



PADI OPEN WATER COURSE FREQUENTLY ASKED QUESTIONS

What is the PADI Open Water course?

A PADI Open Water course is a life-long qualification that certifies you to dive to a depth of 18m with a dive buddy

What age can you learn to scuba dive?

You can learn to scuba dive with us from age 12+

Do you need to be a good swimmer to learn to scuba dive?

To take part in a PADI Open Water course you need to be able to swim 200m unaided and tread water for 10 minutes in water too deep to stand in

Do I need a dive medical/doctor's sign-off before I learn to dive?

Before you book a diving course, it is essential to check the PADI Diving Medical form (available to download from our website) to see if you have any health conditions that require a doctor's sign-off before you learn to dive. If your GP isn't comfortable to sign you off they may refer you to a private specialist diving doctor. We have a list of private specialist diving doctors so let us know if you need any assistance

What's Involved in the PADI Open Water course?

After you book you will receive a link to set up your PADI account and access your e-learning pack, where you will take your first steps to becoming a diver working your way through high quality learning resources. The PADI e-learning pack is perfect for busy lives, as you can access it on a mobile or computer whenever you have time. Individuals learn at different paces, but you should allow around 10 hours to work your way through the e-learning pack. We are always on hand to support you should you have any queries.

Then it's onto equipment and pool training. You'll meet us at our dive centre for a review and knowledge test of the e-learning homework, followed by an introduction to the scuba diving equipment. You will learn how to set-up and break-down your equipment. After a comprehensive dive brief, it's into our outdoor heated pool for a fun-packed training session with one of our friendly and experienced PADI Instructors. You will do a 10 minute treadwater and swim 200m unaided, learn key dive skills and have

time to hone your buoyancy control. Allow 1.5 full days (holiday package) or 2 long half days (locals package) for this section of the course.

You will then be ready for the thrill of your first sea training dives. You'll meet us at our dive centre to collect your scuba equipment, then we'll head to Larkstone Cove, where there is a super-safe roped off area of sheltered water, which is like diving in a giant rock pool. After a comprehensive dive brief, we'll take you for 2 shallow dives where you may encounter an array of crab species including the impressive Spider Crab in July/August, Lobster, Dog Fish (the UK's smallest shark), Jelly Fish and passing shoals of fish.

We'll find a sandy patch and take you through the key dive skills training circuit that you mastered in the pool and then go for a short dive. We'll take a brief surface interval during which we will cover off the surface skills requirements for the course and then head back below for our 2nd training dive. Allow half a day for this section of the course.

PADI Open Water Course Deluxe Seal Encounter Dive Trip Weekend &

Locals Package

If you have booked our deluxe Seal encounter training package, you will be joining us on a boat trip to Lundy for your Lundy Seal encounter training day! You will undertake 2 training dives led by our experienced Instructors with the knowledge to offer you the best chance of Seal interaction - as well as safe diving. You will enjoy an all day boat trip on a comfortable Catamaran with toilet and dive lift, provided by Ilfracombe's top dive boat charter. Bring your own food and drinks - complimentary hot drinks and chocolate bars are provided between dives.

The day starts around 8am and we load onto the boat at 9.30am in Ilfracombe harbour for the 1.5 hour crossing to Lundy Island and are generally back into the harbour around 5.30pm. During the crossing look out for porpoise as we leave the harbour and Dolphins in the channel, both species are often spotted from the boat. We might even see Sun Fish, Minke Whales or Basking Sharks during the Summer months. There is a wealth of sea bird-life at Lundy Island and May/June divers are in with a chance of spotting Puffins during the surface interval.

Whilst the Seals are the stars of the show, Lundy Island is situated in a Marine Conservation 'no take' Zone and you can expect to enjoy pristine Kelp forests and a good chance of Lobster, Spider Crab (in July/August), colourful Cuckoo Wrasse and Jellyfish (Late June/July) sightings. You may also encounter Octopus, Conger Eels, Dog Fish and Nudibranchs.

Our first dive will focus on completing your open water training and we will pick a site according to weather conditions on the day. The 2nd dive will be predominantly a fun dive at a Seal encounter dive site, giving you a chance to show off your new diving skills

to our underwater friends. Sometimes weather conditions make it unsafe for us to travel to and dive at Lundy Island. If this is the case we will offer you a refund for this portion of the course and you can either complete your training with us at a later date at South West Maritime Academy near Bristol or with any PADI dive school in the world within 1 year.

Is it a rough crossing to Lundy Island?

Yes, sometimes the crossing can be rough and even on a calm day there will be quite a lot of motion on the boat. The crossing take around 1.5 hours depending on wind and tide. We do not recommend our deluxe diving training package if you suffer with sea sickness.

PADI Open Water Course Regular Format

What's Involved?

Our Regular Learn To Dive PADI Open Water course training package can be completed in **4 days** and consists of **2 parts**. **Part 1** is theory, equipment and pool training covered during 2 sessions at our base in Ilfracombe following the same format outlined above. **Part 2** is 4 open water training dives undertaken at South West Maritime Academy near Bristol.

Part 2

After completing Part 1, you will then be ready for the thrill of your first open water training dives. You'll attend 2 full day sessions meeting us at South West Maritime Academy near Frome, a purpose built in-land diving training facility, where we are able to dive whatever the weather. We will complete 2 training dives and also undertake a variety of surface skills.