



SURFACE INTERVAL TRAINING, LLC.



WHAT TO EXPECT FROM YOUR PADI OPEN WATER DIVER COURSE

EDUCATION:

PADI is the world's largest and most recognized recreational scuba training agency, certifying more than 70% of the world's recreational scuba divers. PADI's professional instructors certify almost one million people annually in over 190 countries. Your instructional materials have been designed and tested by specialists trained in instructional design. PADI is "the way the world learns to dive."

EQUIPMENT NEEDS:

The course you are planning to take differs in equipment needs from a course taken in the average dive shop. The average dive shop will require a significant investment in equipment. The average dive shop will ask that you furnish mask, snorkel, fins, weight belt, weights, slate, wetsuit, etc. Many shops will recommend that you purchase your buoyancy compensator, regulator and dive computer also. Surface Interval Training does not recommend this, and will provide your buoyancy compensator, regulator, weight belt, tanks, and weights. We believe that divers should see what interest they take in our sport before purchasing expensive dive equipment. **For this course, you will need to provide a scuba quality mask, snorkel, fins (with booties if open heel fins), and a waterproof watch or other timekeeping device. These four items are typically considered "personal equipment," as they are sized to fit the individual diver.** We have specifically created student diver equipment packages which are available at our online store: <http://www.surfaceintervalstore.com>. For recommendations, see your instructor. Wetsuits are optional, but are highly recommended for the open water dive training component. We also have a selection of wetsuits available at our online store.

TRAINING SITES:

You will conduct your confined water sessions at one of several local pools such as the Lake Brantley Aquatics Center. Please check your course registration to verify which program you are signed up for. Confined water session meeting dates/times vary depending on the course that you are scheduled for.

Open water training is conducted at dive sites such as DeLeon Springs State Park, Devil's Den, or Blue Grotto. We typically conduct Day One (Open Water Dives One, Two, and Three) at DeLeon Springs State Park, in DeLand, or at Devil's Den in Williston. Day Two (Open Water Dives Four and Advanced Open Water Dive One) are conducted at one of several facilities such as Blue Grotto or Weeki Wachee Springs. All facilities offer comfortable surroundings, convenient facilities, and great open water training sites. As these sites are natural springs, they have a constant water temperature of 72 degrees. Divers in training should strongly consider renting or purchasing a wetsuit as it is easy to become chilled.

TRAINING SCHEDULE:

The PADI System of Diver Education consists of three main components: Knowledge Development, Confined Water Dives, and Open Water Dives. Your course is structured in such a fashion that you will complete all of your knowledge development through the use of either the PADI Open Water Diver Manual or the PADI Open Water Diver Courseware (CD-ROM). As you progress through the material, you will complete a series of brief questions called knowledge reviews. You will need to complete these and bring them to your confined water sessions. Divers will participate in 5 separate confined water (pool) sessions, normally in a single day or over two days. These pool sessions allow you to get familiarized with the sport, the skills, and the equipment necessary to be successful. Once the pool work has been completed we will meet at the springs for two days of open water certification dives. During these dives, you will successfully complete an evaluation of all of the skills you have learned in the pool. In between training sessions you will take your four quizzes and final examination. Once you have completed your exam and your dives, your certification will be complete. Your instructor will help you fill out a Positive Identification Card and issue a temporary certification card valid for 90 days. Your plastic PADI Certification card will arrive 2-4 weeks later. Your certification is recognized at dive resorts worldwide and is valid for life.

GETTING STARTED:

In order to get started you will need to complete some paperwork and provide payment for the course in order to receive your instructional materials.

There are three forms that will need to be completed for every person participating in the Open Water Diver Course. You are encouraged to read these forms carefully and ask your instructor if you have any questions about the purpose of these forms. These forms are required by our certification agency, PADI. These forms are:

Liability Release and Express Assumption of Risk Agreement

This form states the inherent risks involved in scuba diving and provides for the diver to assume these risks and release the instructor from liability for the diver.

Standard Safe Diving Practices Statement of Understanding

This form states that the diver understands and agrees to abide by standard safe diving practices

RSTC (Recreational Scuba Training Council) Medical Statement

There are certain medical conditions that may preclude a person from scuba diving. PADI is dedicated to diver safety, and to this end, requires that all potential divers fill out this medical statement to screen for possible medical issues. Any potential diver answering YES (an affirmative answer) to any question on the Medical Statement, must receive a physician's clearance to dive. This is a requirement of the certification agency, not your independent instructor.

In addition to the forms listed above, students will need to be able to successfully complete a swimming evaluation on the day of the first confined water (pool) session. The swim evaluation consists of a 200 meter swim and a 10 minute water tread (or float).



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