

STUDENT GUIDEBOOK



The student's companion to
The Dive Pros® Basic
SCUBA Diver Course

Dive Pros® Basic Scuba Course Student Guidebook

We welcome you and are delighted that you have chosen the DIVE PROS to help begin your adventure in our exciting aquatic world. Our adventures, whether in the classroom, pool, or in this great world of ours, are designed to be relaxing, educational, and most of all- fun!

The staff of GULF COAST DIVE PROS would like to invite you to this Basic Scuba Diver Course. We are quite sure you will find the course easy and very exciting.

This guidebook will provide you with a better understanding of what to expect from your course and what will be expected from you during your course. By reading this guidebook carefully and paying close attention to your diving instructor you can minimize possible difficulties and maximize your course enjoyment.

We strongly suggest that you take notes and highlight areas of particular interest. In addition, you can prepare questions for your instructor and present them to him or her at an appropriate time during your course.

Good luck and welcome to the course!

This Guidebook belongs to: _____

**PUBLISHED BY G.C.P.D., Inc. & THE DIVE PROS®
7203 Hwy 98 West, Pensacola, Florida 32506
Second Edition, February 2008**

Copyright © 2008 Dive Pros

All rights reserved. No part of this book may be replaced in any form or by any means without permission in writing from the publisher. Current Dive Pros Instructors may reproduce parts of this guide for use in the teaching of Dive Pros courses only.

Scuba Diver

(Please read this)

Please review the contents of this handbook thoroughly and complete the *required items before coming to your first class.

The ***GULF COAST DIVE PROS*** Student handbook and accompanying documents consists of the following items and sections:

1. The *General Student Information & Learning Agreement. **Please read and sign it.** Please review and complete items 1 through 4 on your student file before coming to class.
2. Copy of the ***NAUI Scuba Diver textbook and workbook.** **Chapters 1 through 4 must be completed before the academic class discussion.**
3. **SCUBA Diver Course checklist. This is a list of tasks to be completed before the first classroom session of your Dive Pros SCUBA diver course**
4. **Dive Pros “Purchase Assurance Program” brochure.**
5. Recommendations for a “Save-A-Dive-Kit”.
6. ***GULF COAST DIVE PROS*** Continuing Education course descriptions.
7. Maps to open water dive sites.

Every effort has been made to ensure all these items have been included. If for some reason you are missing or need replacements, please let us know.

Prior to attending your first class,
please complete the following:

Scuba Diver Check List

- ☐ 1. Student Record Folder completed (Do not sign. This will be done in class.)
- ☐ 2. Medical Statement completed and signed.
- ☐ 3. Doctor's release (if needed).
- ☐ 4. Signed Student Information & Learning Agreement.
- ☐ 5. Review NAUI Scuba Diver course textbook.
- ☐ 6. Read chapters 1 through 4 in the NAUI SCUBA diver textbook.
- ☐ 7. NAUI student workbook chapters 1 through 4 completed.
- ☐ 8. Class fee paid in full.
- ☐ 9. Attend in store student orientation before first class. (You may call the store anytime to schedule orientation at your convenience)
- ☐ 10. Personal snorkeling equipment: mask, fins, snorkel, booties, gloves, swimsuit, and towel.

Table of Contents

Introduction to SCUBA Diving
Health Considerations
Safety Concerns and Considerations
Attendance Policy
Equipment
Qualifications of Graduates
Continuing Education
Advanced Diving
Rescue Diver
Nitrox Diving
Specialties
Master SCUBA Diver
Leadership Courses
Dive Master
Instructor
Appendix

Introduction to SCUBA Diving

Humans have always been fascinated by water. Archeological evidence suggests that our ancient forefathers scavenged and hunted the rivers, lakes and seas of our planet for hundreds of thousands of years. Until recently however our explorations have been limited to tidal areas and limited forays beneath the waves with a lung full of air

As the age of exploration swept across the globe inventors, scientists and adventurers repeatedly tackled the problem of prolonging our ability to stay underwater longer than the breath in our lungs would allow. The result was wide variety of cumbersome and expensive devices that dangled the diver into the water like a dog on a leash. By the turn of the last century however we could put a man into the sea and sustain his life for so long as was needed.

The technology that changed how we explore our water world is relatively new dating back to the 1940's. SCUBA is an acronym for Self Contained Underwater Breathing Apparatus. SCUBA let the dog run loose in the ocean giving divers increased mobility and range. During the Second World War the military had many uses for this new technology and as a result many divers were trained in its use. After the war many divers who were trained to use SCUBA left military service and took their knowledge and skills home. These early pioneers formed clubs and trained their friends and neighbors to use SCUBA. Soon the idea of SCUBA diving for fun and adventure grew. SCUBA has enjoyed a steady upward growth in the last five decades and will likely continue to draw more and more interest into the next millennia.



Recreational scuba diving has become one of the most popular hobbies of the past 20 years.

Scuba Diving is an interesting and fun activity that the entire family can enjoy together and it has become one of the most popular hobbies of the past 20 years. For you to safely participate in SCUBA diving activities it is vital that you receive professional instruction. By paying close attention to your SCUBA Instructor you will minimize the possibility of mishaps and miscalculations. Your Instructor is trained to help you become a SCUBA diver but this is only possible with your complete cooperation.

As with any new adventure there are many things to learn. In recreational SCUBA diving we concentrate on three separate areas of learning to make a complete diver. These three areas are:

Knowledge, Skills and Attitude.

Knowledge.

This is where you will learn the language and the science of SCUBA diving. Classroom learning sessions and independent reading in your textbook will provide the foundation of information that is essential to becoming a SCUBA diver. You will learn about the natural sciences that affect divers such as the different ways our senses are affected by being submerged in water. The pressure of water on our bodies also creates many interesting changes you will want to understand and be familiar with.

Divers need to understand the principles of how gas is absorbed into body tissues and how the body rids itself of this unneeded excess gas. By learning to use Decompression tables you will learn to avoid problems associated with these changing gas pressures.

There are many important areas of learning that you will need to concentrate on. Read your textbook carefully. Make notes and highlight areas as you see fit. Complete all your workbook assignments and prepare for a comprehensive knowledge exam at the conclusion of your classroom learning sessions.

Skills.

When we SCUBA dive we enter a foreign environment with enough strange and cumbersome equipment strapped to our bodies to make James Bond nervous. You must be able to function comfortably in the water with this essential array of gear. Skills sessions will help you to build confidence in your ability to handle the various pieces of equipment and the various situations you will encounter while SCUBA diving.

You will start slowly in a confined and controlled environment where you skills all divers must have. You will practice these skills and your instructor will provide you valuable insights and feedback on your progress. When you are ready you will move into the open water environment where you will put your new skills to the test and be evaluated by your instructor to insure your comfort and confidence with each skill.

*Sharing a common interest is
diving's biggest draw*



Attitude.

The final and perhaps most important area of learning that must be covered is your attitude concerning SCUBA diving. You will hear that there are old divers and there are bold divers but there are very few old bold divers. Recreational SCUBA diving is just that. ***Recreational.*** As with many activities you will choose your level of adventure and participation. It is our hope that you will choose a level that is consistent with your training and your capabilities. SCUBA is not the place to prove your *Machismo* or attempt to impress your friends. Safe SCUBA diving requires good judgment, maturity and a respect for the dangers that are inherent in it.

In addition to keeping yourself safe, a proper attitude of respect for the aquatic environment will go a long way to preserve and protect the fragile ecosystems that exist beneath the waves. We are sure you will be enthralled by the beauty and mystery of the flora and fauna of the sea. What a terrible thing it would be if ours was the last generation to be able to see these things as nature intended them to be. We are already in danger of losing many species of animals such as the West Indian Manatee. Because we can see in a short time what the effects of mans neglect and carelessness can be, divers generally have a deep respect and concern for the environment. Our favorite adage is: Stay as long as you like but please take only memories and leave only bubbles.

Your Instructor is solely responsible for judging your attitude towards SCUBA diving. They may even withhold final certification until they are sure you have developed the necessary respect for the sport, other divers and the diving environment.

As a certified SCUBA diver you will find that an entirely new world has been opened up for you. Most of our planet is covered in water and SCUBA activities are popular just about anywhere water can be found. With good training, reliable equipment and a desire to explore you can be SCUBA diving for as long as your health and fitness will allow.

*Divers enjoy seeing
natures beauty and
diversity up close and
personal.*



The basic SCUBA diver course provides the fundamentals needed to get started as a diver. This course is your key to open the door to the underwater world.

Health Considerations

For many years SCUBA diving had the image that in order to dive you had to be some kind of superhero or mega jock. The truth is that because of advancements in training programs and improvements in equipment, SCUBA is available to just about everyone who has a desire to participate.

Medical Conditions.

There are several medical conditions that are of deep concern for potential divers. During the administrative session of your course you will be filling out a medical questionnaire regarding your past and present health. You *must* be truthful when you answer these questions. Failure to disclose a medical condition could lead to serious injury or death.

Of particular concern are any ailments that involve the respiratory system or the circulatory system. If you have any doubts as to the soundness of these areas of your health please consult a physician prior to participating in any water activities associated with the course.

A medical examination is strongly recommended for anyone who is over 40 years of age, who has been a smoker or who has had a recent large change in body weight.

Certain medical conditions absolutely disqualify you from SCUBA diving. If you are pregnant or are planning to get pregnant you should not SCUBA dive. If you have any form of chronic obstructive pulmonary disease you should not SCUBA dive. If you suffer from seizures or blackouts you should not SCUBA dive. Remember the objective is to have fun and to enjoy yourself: These medical conditions present an unacceptable level of risk that could cause serious injury or death to you or your diving partner.

If you would like confidential assistance in determining whether or not you are medically qualified to SCUBA dive contact the Divers Alert Network at Duke University Medical Center in Durham N.C. Their non emergency diver help-line number is: 1-800-446-2671 or 1-919-684-2948

Physical Fitness.

Physical Fitness is important for divers and while you don't need to be in top physical condition it is a good idea to be aware of your level of fitness. This will allow you to choose your level of participation intelligently. For example: A person who jogs three miles a day three times per week may be fairly well fit, but, are they ready to participate in a marathon of 26 miles? Learning to SCUBA dive is as much about personal assessment and honesty as it is about physics and physiology.

There will be a watermanship skills evaluation to assist you and your instructor in determining your current level of readiness. The evaluation will consist of an untimed swim, an underwater swim and treading water. You should be comfortable in the water performing these skills but remember they are an evaluation tool not a contest.

The best way to prepare you physically for the rigors of diving is to dive. No other exercise will exactly duplicate the muscle usage or physiological stresses of diving. You can however help yourself with regular

Safety Through Education

swimming, walking, biking, or jogging. These exercises will build your body's aerobic fitness and strengthen vial long limb muscles. If you have been a serious couch potato and are worried that you will be unable to safely dive your instructor will be glad to work with you while you work yourself up to being ready.

Mental Preparedness.

The final health message concerns psychological health. Closely examine your motivation to SCUBA dive. Be sure you are here for the “right” reasons. You don’t want to learn to dive to impress your friends or to pacify a spouse or loved one. Learning to SCUBA dive should be a choice that is made independently of outside forces and should reflect *your* desire to explore and experience the underwater world.

To safely SCUBA dive you must be alert and attentive at all times. Stress is the leading cause of diving accidents. Stress can usually be traced back to events that occurred before the diver ever entered the water. Divers should never dive or plan to dive when they are experiencing high levels of stress or anxiety. Never allow peer pressure or ego to back you into situations that could be more than you can handle.

Truly great SCUBA divers and those who find the most reward in SCUBA as a recreational activity are those who can honestly evaluate their personal comfort level and identify their own *comfort zone*. This comfort zone can expand and contract as your lifestyle, dive education and experience level change.

While you are SCUBA diving you will see the brightest colors you have ever seen. You will view strange and unusual creatures in their natural habitats. Diving will allow you to float effortlessly, rolling left, right and upside down with a minimum of effort. Like many things you do in life there is a certain amount of personal risk involved. The amount of risk can be controlled by honest and frank self evaluation and by informed preparation. Your body and your mind must be ready for the experience. Learn and know your limitations. *Dive Within a Personal Safety Zone.*

Safety Concerns and Considerations

SCUBA diving is inherently a dangerous activity. Humans are bipedal, terrestrial, air breathing mammals and ill equipped for survival in an aquatic environment. But we are a curious species and quite resourceful. Our cognitive abilities and our opposable thumbs have allowed us to discover and create a way or means to just about any end we desire. And so, **we** venture forth into the sea with life support systems strapped to our backs and only our training, wits and instincts to help us survive. But no matter how smart we think we are or how advanced our technology becomes we will still be strangers in a strange world where we are no longer the top of the food chain.

No Guarantees

During your course it is important that you understand certain things. First of all you must understand that you are taking a risk in learning to dive. There are some things that regardless of all human efforts could still go wrong and cause an injury. If you are injured you may require extensive medical treatment including possible hyperbaric treatments to correct your injuries. If you want a guarantee, buy a toaster because there are no guarantees in diving. While the risk remains very small it is still there and you deserve to know about it.

*The non profit Divers Alert
Network is the divers' safety net
providing much needed
assistance to injured divers.*



Your Instructor can outline the possible scenarios that could occur and explain the precautions and preparations needed to minimize your risks. The Dive Pros strongly recommend supplemental medical insurance to address the specific needs of the diver. This insurance is very inexpensive and available without any physical examination. Your instructor can tell you more and will give you the proper forms.

Cooperation

Next you must understand that your Instructor is responsible for your safety and well being during all course related diving activities. You must be willing to follow directions and comply with requests completely and quickly. Failure to follow directions and lack of cooperation can be very dangerous. You may not always understand why you are being asked to do something. It is better to follow directions and ask for clarification later. The diving environment is very dynamic and constantly changing and there is not always time for complete explanations.

Independence

Every diver must become independent and fully capable. While diving is a buddy team sport every buddy must be able to take care of themselves first and foremost. Sometimes the urge to assist a loved one or friend can interfere with the process of becoming self sufficient. We like to encourage “natural” buddy teams such as coworkers, friends or spouses but if your Instructor becomes concerned that one buddy is “carrying” the other buddy then it may become necessary to separate you. This is not done out of meanness but to make sure every diver is fully prepared to meet the challenges of diving.

First Aid & Care

In the event of an injury or an emergency you should follow the directions of your Instructor and not interfere unless your medical knowledge and training are more extensive than theirs. All Dive Pros Instructors are trained in Diving First Aid, CPR and the administration of 100% oxygen to an injured diver. In the Pensacola Gulf Coast area there are several hyperbaric chambers that are staffed with trained medical personnel 24 hours a day. This helps insure that in the unlikely event of an accident there should be little delay in appropriate treatment.

Equipment

Equipment plays a big part in allowing you to explore underwater. For safety and insurance reasons your Instructor will formally or informally inspect each piece of equipment you are to use. If an item is found to be inappropriate it can not be used during this course. **DO NOT PURCHASE ANY EQUIPMENT PRIOR TO THE START OF YOUR COURSE**, unless you are assisted by your Instructor or a Dive Pros professional SCUBA consultant; This can save you money in the long run Problems sometimes occur when people borrow equipment from friends who are already divers. Often times this equipment is slightly different than that used by other students or by the Instructor. For your safety the Instructor must be comfortable with the equipment and its configuration. The Instructor must make the final determination as to whether or not they will allow you to use it. Sometimes the equipment is an older model or one that has been out of service for years. This equipment must be certified by a Dive Pros technician before you can use it in your course. It is always best to learn to dive with the equipment that you will likely dive with. If you are interested in purchasing your own equipment consult your Instructor for further guidance.

*Equipment purchases should be postponed
until proper instruction from you Dive Pros
Instructor enables you to select the
equipment that best suits your diving needs.*

Animals

Hollywood has done a good job of limiting the number of people who want to learn to dive. If only half the gruesome creatures depicted in movies or on T.V. truly existed you wouldn't be able to get most people into a shower let alone into the ocean. The truth is that unpleasant encounters between humans and animals are rare and when they occur it is usually the human who instigates the problem. Fear and respect are expressions of similar emotions. The difference is that fear is born out of ignorance and uncertainty while respect comes from knowledge and understanding. If you take the time to get to know the inhabitants of the aquatic neighborhood you will have very few problems with them. **R E S P E C T**, not fear, is the key.

Attitude & Behavior

During your course you will be expected to behave in a manner that demonstrates your willingness to learn and your respect for the sport. No student will be allowed to participate in diving activities if they are found to be or are suspected to be under the influence of any inappropriate drug including alcohol. Disruptive, reckless and uncooperative attitudes and behavior cannot be tolerated and can be cause for failure to certify.

Education

The number one area where safety can be enhanced is through education. There are many very important areas of knowledge that a diver needs to understand to be safe in the water. Basic SCUBA courses DO NOT and CAN NOT give the new diver the depth of knowledge they will need in every possible situation. The basic course is an entry level *introduction* to the sport of SCUBA diving. You will receive the foundation of knowledge you need to get started safely. However, it is incumbent on you to take that knowledge and build on it to reinforce and strengthen your foundation of safety. Continuing diver education is a universally accepted premise that every diver including your dive Instructor abides by. You will find that the basic course is the most tedious and least fun course you will take. Every other level of diver education is more fun and increasingly more fulfilling.

Attendance Policy

Your course will consist of classroom sessions, pool sessions and open water diving excursions. Each session contains valuable information for which you need to be present. Failure to attend course sessions can be cause for failure to certify until all requirements are met. Your Instructor is responsible for insuring that you have received and mastered all the relevant information and skills. While most Instructors will work very hard to keep you on schedule to graduate with your class it is sometimes necessary to conduct remedial or make-up sessions.

Missed sessions

If you miss a session you may be required to make it up independent of your regular class. If so you will be expected to pay an additional fee for this service. Instructor fees are outlined on your “***Student Learning Agreement***” that you will fill out during your orientation session.

Please commit yourself to work hard to stay on schedule. If you know in advance that you will miss a class session notify your Instructor as soon as possible so that they can best plan to meet your needs and still respect the needs of the rest of your class.

Guests

Guests are normally welcome at all class sessions as space allows. It is best to advise your Instructor prior to class to be sure that it is O.K. *Please no small children or pets.*

Tardiness

Tardiness can be as disruptive as missing an entire session. Pool sessions are closely spaced and open water dives are often planned around environmental concerns that leave very small windows of opportunity.

Charter Boat Reservations

Charter boats cannot wait for late passengers. This would have a ripple effect that will affect the dives of people all day long. If you miss your charter boat reservation and you have not given 24 hours notice you will forfeit a portion of your charter fee. You should plan on arriving at least 30 minutes prior to your departure time to insure adequate time to load your equipment and take care of last minute details. Refer to maps provided by your Instructor or in the appendix to insure adequate travel time.

Equipment

Equipment is important and it can be a bit confusing. Everyone you see will probably be an expert, at least in relationship to what you know. Be careful and don't be in a hurry to fill your gear bag with lots of neat gizmos and gadgets. In fact it's best to hold off on even the gear bag until you are armed with the right information. Equipment is very important but equipment can not make you a better diver. No amount of the best gear man has created can transform a poor diver into a good diver. Equipment is a tool you will use to dive like a wrench is a tool to loosen a nut. If you don't know what you're doing both can be equally troublesome.

Provided

Dive Pros SCUBA courses include the use of all diving equipment with the exception of what is widely considered essential personal gear. You will be provided with SCUBA cylinders, regulator systems, wetsuits and weight belts.

You will be responsible for checking your equipment out and in for each open water dive excursion. In some circumstances equipment may be checked out to you at a pool session and you will be allowed to keep it overnight for use the next day in the open water. There are a limited number of equipment sets and cylinders and you may be asked to come in to check out your gear after 5 p.m. on Friday for dives on Saturday or after 3 p.m. on Saturday for dives on Sunday. Your Instructor will advise you of your classes times to pick up dive gear.

After use your equipment must be returned directly to the rental department where you checked it out. All students have three hours to return equipment or be charged a late fee of one day's rental. The only exception to this is for dives conducted on Sunday afternoon. Divers returning equipment from Sunday afternoon dives have until 5 p.m. Monday to return equipment to the rental department. Please note our Sunday closing time before you attempt to bring equipment back on Sundays.

After diving be sure and return your rental equipment promptly to avoid late return penalties.

Cleaning

To prevent equipment failures SCUBA equipment must be thoroughly cleaned in fresh water after use. Your instructor will instruct you in this process and demonstrate to you the proper cleaning procedures. You will be responsible for cleaning all equipment prior to turn in. Clean up areas are provided adjacent to the rental department to facilitate this. Please be considerate of your fellow divers and do a good job. Rental department employees and instructors may request that you re-clean equipment that is found to have sand or other debris on it. By learning to properly rinse and clean your training equipment you will learn the proper way to insure that **your** equipment provides you with years of trouble free service when you decide to purchase it.

Lost or Destroyed

Take good care of your rental equipment. You should always inspect and assemble it prior to leaving the rental desk. If there is any question about its function or its condition it should be noted at that time. The Dive Pros strongly recommend that you always assemble your equipment and test it before you sign for it.

The equipment you are issued has a value of over one thousand dollars. If any equipment is lost, damaged or destroyed you will be responsible for its repair or replacement. SCUBA equipment is very durable and difficult to damage so that this should not be a major concern. Be sure however to use common sense when you handle it. Don't leave equipment unattended on the beach or in your car. Be sure not to lock your gear in the hot trunk of your car for long periods of time or to put it in the sun beneath the rear window of your car.

Unauthorized

The equipment you are issued is for your use during official class functions only. Do not allow anyone to borrow or use your equipment. You especially don't want to attempt to give a friend or loved one some "Instant" SCUBA lessons on your own. This is very dangerous and should never be attempted.

Not all equipment will meet the rigorous demands of scuba diving. Your Dive Pros staff will help you select products to meet your specific needs.

It is also prohibited to allow anyone except Dive Pros Instructor staff or repair technicians to adjust or repair any item from our rental department. This action would invalidate our product liability insurance should anything subsequently occur.

Things you're going to need

As mentioned earlier there are a few pieces of essential equipment that are considered personal that you will need to have. These items can be rented or borrowed but our experience has shown that having your own greatly enhances the learning experience and makes for a much more enjoyable class.

Mask

The main reason we go underwater is to be able to see. This is accomplished with a well fitting SCUBA mask. Your instructor will discuss the many different options in styles and features but the single most important factor should be the fit. Proper fitting of a SCUBA mask requires the advice and assistance of a trained salesperson. The Dive Pros staff can assist you in making the best selection for your face shape and for the type of diving you will be doing.

Snorkel

The modern snorkel is much more than a tube to suck air through. A wide variety of gimmickry seems to abound in the world of snorkels. Listen carefully to your instructor and seek the advice of a specialist in local diving before you decide on something that may not be needed at all. SCUBA divers must have snorkels for many reasons, but the right snorkel can serve both your SCUBA needs and your Skin Diving needs.

Fins

Long is the debate between dive professionals as to which piece of equipment is most important; the Mask or the Fins. Needless to say there are many good arguments on both sides of the issue. Fins are indeed extremely important to the diver. Good fins provide excellent forward propulsion with a minimum of muscle exertion. Foot pockets need to be comfortable and strap systems should hold the fin secure without slipping. As with many items in the divers gear bag there exists a wide variety of opinion regarding shapes, materials and features. Again listen carefully to your instructor and let the Dive Pros show you the style and size that will fill your needs best.

Booties

Since most divers in our area select open heel adjustable fins for their diving, a neoprene boot is needed to protect the diver's bare foot from both the elements and the discomfort of the flu rubbing against the bare skin. These rubber booties only come in whole sizes but that is rarely a problem as they have quite a bit of give and exact size is not a critical factor. Booties come in two distinct styles: The high top, usually with a zippered closure and the low top, which slips on like a slipper. Your Instructor can advise you about such things as sole style and neoprene thickness and your Dive Pros salesperson can help you select the best boot for your diving plans.

Good equipment can make all the difference. Your Dive Pros retail staff can help you get the most value for your money.

Gloves

One of our most important senses is the sense of touch. The underwater world is a very tactile place with lots of neat stuff to feel. Extreme caution needs to be used both to protect the diver and the aquatic life from injury. Many animals resent being touched and have a very nasty way of showing it. In addition just about anything that can be found in the water will have something trying to grow on it; usually something with prickly spines or razor sharp edges. As you gain experience and balance underwater you will find that you are much less inclined to touch or grab the wrong thing. In the meantime protect your hands with sturdy warm pair of gloves. You will not regret it. Always remember that when it comes to touching something in the water if your not sure what it is don't touch it.

Qualifications of Graduates

Upon successful completion of your basic SCUBA diver course you will be free to begin your adventure as a recreational SCUBA diver. There are some things to keep in mind as you prepare to meet the underwater world on its terms.

Your basic course will prepare you to dive in *open water* conditions similar to those in which you are trained. Open water is defined as any body of water where your direct access to the surface remains unimpeded. You are not ready to participate in diving that is outside of those experiences. ***Places you must avoid are:*** The inside of caves or caverns. The interior area of any submerged artifact such as car bodies, airplanes or shipwrecks. Any dive where the depth or duration causes you to be unable to directly ascend to the surface.

Newly certified divers are qualified to dive in conditions similar to those they encounter during their initial SCUBA course.

Your certification card is a license to dive and a license to learn. Take it slow and build up your body of experiences and your bottom time with carefully planned dives that are within your personal comfort zone.

A fundamental rule of the divers' buddy system is that you can only go at the pace and comfort level of the least experienced diver. A good dive buddy will never try and pressure you into diving situations that make you uncomfortable. When in doubt say **NO**. Never be afraid to cancel or terminate a dive. *There will always be another day if you make the right choice.*

Successful completion of the basic course also qualifies you to participate in various levels of continuing education courses. These courses offer a wonderful opportunity to expand your knowledge and comfort level under the guidance of a professional Instructor. The Dive Pros offer dozens of continuing education courses that can take you from a novice diver all the way up to becoming a diving Instructor yourself. If you apply yourself and commit yourself to the process you can find that in a few short months you are an expert SCUBA diver ready to assist others with their diving needs.

Continuing Education

Your Dive Pros SCUBA course is among the finest to be found anywhere. Our instructors teach above and beyond exacting industry standards so that you can become a comfortable, confident and competent SCUBA diver. But for all our efforts the fact is that the basic course is just the beginning.

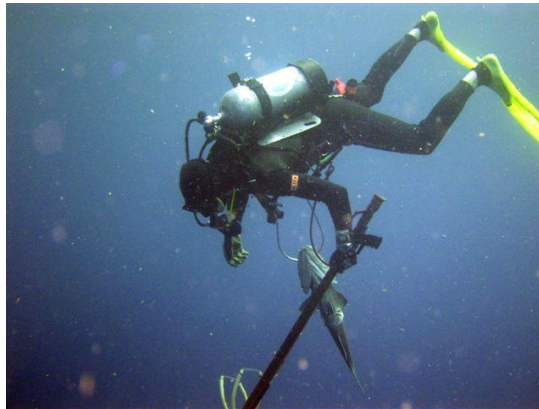
Diving is a very complex discipline encompassing facets of many separate sciences; there is a bit of physics and a tad of physiology and anatomy; equal parts of Marine Biology and Oceanography. First Aid, CPR and Oxygen use need to be learned. Mechanical engineering helps to understand the how and why of equipment functions. Smart divers understand a bit of boat handling skills as well as rules, laws and regulations applying to the seas and waterways. There are signs and signals to learn. Sociology and psychology help us to survive unknown fears and apprehensions that can lie within ourselves and or our dive partners. And of course there are dive tables and dive computers; the magical boxes and strange algorithms that stand between us and life as a pretzel. Who could possibly master all this in one course? That is why we must keep in mind at all times that diving is always educational and that dive training never ends either formally or informally.

There are many methods of learning. One popular method is trial and error. While trial and error can be effective, in our sport it can be very hazardous. Novice divers are still a bit unsure of their skills and can have a few rough experiences getting stated on their own. This leads many certified divers to drop out of the sport prematurely. Other problems occur when newly certified divers team up with well intentioned old salts who expect their new dive buddies to fall right in step with them and their diving habits. Amazingly many of

Dive Pros® Student Guidebook

these experienced divers completely forget what it was like getting started in this sport and either hurry or embarrass the new diver to the point where they lack the confidence to continue diving.

Diving is a complex discipline that has many different sub specialty areas where divers can excel.



This can all be prevented by taking the proper approach to dive education. That approach involves careful planning of dives to slowly build experience. Dives should be with divers who are experienced but considerate and patient. Many times Instructors or Divemasters are more than happy to dive with new divers or recommend buddies who are willing to take the time to help you become comfortable at your pace and under your terms. This experience should be coupled with formal continuing dive education with a professional dive Instructor. By taking it slow and by learning under the guidance of a professional Instructor you have a much better chance of becoming a true real life, for life SCUBA diver!

Most Con Ed courses are less expensive and a lot more fun than the basic course. Let's face it, the grunt work; the really boring stuff you need just to survive is what took the most time. Now that you know the fundamentals it's time to fine tune your skills and see where your underwater interests may lie. The Goals of Con Ed are to fine tune your water skills, enhance your safety and expand your understanding of the environment.

SCUBA diving becomes a really great hobby when you realize all the really cool and different directions it can lead you. There is underwater photography where you can capture stunning images to thrill and amaze your family and friends. Underwater videography lets you bring the beauty of light and motion as well as the excitement of discovery home to share. Hunting and spear fishing provide a level of excitement and satisfaction that is unbelievable and tasty. Underwater Archeology can put you in touch with lost history while Searching and Salvage can put you in touch with lost treasures. There are fantastic underwater caverns and caves filled with strange formations and creatures. Shipwrecks sunk by nature and war waiting to be explored and probed. Reefs at night are completely different than they are during, the day. There is drift diving where you fly through the water and technical diving where you expand your comfort zone to include the outer boundaries of the sport divers limits. Divers can even opt to use alternative gases to air or take advantage of advanced technology with rebreather systems. There really is no end to the possibilities. Diving is a sport like no other sport in, on, or under our world.

There is no end to the variety of fun things that you can do as a certified diver

Your Instructor knows this. That is why they have a complete schedule of Con Ed courses for you to choose from. Most courses can be accomplished in one week or on one weekend. The investment of time and money will reap benefits for years to come.

Safety Through Education

Make plans now to sign up and stay wet!

Advanced Diver

Sign up now for the Advanced diver course and let the fun begin. Not only is the Advanced course a core educational course but it should be a prerequisite for your educational journey to increased freedom and fulfillment. The Advanced course is the logical doorway that leads to all the advanced or more technical specialty courses that you may want to take. The Advanced course is also the best course to take to get a taste of and learn the basics of diving's most popular specialty activities.

During the Advanced course you will make 6 open water dives under the careful supervision of your professional Dive Pros Instructor. You will improve your underwater skills and make new friends while meeting new dive buddies. Your Instructor will introduce you not only to new dive skills and environments but to new dive sites as well.

Comfortable and confident, Advanced divers get more out of every dive.

Your Advanced course dives introduce you to the beginning techniques of such activities as deep diving, night or limited visibility diving, drift diving, boat diving and others. You will choose the dives that will most likely fulfill your needs as well as those that will best prepare you to participate in local diving activities.

Advanced courses are usually completed in one weekend and require a total of 6 open water dives. There will be one brief classroom session where you will go over the necessary administrative paperwork and the course schedule. The remainders of the course academics are done via extensive dive activity briefs and debrief.

Dive Pros Instructors conduct at least one Advanced course per month year round. Space is generally limited to the first 10 students so don't waste time. Sign up early and reserve your seat now.

Different diving environments require specialized training. The Advanced course is the first step in specialized diving proficiency

Rescue Diver

You need to accept the fact that diving is a sport that is not without hazards. The Dive Pros want you to be prepared to evaluate and cope with those hazards. This is important for you and for your dive buddy. The SCUBA Rescue Diver course and its supporting courses are the best way to accomplish this important goal. The Rescue course is unique in that it not only prepares you with the skills to make you a safe diver and a better dive buddy, but it is the first step in preparing for a dive leadership role.

This interesting series of courses teaches you to focus on the prevention of diving accidents. You learn to honestly assess your own capabilities and limitations in order to become as independent and self reliant as

possible. You also become more aware of your dive buddy's needs as you learn to be more observant and attentive.

Knowing the causes of typical diving accidents helps you to prepare not only to respond correctly to them but to develop and initiate plans of action that can prevent them from occurring.

This course is approximately 12 -14 hours in duration and is usually accomplished over a weekend or in one week. Diving skills focus on in water transportation of injured divers, recovery of unconscious divers who are submerged and the application of in water rescue breathing in support of a diver who has lost consciousness and stopped breathing. Academic topics provide the fundamentals of first aid for typical diving injuries and the establishment of an Emergency Medical Service response protocol.

Associated Courses in the SCUBA Rescue program

FIRST AID, CPR, AED

Every diver should know basic first aid and CPR. This course is fully sanctioned and meets the requirements for any diver planning on advancement into diving leadership. One or two night course with no outside class or water work needed. AED is the **A**utomatic **E**xternal **D**efibrillator, a device which can analyze a victim's heart rhythm and, if needed, deliver an electrical shock to the heart. These devices are found in many public places, and require training to operate.

OXYGEN FIRST AID

The most **important** first aid for a diving injury **is the application** of 100% oxygen via demand valve regulation. This course was developed by the Divers Alert Network and Duke University Medical Center to answer the specific needs of recreational divers. This 4 hour course covers the basics of Oxygen use and its correct administration in the diving environment. Graduates are then certified as Emergency Oxygen First Aid Providers. This course is a must for anyone who works on or around the water and or works with divers. Because this course focuses on the needs of the recreational diver it is a mandatory course for anyone interested in dive leadership.

Taken individually or as a whole the emphasis here is on preparation. Preparation for what we hope will never happen. If you take your new sport seriously and you want to be the best diver you can be and the most responsible buddy you can be then you need to sign up now and strongly consider bringing your dive buddy along.

Nitrox Diver

You learn in your basic course about the dangers of decompression sickness and nitrogen narcosis. These inconveniences are things that divers have learned to deal with and avoid. For years divers have known that breathing compressed air (roughly 20% oxygen & 80% nitrogen) can cause problems but there was little we could do about it. This has all dramatically changed with the advent of Enriched Air Nitrox diving.

Enriched Air Nitrox is a breathing gas that has an elevated level of oxygen and a decreased level of nitrogen. The most popular blend consists of 32% oxygen and 68% nitrogen. This new technology allows divers to increase their personal safety margin or prolong their dive times.

Nitrox courses instruct the students in the physics and physiology of using enriched air. Special attention is paid to enforcing the concept of limits and relevant special procedures as new Nitrox divers learn the necessity of strict dive discipline.

There are two levels of Nitrox use training; The basic course which familiarizes the diver with the use of the standard blends and tables available and the Advanced course which covers the more technical issues involved in creating custom or *“target”* blends of Nitrox.

BASIC NITROX

An essential course designed to qualify the certified diver to use nitrox mixes consisting of 32% and 36% oxygen. This is a four to five hour course with optional open water dives. While moderately technical this course is designed for the newly certified diver so that they can immediately enjoy the benefits of diving with Nitrox.

ADVANCED NITROX

This course takes the Nitrox diver deeper into the world of technical diving as users learn the applications of custom and target blends of nitrox. Emphasis is placed on enhanced safety by using mixes specifically designed for dives of a specific depth or profile and the use of high partial pressure oxygen mixes as cleansing gasses during safety decompression stops. This course requires 12 hours of classroom time and at least 3 Openwater dives.

SPECIALTIES

Diving is a dynamic activity with dozens of different areas of special interest. This is one of the things that can keep it fresh and exciting for a lifetime. As a matter of fact sometimes the hardest thing to do is to decide exactly which aspect of diving is the most interesting to us.

Because each special area of diving demands it's own level of expertise and understanding the Dive Pros offer courses that are designed to meet the needs of each area of interest.

You can take advantage of this unlimited variety by signing up for a Dive Pros Specialty course. In the course you will learn what it takes to participate in a specialized activity area. Specialty courses also introduce you to new equipment and equipment configurations that are applicable to the type of diving involved.

The great thing is that ***you*** make the choice. You decide what interests you and together with your instructor develop a plan of action that prepares you for actively diving within that area of interest.

Most specialty courses involve anywhere from as little as 2 hours of classroom time to as much as 12 hours of classroom time.

- Night Diving
- Boat Diving
- Hunting
- Search & Salvage

- Nitrox Diver
- Underwater Archeology
- Underwater Naturalist
- Photography
- Videography
- Equipment Specialist
- Navigator
- Manatee Diver
- Basic Wreck Diver
- Advanced Wreck Diver
- Cavern Diver
- Cave Diver
- Deep Diver
- Training Assistant
- Oxygen Provider
- Drift Diving
- River Diver
- Dry Suit Diver
- Underwater Radio Communications
- Fish Identification
- And much much more....

The list of possible specialty courses is way to long to go into detail in this guide. However the above list should give you an idea of a few of the educational possibilities that await you:

Master SCUBA Diver

Intensive. Demanding. Tough. Challenging. Satisfying. Rewarding. These are all words that describe the pinnacle recreational diving certification course, Master SCUBA Diver. The Master SCUBA Diver course fulfills two separate divers' needs; The First need is for those who simply want to be known as the best and who want to maximize their knowledge and enjoyment of recreational SCUBA diving. The second is for those who have seen the rewards possible as a professional in the world of recreational diving. For them the Master SCUBA Diver course is a prerequisite for a dive leadership course.

Diving is a great sport where many of its devotees take delight in sharing their love of the sport with friends and family. Many of these dedicated divers go on to become dive leaders as either Divemasters or Instructors.

For those who are not interested in becoming a “Pro” the Master SCUBA Diver course allows them to access the knowledge and develop the skills that bring them to an equal level with most diving professionals. The Mater SCUBA Diver course includes the toughest most in depth academic studies you will encounter in the sport. You will study physics that allow you to thoroughly understand how gases react under differing pressure and temperature variations. In depth knowledge of the mechanical operation of diving's tools such as regulators and pressure gauges are combined with hands on experience at minor equipment problem solving. Diving physiology and advanced concepts of first aid are discussed so that you are more aware of

your body's reactions to different diving situations as well as what to do if something goes wrong. You will study dive tables and dive computers to gain a better understanding of how your body absorbs and eliminates unwanted gases and to become familiar with the many types of dive table algorithms that are in use today.

These intense academics pair up with skill developing open water and confined water sessions to sharpen your skills and increase your self confidence and self reliance. The end product is a diver who stands out from the crowd and is recognized as a top authority among divers around the world. The prestigious Master SCUBA Diver certification card, certificate and emblem can be proudly displayed as proof of your accomplishment.

A Step on the Path

For others the goal is simple and obvious. They love diving. They want to help others love diving. They agree with the goal of *"Safety through Education"*. They have a need to share and assist others. For these divers only a role as a professional dive leader will do. The Master SCUBA Diver course is a vital keystone in the educational process that takes a recreational diver to the level of the professional.

The Master SCUBA Diver course provides the academic foundation and skill development that are essential for success in all leadership courses. Certification as a Master SCUBA Diver indicates the diver's readiness to take on the challenge and the responsibility of these courses.

Leadership Courses

What greater reward can there be than helping others. Diving leaders are part of a growing industry centered on recreational SCUBA diving. The dive industry depends heavily on trained dive professionals to guide, assist, and instruct a burgeoning population of SCUBA enthusiasts.

Whether your goal is to be able to help an Instructor teach classes, teach classes yourself or have a career in the tropics guiding vacationers through wondrous seascapes the Dive Pros leadership development courses can help put you there.

There are two main Leadership courses most divers choose to pursue. One is the Divemaster course and the other is the Instructor course. Both can get you started in a career as a dive professional.

Becoming a diving leader is a responsibility that not only demands the highest level of technical skills and knowledge but also requires patience and social skills that enable you to deal with a wide variety of personalities and group dynamics. Dive leaders set the standards of behavior that all divers look up to and emulate. Dive leaders therefore must be committed to conduct and ideals that preserve, protect and respect the underwater environment. Dive leaders continually promote our sport by spreading the word about diving and inviting others to become a part of the adventure.

Dive Leaders set the standards of behavior that all divers look up to.



Dive leaders organize events to keep divers active and take an active role in the education of the public in water and dive safety. The goal of all diving leadership personnel should be to enhance the public's image of diving and make sure that access to diving activities is open to all who are physically .qualified.

If this sounds like it's for you then see your Dive Pros Instructor about getting started down the path to a rewarding career in the recreational dive industry.

Divemaster

The most popular Dive leadership course is the Divemaster course. This comprehensive training program will prepare the Divemaster to participate in a multitude of diving leadership roles. Divemasters are the recognized experts whom many divers turn to for information, assistance and diving activities. While many Divemasters go on to become Instructors many find tremendous rewards and opportunities without taking the extra step and becoming an Instructor.

Divemasters organize and conduct diving events for certified divers.

Divemaster

Training requires many hours of classroom study to become familiar with several important topic areas such as: Dive Industry Standards and Policies, Legal Considerations, Marketing and Client development, Supervising and Guiding techniques, and many others. In addition there will be many practical application dives where Divemaster candidates work with actual students and divers under the supervision of their Dive Pros Instructor / Mentor. The entire approach is similar to an apprenticeship program where you learn and hone your skills with experienced dive professionals as your guides.

as a Guide...

One of the most common uses of Divemasters is as an in-water dive guide. Divemasters guide groups of certified divers on dives making sure that groups stay together and that dive highlights such as unique or unusual animals are seen by everyone. The Divemaster is the resident expert on what lurks beneath the waves, where it lives and what is and is not friendly. Divemasters help to insure that Bob and Betty from Biloxi find the wreck, see the eel, get safely through the wheelhouse, find the anchor line, make a proper ascent and have a great dive. An excellent in-water guide can turn a routine dive into a treasured memory.

as Supervisor...

The Divemaster's traditional role is one of organizing and supervising certified divers on beach and boat diving excursions. Divemasters make arrangements for divers to dive and take care of all the details necessary to insure a successful dive. Responsible for on site safety the Divemaster prepares emergency action plans and stations rescue and safety divers to maximize their ability to assist divers if the need arises. The Divemaster supervisor keeps track of all divers insuring that buddy teams enter and exit the water together and that all divers are accounted for. This role also includes the exotic task of organizing group dive travel which can be particularly rewarding in that it allows the Divemaster to travel and dive many exciting dive destinations.

....as Instructor's assistant

Dive instruction can be mentally very stressful for both students and Instructors. The well trained Divemaster can ease the stress and make the learning experience safer and more fun for everyone. The Divemaster assumes the role as the extra eyes and ears of the Instructor watching over groups of students while the Instructor works with individuals. Additionally the Divemaster performs escort duties guiding divers to and from skills sessions and on environmental familiarization tours. The Divemasters experience and insights broaden the educational experience giving reinforcement to the lessons presented by the Instructor. The professional Divemaster becomes an invaluable partner in the training process and is always in high demand among Instructors.

Moving up...

Certification as a Divemaster and actual work experience in the rating is the very best method of preparing for the ultimate reward of becoming a SCUBA Instructor. A few months of working with certified divers and dive students can really help define the direction you will want to go. Some will be content in the role as a Divemaster while for others it only reinforces their desire to become a certified SCUBA Instructor. Divemasters routinely perform better than other candidates during Instructor training courses. This is largely due to the fact that they have seen and participated in more dives with novice divers and have seen more of the common mistakes that divers make. This valuable experience prepares the Divemaster for the challenge of training new divers. The work can be tough but the rewards are Fantastic.

Instructor

What better way to show your love of diving and the underwater world than by being able to bring new divers into the sport. SCUBA diving is one of the most sought after of the adventure sports and the dive Industry is always in need of caring and dedicated Instructors who are willing to share their knowledge and wisdom with the next generation of recreational divers.

Dive Instructors enjoy the prestige and admiration that comes from being recognized as the ultimate authorities on diving. The Dive Pros Instructor training course is among the finest in the world and results in your certification as a member of an association of professionals that has members all over the world. Instructor Trainers and your Dive Pros Course Director will insure that you are fully prepared to assume your position among this elite cadre of professionals.

Dive Instructors can have very rewarding careers.

The Instructor Training Course is spread over a two week period filled with classroom academics, pool exercises and open water dives. You will study how divers learn and how the Instructor helps facilitate learning. In practical application workshops you will develop and test lesson plans and course schedules to prepare you to teach any diving subject to any size group. Trainers will guide you and counsel you on the methods of presentation that will make you stand out as a consummate pro. In confined water sessions you learn to properly describe and demonstrate the essential skills all divers must possess. Skill development and assessment are a top priority as you participate in mock lessons both as student and instructor to gain skill and confidence. During open water sessions you will demonstrate your ability to organize and conduct an efficient and effective training session. Overall the experience is one that will change your life forever and prepare you to take your place among diving's very best educators.

If you think you might have what it takes talk to your Instructor or make an appointment to see a Dive Pros Course Director. They can answer all your questions and help you to plot your course to the head of the class

Confined & Open Water Diving Information

(Please read this **BEFORE** going to your Confined & Open Water Dives!)

Please take a moment to read the following information

1. Transportation to and from the confined water and open water sites is the sole responsibility of the student.
2. If you arrive late and we are not in the parking lot, we are probably underwater. Assemble your gear, but wait until the Instructor or Divemaster directs you to “suit up”.
3. Contact phone numbers:
 - Emergency: 911
 - Gulf Coast Dive Pros: (850) 456-8845
4. Required items to bring to confined & open water:
 - Swimsuit
 - Towel
 - Logbook and Dive Tables
 - All necessary dive gear (Make sure it fits. Double check before you go!)
 1. Mask
 2. Fins
 3. Snorkel
 4. Boots
 5. Gloves (open water)
 6. B.C.D.
 7. Regulator
 8. Weights (you will need extra for open water)
 9. Wet suit (open water)
 10. Hood (open water)
 11. SCUBA cylinders
5. Suggested items to bring to open water:
 - Warm clothes for after the dive.
 - A cooler or jug of warm water.
 - Head covering (hooded sweatshirt, hat, or beanie) for warmth and sun protection.
 - Water bottle.
 - Snacks (bananas, trail mix, chocolate).
 - Sun block, even on overcast days.
 - Towel, rug, or tarp to stand on and assemble gear.
 - Save-a-Dive kit.

Graduation Boat Dive Check List

Location:

Boat arrives:

Boat Departure Time: (20-30 minutes after arrival)

Name of Boat:

Pick up dive gear at the store on or before Friday 5:00 p.m. for Saturday dives; or 4:00 p.m. Saturday for Sunday dives. It's a great time to purchase your full dive gear.

Dive Gear needed (that fits YOU):

- 2 SCUBA cylinders
- Boots
- Lead (not pool weight)
- Fins
- Wet Suit
- Gloves
- Regulator
- Light (optional)
- Hood
- BCD
- Dive Tables
- Knife (optional)

How to get there:

Notes:

Consolidate all your personal items into a back pack size bag. Drink and snacks will be provided. There is lots of bottled water and refreshments.

At the Marina: In the parking lot, assemble your BC and Regulator onto your cylinder in your car. Wear it down to the boat and strap it into the tank holders on the boat. Put your second tank next to your BC set up. After you have brought all your gear to the boat, put on your wet suit and booties, and wear them to the boat. Carry your top separate. Put your weight into your BC after you get to the boat.

On Boat Briefing: The boat owner will give you a complete briefing when you get onto the boat.

NAUI SAFE SCUBA DIVING PRACTICES

For enjoyable, safe scuba diving, you as a diver should:

1. Be trained in scuba diving by a certified underwater instructor and certified by a nationally recognized certifying organization.
2. Maintain good physical and mental condition for diving. Only dive when feeling well. Do not use any intoxicating liquor or dangerous drugs before diving. Have a regular medical examination for diving.
3. Use correct, complete, well maintained diving equipment which you check before each dive. Do not loan your equipment to a non-certified diver. When scuba diving in open water, use personal flotation equipment plus a submersible pressure gauge and/or a reserve warning mechanism.
4. Know the limitations of yourself, your buddy and your equipment. Use the best possible judgment and common sense in planning each dive. Allow a margin of safety in order to be prepared for emergencies. Set moderate limits for depth and time in the water.
5. Know your diving location. Avoid dangerous places and poor conditions.
6. Control your buoyancy to make diving as easy as possible. Be prepared to ditch your weights. Make an emergency ascent, clear your mask or mouthpiece, or take other emergency action if needed. In an emergency: stop and think, get control - then take action.
7. Never dive alone. Always buddy dive - know each other's equipment. Know hand signals and stay in contact.
8. Use a boat or float as a surface support station whenever this will increase the safety and enjoyment of the dive. Fly the "diver down" flag to warn boaters that divers are underwater. Slowly surface close to the float and flag, watching and listening for possible hazards.
9. Beware of breath holding. Breathe continuously throughout a scuba dive. Exhale on any ascent. Without scuba: avoid excessive "over breathing" before a skin dive; do not overexert. Know your limits and allow for a margin of safety. Be sure to equalize pressure early and often both during ascent and descent.
10. If you are cold, tired, injured, out of air or not feeling well, get out of the water. Diving is no longer fun or safe. If any abnormality persists, get medical attention.
11. Know decompression procedures, tables and emergency procedures. Make all possible dives as "no decompression" dives. Avoid stage decompression particularly on repetitive dives, at altitude or when flying after diving.
12. Continue your scuba training by taking advanced, open water or specialty courses. Log your dives and try to make at least 12 dives each year.

NAUI Safe Boat Diving Practices

1. Select a Coast Guard licensed boat that is fully equipped with the required safety equipment and has diver support and safety equipment.
2. Ask to receive Boat Diving Techniques Training as a part of your basic, sport or advanced diving courses.
3. Rely on the Skipper's knowledge of the most suitable dive sites. Plan your dive using the specific site information provided by the crew or Divemaster.
4. Only sign up for trip destinations that are consistent with your ability and dive plan.
5. Arrive at the boat at least a half hour before departure. Stow your well marked gear in the assigned locations. Respect the boat facilities: no wet suits in the bunk room or dropping tanks or weight belts on the deck.
6. Between dives keep dive gear in your bag to avoid lost or broken equipment. Assist your buddy with his/her tank. Do not sit on the deck to put your tank on or you may get hit on the head by another diver's tank.
7. Use your equipment to dive easily and safely. Do not over weight yourself. Only use your BC to fine-tune your buoyancy during the dive or to compensate for a heavy gear bag at the end of the dive.
8. No loaded spear guns are EVER allowed on the boat or boarding ramp. Bring a container for your gear. Help keep the boat deck clean and clear.
9. Use the boat exit points recommended by the crew. Move away from the boat exit once you are in the water. Either snorkel clearly on the surface or begin your descent down the anchor line. Do not use scuba to skim just under the surface. If you just skim the surface you cannot be seen by passing boats or other divers.
10. Fins should be put on last while you are waiting near the exit. Do not walk around the deck wearing fins.
11. Be sure to use a compass and submersible pressure gauge. Plan your dive so you end the dive with a reserve of air and are able to return to the boat while still under water.
12. Be aware of changes in current conditions during the dive. Use natural clues such as seaweed. Look for current lines trailed behind the boat on the surface. Do not hesitate to pull yourself hand-over-hand back to the boat using this line.
13. Use common sense, training, and experience—and ask questions if you are unsure. Allow for a “margin of reserve” and do not push your endurance limits. Watch for other divers waving one arm while on the surface. They are signaling a diver in distress. Divers who maintain personal control and are comfortable in the water have safe, enjoyable experience under water.

Explore the far away places.

Boat Dive Often

DIVER ETIQUETTE

As a responsible diver you should:

- Manage your equipment and vehicles as compactly as possible so you allow free access to sidewalks, driveways or public accesses to others. Maintain a tidy “equipment area” to avoid a “cluttered” look at the dive site.
- Take extra care with spear guns. Spear guns must be unloaded while on land and any spear should be kept away from crowded beach areas.
- Ask permission before using or crossing private property, whether to gain access to a dive site or for recreation after a dive.
- Change clothes discreetly away from the “public eye”. Use vehicles, changing robes, cabanas or tents. Respect others near or passing the site.
- By your behavior create a “good guy” impression of divers. Talk pleasantly to interested non-divers who are curious about your activity. Use discreet language and behavior. Avoid the use of alcohol or drugs before a dive.
- Respect the rights of others to enjoy the environment, operate businesses and maintain pleasant surroundings.
- Obey all laws including fish and game regulations and parking and access codes. Cooperate with local law enforcement officers.
- Leave beaches litter free and refrain from damaging or destroying property. Beach environments are often fragile ecological systems that require your careful use if they are to survive.
- Patronize local merchants. Divers can have great positive economic impact on an area, with businesses such as restaurants, dive stores and motels. Good economic rapport with a community assists in maintaining good communications and site accesses for divers.
- Begin your dives early in the day for optimum diving conditions, less crowded beaches, more parking and more freedom of choice in dive sites., Remember and respect your diving capabilities and limitations when selecting your dive site. Ask local residents or divers about potential dive sites. Rely on their knowledge of water and bottom conditions.
- Take only the game you can use. Collect as little as possible, clean it only in designated areas and dispose of wastes properly.
- Be helpful to other users of our aquatic environment. By helping, you can stand above the faceless crowd and gain respect for yourself and sport divers as a group. It also removes many of the “hassles” of diving and lets you dive more happily, calmly and safely.

Recommendations for a (good) Save-A-Dive Kit

1. Spare mask strap
2. Spare fin strap
3. "O" rings- various tank, BCD, and regulator
4. Silicone grease (food grade only)
5. Silicone spray
6. Snorkel keeper
7. Spare mouth piece
8. Wet suit cement
9. Needle and thread (69 lb)
10. Bonine (anti-sea sickness)
11. Tie wraps (black are UV safe)
12. Spare hoses (optional, but really good idea)
13. First Aid kit
14. Sun screen
15. Insect repellent
16. Spare light bulb for dive light
17. Batteries for dive light

Suggested Tools

1. *Crescent Wrench
2. *Pliers
3. *Allen wrenches
4. *Multi-tip screw driver
5. Toe nail clippers (for cutting tie wraps)
6. "O" Ring tool (crochet needles are great!)
7. Cigarette lighter
8. Scissors
9. Hemostat
10. Equipment repair class

*One scuba tool can be used instead of all these tools.

SAMPLE DIVERS' FIRST AID KIT

A first aid kit should be present during all diving activities. The contents may be simple or complex, as the distance from medical assistance increases. The following items are basic and may be supplemented according to personal needs and capabilities of the user and local conditions:

- Sterile compress pads for severe bleeding
- Roll of 2" gauze bandage
- Assorted band aids
- Adhesive tape 1" wide
- Assorted gauze pads (sterile)
- Cotton swabs
- Assorted safety pins/needles
- Triangular bandage
- Antiseptic soap
- Germicide spray (such as Bactine)
- Seasick pills (such as Bonine or Dramamine)
- Decongestant tablets (such as Sudafed)
- Scissors
- Tweezers and/or splinter remover
- Medicated stick (such as Chap stick)
- Isopropyl alcohol (about 70% solution or commercial product, such as Swim-Ear)
- Sunscreen cream
- Aspirin and/or Tylenol
- Coins and emergency phone numbers
- Adolph's Meat Tenderizer
- Cleaning agent (e.g. Hydrogen Peroxide, Listerine)
- Gauze scrub pads (such as Betadine)
- Baking soda
- First aid book
- Salt tablets
- Waterproof matches
- Drinking water and plastic cups
- Blanket
- Other...