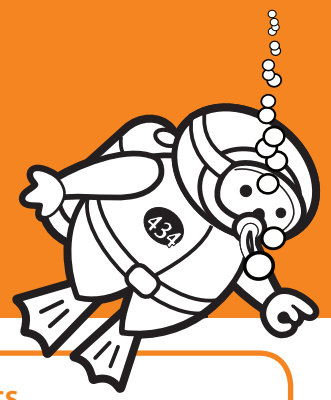


## Wraysbury Training

### General information for Sports Diver trainees



#### 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)
- Dive compass
- 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 and snorkel
- Dive watch or computer
- DSMB and reel
- Weight belt with sufficient weights for open water
- 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:

#### 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 in doubt). 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 completed dry runs of compass use and pool sessions including rescue breaths, towing and controlled buoyant lift. Please continue to practice all skills in the pool with a buddy prior to open water training so that you are familiar with the techniques on the day.

Make sure your buoyancy/weighting is correct. Remember that your cylinder weighs more when it is full of gas. So, if you are checking 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.

## Location

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

01784 488007  
[info@wraysbury.ws](mailto:info@wraysbury.ws)  
[www.wraysbury.ws](http://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.

## Training plans

Sports Diver training at Wraysbury may include any of the following:

**Rescue skills** involving controlled buoyant lift, rescue breaths, towing, dekit and landing of casualty.

**Navigation** to include dive exercises using a compass to navigate using reciprocal bearings.

**DSMB deployment** using different types of DSMB and reels.

**Use of SMB** practice during a dive around the lake.

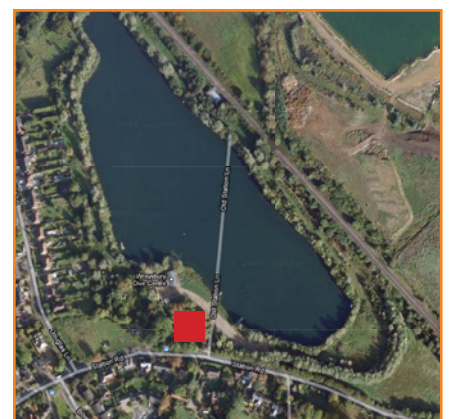
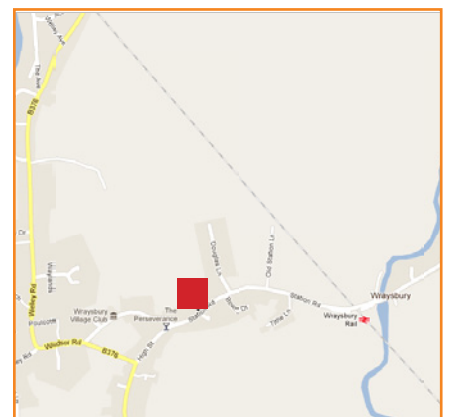
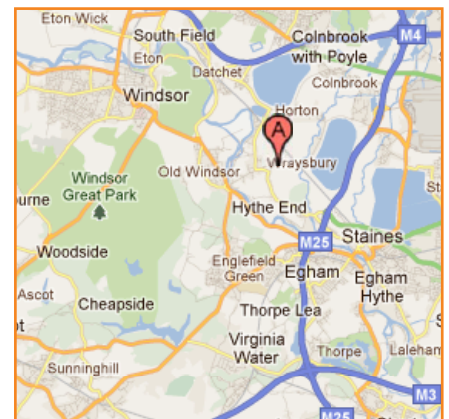
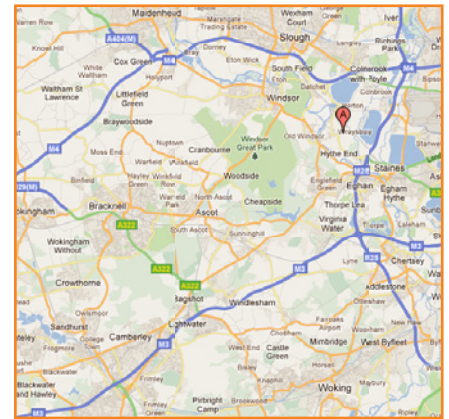
Depending on how many lessons are being covered, these are run as extended half day (9am – 2pm) or all day (9am - 4pm) events. Please check details of each event with the Training Officer or Course Manager.

All dives will involve a subsequent surface interval break. We will use this time to debrief /brief, refill cylinders and generally chill!

These exercises will be a simple introduction to new skills without any current or waves. The skills will be repeated later on the Sports Diver training boat.

The downside to Wraysbury is that visibility can be poor especially after the second dive as the silt can get stirred up but it will certainly sharpen up compass work skills.

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



## Training planned for this session

- Rescue skills  Navigation  DSMB deployment  SMB  
 Half day  Full day

## Notes

Date:

Meet time:

Finish time:

My Instructor:

Mobile:

Email:

My buddy:

Mobile:

Email: