero divers to continue their rehabilitation and recreation through scuba diving, it has become apparent that we needed to expand our focus. No longer are we solely focused on recreational rehabilitation and building the DWH dive community; we also want to provide opportunities for our divers to work as a team to accomplish a mission. What better mission than ocean conservation?

Scuba divers are inexplicably linked to the ocean environment; obviously, our sport depends on healthy oceans. To engage our hero divers in this mission, DWH established its Marine Science Initiative (MSI) in 2016. The objective is simple...provide opportunities for the divers to participate in on-going research and conservation efforts to broaden their view of the ocean environment. Engaging the divers in citizen science allows them to experience diving in a different way, elevating it from a recreational activity to a mission with measurable objectives. Citizen science efforts also educate the divers on how they can become better advocates for the oceans.



Hero divers and volunteers in Grand Cayman



Dan getting fresh with his lionfish kill in Little Cayman



Hero divers and volunteers in Baltimore, MD



Swimming with the manatees in Crystal River, FL



Sergio shows off his lionfish kill in Little Cayman



The Hero Wall honors the efforts of our hero divers in Grand Cayman



Matt and Gavin head to lunch after two tank dives in Grand Cayman

Learn more about Diving with Heroes on our website, www.divingwithheroes.org, or Like us on Facebook!