

SCUBA VETS

FIDELIS FAMILY RETREAT. INC

Discover Scuba Diving

This 2-hour introduction course will introduce you to the exciting underwater world. Although this is not a scuba certification course, you'll learn all the steps it takes to be a PADI certified diver.

Description

To sign up for a PADI Discover Scuba Diving experience, you must be at least 10 years old. No prior experience with scuba diving is necessary, but you need to be in reasonable physical health. Everyone must complete a Diver Medical Participant Questionnaire. If you answer yes to any of the medical questions, you will need to have this signed by a medical professional. Most of us vets are in this category.

Academic

In a classroom environment, you learn the basic safety guidelines and skills needed to dive under the direct supervision of a PADI Professional. If you make an open water dive, you'll practice a few more skills in shallow water to prepare for your adventure. Get ready to:

- Go over the scuba equipment you use to dive and how easy it is to move around underwater with your gear.
- Find out what it's like to breathe underwater.
- Learn key skills that you'll use during every scuba dive.
- Have fun swimming around and exploring.
- Hear about becoming a certified diver through the PADI Open Water Diver course.

What to Expect

In the classroom, we will cover the basics skills needed to dive safely and have fun. We will review the training manual and conduct the Discover Scuba Diving Knowledge and Safety Review. Some of the skills you will learn are:

- Breathing rules and equalization techniques
- Equipment purpose and use
- Hand signals
- Regulator and mask clearing techniques
- Respect for aquatic life (if appropriate)

- Importance of watching and staying close to instructor
- Limitations of the program and value of further training

Once you feel confident, we will head out to the pool and put the skills you learned into practice. The pool is a safe and non-intimidating place for you to learn and master basic scuba skills. We will be just an arms-length away in the event you need help.

- Prepare equipment
- Inflate/deflate your buoyancy compensator device (BCD)
- Breathing with your face in the water
- Remove and replace your regulator
- Recovering your regulator if you lose it
- Mask clearing
- Equalize your ears
- Swimming underwater

On a different day, if you choose, we will head out to Lake Murray, put on our dive gear and review the skills we learned in the pool. When everyone is confident, we will descend beneath the surface and explore together. Don't worry...your dive instructor will be right there to assist if you need anything!

Upon completion of the training and you want to pursue additional training, we invite you to become open water certified. With this certification, you can dive with a dive partner down to 60 feet.