

THINGS TO KNOW ABOUT YOUR PADI BASIC OPEN WATER CERTIFICATION COURSE

General Information On Instructor And Course Fees

1. Your certified, insured PADI instructor is Robert Wade, OWSI #234370
 - a. Contact info: 830-774-2992 or 830-313-1025; 507 W. 14th, Del Rio, TX 78840
 - b. Over 300 dives, numerous locations (salt and fresh water) and types of environments
2. Your course fee includes (whether you provide some items yourself or not):
 - a. Course DVD for self-study and future refresher
 - b. Course book (must be completed prior to the Thursday meeting of the class)
 - c. Student folder (to be filled out on the Thursday meeting of the class)
 - d. Dive table (aka Recreational Dive Planner)
 - e. Training dive log
 - f. Rental of a BCD, regulator, tanks, weights and computer
 - g. The formal in-water instruction
 - h. Any pre- or post-class consultation

Prior To/In Preparation For Actually Taking The Class

1. You can obtain your academic training materials by providing the deposit for the course (typically \$100). It takes approximately 1 week for the academic materials to arrive, and students typically need two weeks to complete the self-study Student Workbook. This means, optimally, you will need to provide deposit not later than three weeks prior to the class date. As of this writing you should call the above phone numbers to drop off your deposit and leave contact information or send an email to Robert.wade@cetifox.net. We will need to get you properly sized for your equipment and be certain it is reserved for you for the class, but this can be done any time after a deposit has been paid. We have equipment for XS, S, M, L, XL and XXL, so if we have to order more of a particular size, the sooner we know the better.
2. IMPORTANT MEDICAL INFORMATION: Available on our dive club website (www.delriodiveclub.com) is the **Medical Statement** that all students must complete. When you answer the questions you must either enter **Yes** or **No** (not Y or N). If you answer **Yes** to *any question* you must be examined by a **physician** and have him or her sign the Medical Statement if you are cleared to dive. The Medical Statement includes quite a bit of information about each question to assist a physician in understanding the impact of the particular ailment in diving. If you answer **No** to all questions no physician signature is required. If you have any questions at all about the form please contact me.
3. PRE-REQUISITE: **You must be a capable swimmer** in order to complete this course. There is a requirement for a 10-minute float/tread water and 200 meter swim. The swim is **not** timed and you can swim any style/method you wish, but it must be non-stop. You should also be comfortable with being in the lake—the open water portion of the course is held at Lake Amistad in a cove near Diablo East Marina. It is **HIGHLY** recommended that you get familiar with the water there ahead of the class.
4. You will need to arrive at the first meeting, held 6:00pm the Thursday of the class weekend at 507 W. 14th in Del Rio, with **two passport photos** (to be used for your student folder and your certification card) in addition to your completed workbook, dive table and completed Medical Statement. You will need to arrive at the in-water portion of the class with your own personal

gear: **mask, fins, snorkel and wetsuit**. If you are not wearing sized full fins you may want to also have dive boots. You will also need a watch that you can dive with (the navigation skills are timed). Consult with the instructor to determine the type of wetsuit you will need if you are unsure.

5. **You are responsible for studying the DVD and the course book and completing all sections in the book prior to the Friday meeting of the class.** You may study and practice the dive tables before the class as well, but we will be covering them in-depth at the class, so don't worry if you don't quite get the hang of them on your own.

The Class Format

1. The formal class, as a rule, starts with a meeting on the Thursday, 6:00pm, of the class to cover sections 1 through 3 of the academic materials in the Student Workbook and take quizzes over that material.
2. On Friday, also at 6:00pm, we will learn the dive tables, cover sections 4 through 5 and take a quiz over that material and final test. Prescriptive teaching will be administered over questions you might have missed. You will be briefed on the specifics of the in-water portions and be given ample opportunity for questions.
3. The class will then meet on Saturday at 8:00am at Willow Wood Apartments, 1001 Bedell Ave, to begin the pool work. You will learn and show mastery of 20 skills required for this level of certification. Once all students demonstrate mastery, we will break for lunch. At the agreed upon time the class will assemble at Scuba Cove at Lake Amistad (or an alternate location to be determined) in the afternoon to accomplish the watermanship portion (10 minute float/200 meter swim) and two of the four required open water dives. Because this will likely be your first experience with new skills in an open water environment, the first dive is classified as a "fun dive" and will involve attaining simple buoyancy control and a shallow exploration of the local dive site. The second dive will involve practicing some of the skill sets you mastered in the pool. Both dives will be logged and signed. At the end of the day we will have an overall debriefing.
4. The class will meet again at approximately 1:00pm on Sunday afternoon to revisit the previous day's experience, answer questions, overcome any issues and complete the final two required training dives, which will involve continued practice of all skill sets you learned in the pool. Again, all dives will be logged and signed.
5. Once all requirements are complete you will be issued a temporary certification card. Your permanent card will arrive in approximately two weeks from certification date.

Recommendations after certification

A dive card means you can dive—but diving makes you a diver. With this in mind, dive as often as you can after certification to solidify your skills and give you greater confidence. Repetition is the key ingredient both in the training and in proficiency.

Initially, try to find consistent dive buddies. If it is someone with your same experience level this will help you both build confidence together. If it is with someone who has more experience you will likely find consistent role modeling and help ease any timidity you might feel early on.

When it comes to diving, remember the Three E's: Education, Experience and Equipment. These create a circular support for your continued diving enjoyment. You receive your first education with the Basic Open Water course. As you dive you'll gain experience both in time and variety of environments. This should drive you to want to dive more and in a greater variety of locations, which will mean you will want to acquire your own gear or add to your gear to enable access to the new environments (e.g., night diving, deep diving, etc.). As you seek greater skill and variety you will need to obtain more education, and so on. Speak to other, more experienced divers or your instructor to find out how best to advance your enjoyment in diving.

Once you are certified as a Basic Open Water diver, it is for life. There is no requirement for "re-certification", although you can go through refresher training if it has been a long time since you last went diving. Remember that as a Basic OW diver your maximum depth should be 60ft. Most dive operators will require you to pay for a Divemaster or escort on dives taking you below 60ft. Seeking more advanced certification is fun, easy, and frees you from some of the restrictions the dive industry normally applies to Basic certified divers.

Last, but not least, remember to never dive outside your experience and training, and never dive when something just doesn't seem right. ANY reason is a good reason to call off a dive. Scuba diving is a safe activity when safety and smart practices are observed.

Personal Note From Your Instructor

Although my first diving experience was in 1985, I didn't get certified until 2000. In 2008 I got certified as an instructor primarily because that was the only way I could safely and legally share the experience of scuba diving with other people. There is nothing like going on a dive and sharing quality surface interval time with others. Every dive is different, and every dive creates unique memories that last a lifetime. Make no mistake, diving has inherent risks and dangers, and by sticking to PADI standards I will make your learning experience as safe as it reasonably can be. Study the material, follow my instructions and my example, and you'll do great—everyone has so far! It is my goal to infect you with the same enthusiasm that I have for diving. I'm never reluctant to dive with my former students. I look forward to the opportunity to facilitate your joining the ranks of people who enjoy scuba diving!

Rob Wade
"ScubaDog"