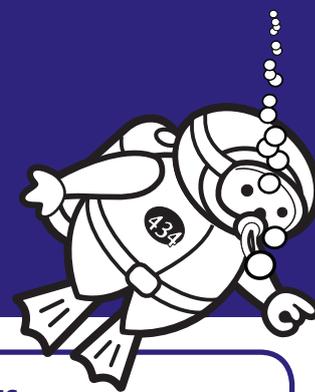


Wraysbury Training

General information for Ocean Diver trainees



What you'll need

Full open water scuba kit – see check list in side panel.

Equipment can be hired from local dive shops. You should speak to them in advance about availability and costs. Ocean Diver trainees may only dive in drysuits if they have successfully completed a drysuit course or drysuit orientation sessions in the pool.

Dive shops usually number semi-dry and drysuits to enable customers to book a specific suit. You should visit the shop in advance, find a suit that fits you and book it as soon as possible. Make a note of the suit number so that you can book the same one again in future if you like it.

Cylinders

You will need to have at least one 12L cylinder (10L is OK for those with good air consumption – please ask your instructor for guidance). If you need a larger cylinder, please speak to the club Equipment Officer a minimum of two weeks prior to the dive.

If you do swap cylinders, note the weights. If the 'new' cylinder is 2kg heavier than your usual cylinder, take 2kg off your weight belt. If it is 2kg lighter then you will need to add 2kg to your weight belt.

You need to arrive at Wraysbury with a full cylinder. This can be re-filled between dives at Wraysbury Dive Centre. Please bring cash to pay for cylinder refills. Air fills are normally about £3.50 (12L) £4.00 (15L).

Preparation

You will have tried out your equipment and skills in the pool on the Thursdays leading up to your Open Water dives. You will also have practiced everything in full open water kit including hoods and gloves, so you won't be doing anything new in the open water.

Remember that your cylinder weighs more when it is full of gas. So, if you are checking your buoyancy/weighting with a full cylinder, you will need to add 2kg to allow for the extra buoyancy as you use the air in your cylinder.

Wraysbury is fresh water so you should be fine with the same amount of weight as you have used in the pool with **full equipment**.

About the site

Location details are detailed overleaf. There is quite a lot of parking but you will have to get there on time to get one of the better spots on the gravel. The Dive Centre is in a residential location so please **do not arrive before 9am** as it causes problems with complaints from neighbours. As you enter the site, you will be directed to a parking space.

The cost per diver to enter Wraysbury is £10 for the day. At weekends the centre is usually very busy so money is collected as you enter the gate. Please try to have the right change available to speed up the process.

You should then sign in at the Dive Centre's clubhouse.

Contacts

Dive Manager (DM)

Name:

Mobile:

Email:

Please ring the DM as soon as possible if you cannot attend!

Equipment check list

- Cylinder(s) – see below
- Regulator with console (depth and contents gauge)
- BCD
- Semidry suit and boots or drysuit
- Hood (if your suit doesn't have a hood attached)
- Gloves
- Sea fins (not pool shoe fins)
- Mask
- Snorkel
- Dive watch or dive computer
- Weight belt with sufficient weights for open water (ask your instructor for guidance)
- Warm clothes to change into after your dive
- Waterproof, windproof coat or jacket

Notes

My pool weight when using full OW equipment:

My cylinder weight:

My hire suit number:

Location

Wraysbury Dive Centre
Station Road,
Wraysbury
Middlesex.
TW19 5ND

01784 488007
info@wraysbury.ws
www.wraysbury.ws

Wraysbury have a small cafe serving hot and cold drinks as well as basic snacks such as bacon butties, hamburgers and chips.

Kit care

Remember to protect your dive kit by strapping regulators inside the BC and tucking mask inside your fins. This will help to avoid damage when it is lying down on the ground between dives.

All kit should be washed in fresh water when you return home.

Dive plans

We are planning on three dives of about 20 – 30 minutes each. If you arrive before your instructors, please make up your scuba unit whilst you are waiting.

Wraysbury has platforms for training at between 3 and 6 metres.

The first dive will be to a depth of 6 – 8 m. We will do some training drills and buoyancy checks followed by a dive for about 10 – 15 minutes. There are lots of sunken objects to discover in the lake and we may even get to see the resident pike!

The second dive will be to a maximum depth of 10m (that's the maximum depth in Wraysbury). Again we have a few drills to complete followed by another scenic dive for about 15 minutes.

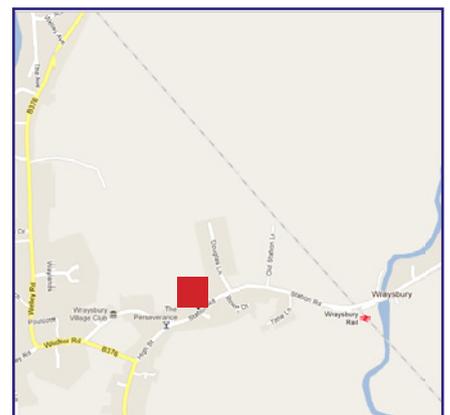
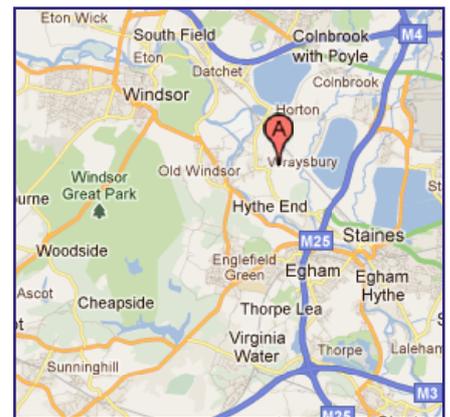
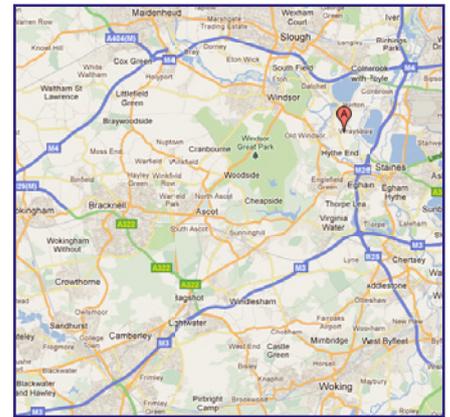
A third dive will take place if time permits.

This will be an all day event and all dives will involve a subsequent surface interval break. We will use this time to debrief the dive and brief for the following dive. It also allows time to get our cylinders refilled and, ask questions and generally chill!

These dives will be a nice, simple introduction to diving without any current or waves. The downside to Wraysbury is that visibility can be poor especially after the second dive as the silt can get stirred up.

If you have any qualms about the dives, please don't hesitate to talk to your instructor/buddy about it. It's not surprising that most people are nervous about their first open water dive and it helps to talk about it with the other divers. It is common for new divers to come out from their first dive and wonder why they were concerned. The second dive is usually more relaxed!

If you have any questions, please speak to your Instructor, the Training Officer or the Dive Manager.



Notes

Date:

Meet time:

My Instructor:

Mobile:

Email:

My buddy:

Mobile:

Email: