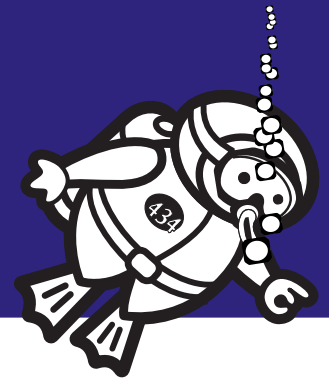


Ocean Diver Training Course

General information



Course outline

The theory element of the course consists of **seven lectures** and a **multiple choice test**.

The practical element of the course consists of **five sheltered water** (swimming pool) training lessons, **one sheltered water** assessment and a minimum of **five open water** dives. We also include **two** full equipment practice sessions in the pool prior to open water dives.

Note: we recommend that you complete your initial training in a semidry rather than a drysuit. These can be hired from local dive shops on a daily basis. If you decide to dive in a drysuit, you will need to attend a full drysuit training course before progressing to open water training. The drysuit course consists of two lectures, one pool session plus an open water session.

If you are going to have difficulty attending every week, we need to know in advance as we plan on hiring the equipment to you for a maximum of 16 weeks, after which time the equipment is usually booked for another course – if we know of any difficulties in advance we can investigate alternatives.

Before you start

Membership

You will need to complete your membership application and medical forms with our **Membership Secretary** before the course starts. You will also need to pay membership fees and agree sizes if you wish to hire club scuba equipment.

Medical

You must complete a medical self certification form before you can start the course. If you have a medical condition it does not necessarily mean that you cannot dive, but you will be required to obtain sign off from a medical referee nominated by BSAC before commencing practical lessons. Medical sign off in such cases will take the form of a phone call or a visit to a BSAC approved dive doctor depending on the nature of the medical condition. Please ask us for further details or download the full list of the approved BSAC dive doctor contacts from www.bsac.com.

Equipment

If you are hiring club equipment, your kit pack will include a cylinder, buoyancy jacket, regulator set, weight belt with lead and a pair of pool fins. You will need to purchase a mask and snorkel for the practical training sessions – advice will be given regarding suitable purchase at your first training session.

Your cylinder will be supplied filled with air and should be returned full at the end of the course. Unfilled tanks will be subject to a refilling and admin charge. You will also need to ensure that your cylinder is refilled after practical training sessions (usually every other week depending on your personal gas consumption rate) – please ask your instructor for advice whether a refill is necessary at the end of each practical session.

Attendance

As the timetable is tight, it is important that you do not join the course if you are going to have problems attending the majority of theory lectures, pool sessions and open water training lessons outlined in the course schedule.

We do try to be as flexible as possible, so please speak to the club Training Officer if you think that regular attendance is likely to be a problem. so that we can advise the best course of action.

Contacts

Course Manager

Gill Vine
0118 377 4096
training@bracknellscuba.org.uk

Training Officer

Gill Vine
training@bracknellscuba.org.uk

Membership Secretary

Steve Lawson
membership@bracknellscuba.org.uk

Equipment Officers

Martin Hamilton
equipment@bracknellscuba.org.uk
Chris Edwards
chris.edwards@bracknellscuba.org.uk

Treasurer

Tish Bhatnager
treasurer@bracknellscuba.org.uk

Later, for your open water training, you will need to organise gloves, sea fins and, either a semi-dry suit and boots or a drysuit and hood, to keep you warm. You will also be issued with additional weights (probably an extra 10kg) before the full equipment training in the pool. Your instructors can advise you on where to hire or buy your equipment.

Please remember that you are responsible for the club equipment allocated to you. You will be asked to sign for it when issued and you will need to get the second copy of your form signed by the Equipment Officer before you can obtain a refund of your deposit from the Treasurer. We do not profit from kit hire fees, in fact we subsidise them, so you will be asked to pay for, or replace, any damaged, lost or stolen equipment.

Once you have completed your sheltered water training you may be asked to allow others to use the equipment allocated to you while you are waiting to complete your open water dives. Should this happen, the Equipment Officer will give full instructions on how this will take place and who is responsible for filling the cylinders, etc. They will also ensure that both parties know who has responsibility for the equipment.

Getting started

The first session will cover an introduction to the course. We will also run through what to look for in a mask and snorkel so that you can purchase these items prior to starting the pool sessions. You will also be issued with your hire kit and your instructors will show you how to assemble the scuba kit and how to look after it. In addition you will be issued with your Ocean Diver training materials and record book.

You will be assigned to an instructor or instructor pair. These instructors will take you through the pool lessons and possibly also your open water dives for the course. Please make a note of their name(s) and phone number(s) so that you can contact them if you are not going to be absent from any of the training sessions.

Theory lessons

The theory element of the course consists of **seven** lectures and a multiple choice test. Lectures are run either as evening or all-day events. *Please refer to your individual course schedule for full details.*

Evening lectures

For most courses, lectures are run at the club on Thursday evenings, usually from 7.15pm – 8.15pm, in the Meeting Room at Bracknell Sports & Leisure Centre. These will be spread over several evenings: seven lectures, one revision session and one theory test.

Please make sure you arrive promptly for lectures as we need to finish by 8.15pm so that you can be in the pool by 8.30pm.

Alternative all-day lectures

Occasionally we run all-day theory lectures and dry practical sessions. You would be required to attend two Saturday events from 9.00am – 5.00pm. All seven lectures are delivered over the two days along with additional dry practical sessions. Currently we use off-site training facilities in Bracknell or Marlow. All-day lectures are followed up by one revision session and a theory test, both held in the Meeting Room at Bracknell Sports & Leisure Centre on Thursday evenings.

Log book sign off

You will be asked to complete an attendance form for each lecture. Please leave your log books with the instructor after each lecture so that

Local dive shops

Bracknell Dive Crew

37 Binfield Road
Bracknell, RG42 2AW

01344 454244

www.divecrew.co.uk

Divestyle / Mikes Dive Store

Unit A, Bridge Farm
Reading Road,
Arborfield, RG2 9HT

0118 976 1729

www.divestyle.co.uk

Slough Scuba Store

35 Elmshott Lane
Cippenham, SL1 5QS

01628 666833

www.sloughscubastore.co.uk

Theory lectures

Evening lectures are held in the Meeting Room at Bracknell Sports & Leisure Centre. Please arrive in time for a 7.15pm start.

What to bring

Ocean Diver training pack

Notepad

Writing materials

Calculator

Missed lectures

One or two missed lectures may be made up by reading the relevant sections of your diving manual (*see student guide for relevant page numbers*) and discussing the points with your instructor.

If you miss more than two lectures you will need to speak to the relevant instructors (*see course schedule*) to organise a catch-up lecture session.

they can sign them off. You will need to collect your log book at the end of each evening after your pool session (or at the end of each day in the case of alternative all-day lectures).

Sheltered water lessons

Sheltered water lessons are held in the Competition Swimming Pool at Bracknell Sports & Leisure Centre from 8.30pm until 9.45pm. Please go to the pool with your scuba kit and get changed immediately after your lecture to make maximum use of pool time. If you do not have a prior lecture, please aim to arrive from 8.00pm to get changed and prepare your kit for a prompt start at 8.30pm. Please respect the swimming club who use the pool before us by not entering the swimming pool area until 8.30pm.

During pool training sessions you will learn all the skills necessary for basic scuba diving. We have allowed some extra time for you to gain some additional experience. Although there are five lessons, you may not finish a complete lesson in one week and may complete more than one session another week. The training sessions are designed so that there is time for students to be completely comfortable with the necessary skills before their assessment.

Groups/pairings

It is not unusual for some students to progress at a faster rate than others. Sickness and/or holidays can also mean that progression rates may vary. As a result we do sometimes alter groups/pairings. Please do not be discouraged if you think that other groups are progressing at a faster speed than you – some students have had previous dive experience or simply move at a faster pace – our job is to ensure that everyone is happy, comfortable and proficient with each skill before moving on to the next stage.

Equipment matters

You should wash your equipment down after use in the pool each week. The chemicals in the pool cause damage to scuba gear if it is not rinsed off! This is usually done with a preliminary wash off under the showers at poolside but we recommend that you also wash off kit at home. Equipment will also need a home wash off after your open water dives.

Please take time to practice assembling and disassembling your scuba equipment at home so that you do not waste time getting ready for your pool lessons.

Protective clothing session(s)

After your pool assessment and before open water training there will be at least one pool session for semidry users and two sessions for drysuit users. Your instructors will discuss the equipment you will need for open water diving and the pros and cons of diving in either a semi-dry or drysuit. During these sessions you will practice the open water exercises wearing full open water protective clothing.

You be also be able to fine tune your buoyancy skills. You will need much more weight than you will have used during training without protective clothing. Your instructor will show you the necessary techniques to acheive correct buoyancy and ensure that you are not overweighted. Please make a note of the cylinder weight and how much gas you have in your cylinder as well as the amount of lead weight you need when wearing protective clothing as you will need to know how much weight to use for your open water training.

Pool sessions

Held in the Competition Pool at Bracknell Sports & Leisure Centre. Please arrive as soon as possible in time for an 8.30pm start.

What to bring

Full scuba kit
Mask and snorkel
Swimsuit and towel
Wetsuit or an old T shirt

Missed pool sessions

One or two missed sessions only can be made up in time for the open water training. Please let your instructor know as soon as possible if you are unable to attend any of the sessions.

Kit care

All kit should be washed in clean water after use. This includes pool sessions as a quick shower may not remove all the chemicals.

In addition, please do not leave wet kit in bags as it will develop mould and cause damage – especially in the bladders of buoyancy control jackets.

Thursday evenings are always late finishes so we know it is tempting not to do it!

As a tip, purchase a new, cheap, clean dustbin and fill it with water before you leave for each practical training session. When you return, place your kit in dustbin and leave to soak overnight.

The next day/evening/at the weekend/when you have time, remove and dry out kit. When dry pack in bag ready for your next training session.

Practice, practice, practice!

Once you have successfully completed your sheltered water assessment you can continue to use the pool in buddy pairs without an instructor. We actively encourage you to do this, especially if there is a gap between completion of sheltered water lessons and open water lessons – this will help you to achieve a good standard in the next phase of the course.

Open water lessons

Most of the open water exercises involve demonstrating the skills that you have already learnt in the pool. The first three lessons normally take place at Wraysbury Training Lake. The final two lessons need to be completed in deeper water, usually at The National Dive Centre near Chepstow or occasionally at Stoney Cove training lake in Leicestershire. You should allow a full day for both sessions.

Wraysbury

Wraysbury is a local lake between the M3 and M4 junctions this side of the M25 (about 25 mins from Bracknell by car). You should aim to arrive as soon as possible after 9.00am but please do not arrive before 9.00am as the traffic noise causes friction between the dive centre and local residents and you will not be allowed to access the site.

Daily entry cost for divers is £9.00 per person (correct May 2011).

More information at www.wraysbury.ws

National Dive & Activity Centre (NDAC)

NDAC is located off the A48 near Chepstow. Timings and lift share to be arranged in consultation with your instructors and fellow students.

Daily entry cost for divers is £15.00 per person (correct May 2011).

Take the M4 West and continue past Junction 20. Turn on to the M48 towards Chepstow and Services. Cross the Severn Bridge (toll payable) and turn off at Junction 2. Take the second exit A466 towards Chepstow and Tintern. Turn right onto the A48 at the next roundabout and continue into Chepstow. Continue through Chepstow on the A48 towards Gloucester. The National Diving & Activity Centre is 1.2 miles outside Chepstow on the left hand side.

Training dates

If you are unable to make any of the planned training dates, please let your instructor know as soon as possible. Instructors will try to arrange alternative dates but this does become more difficult so it would be appreciated if every effort can be made to stick to the planned dates.

Skills

The techniques you will need to demonstrate are buoyancy control, mask clearing, alternate source, pilotage, controlled buoyant lift, dive planning, dive leading and gas management. Students using a drysuit will also need to demonstrate drysuit skills. After you qualify you are certified to go diving with another qualified diver as a buddy up to a maximum of 20m. We therefore need to be sure that you have the necessary skills, competence and confidence to do so.

Experience dives

Once you qualify, we aim to organise some experience dives which will introduce you to diving in the ocean with gradual depth progression. These dives will normally be off a hard boat for one or two days somewhere on the south coast. We strongly encourage you to book on to these so that your first dives will be with an experienced dive buddy. You may also wish to take the drysuit course once you have qualified.

Open water training

Two single days (usually Saturday or Sunday)

One full day (3 dives) at:

Wraysbury Dive Centre

Station Road,
Wraysbury, TW19 5ND

01784 488007

www.wraysbury.ws

One full day (2 dives) at:

NDAC

Tidenham
Chepstow, NP16 7LH

01291 630 046

www.ndac.co.uk

Name:

Pool instructor(s)

Name:

Phone:

Email:

Name:

Phone:

Email:

Lead weight

Swimsuit:

3mm wetsuit:

7mm semidry:

Other:

Drysuit:

Wraysbury training

Date:

Time:

Instructor:

Phone:

Email:

NDAC training

Date:

Time:

Instructor:

Phone:

Email: