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OPEN WATER DIVER TRAINING COURSE

The Hillingdon Sub Aqua Group offers to its members, a course in Scuba Diving that leads to an Open Water Diver qualification issued by the Sub Aqua Association which is associated with CMAS (Confédération Mondiale des Activités Subaquatiques - The World Underwater Federation), a worldwide recognised qualification.

The course comprises a number of lectures and practical training sessions held in the pool at Hayes under the supervision of qualified instructors. Weekend days are then held to gain the relevant Open Water diving experience.

On successful completion of this course, the SAA qualification of Open Water Diver will be awarded to the diver. This is equivalent to the following other international training schemes: **CMAS One star, BSAC Club Diver, PADI Open Water Diver.**

The cost of the course is £250.00 and includes :

- ★ 6 months membership of the HILSAG Club
- ★ Sub Aqua Association membership until 31st December of the year of joining
- ★ Third party insurance
- ★ SAA Qualification and Log Book
- ★ Training Manual
- ★ Theory Lectures
- ★ Pool Training
- ★ Qualifying Open Water dives
- ★ Full use of the club pool
- ★ Full use of club scuba equipment while training
- ★ Use of the Club boat with suitably qualified members
- ★ List of local Dive Shops
- ★ Full club support to help you achieve your diving ambitions

The Hillingdon Sub Aqua Group provides a friendly, relaxed and very supportive environment for you to learn and improve your diving skills. Throughout your training and after you will find members willing to help you and take you out diving.

On completion of the Open Water Diver grade, members can further train within the club up to Dive Supervisor (CMAS three star, PADI dive master, BSAC Advanced diver) level. You will also have access to SAA training at much reduced rates compared to market rates for equivalent courses and there are also lots of speciality courses for you.

Membership of HILSAG is annual and costs £200 per annum. The club allows its members to pay this by standing order in four quarterly advance instalments of £50.00. After the first 6 months, club membership can be continued by paying the quarterly fee.

The Training Deal

Obviously HILSAG provide lots of things to make your course enjoyable and successful but there are some things that are EXPECTED of you. The following attempts to itemize these :

Training Phase	HILSAG Supply	What you must supply
Theory Lectures	Lecture handout notes	Pen and paper
First Evening session	Mask Pool Fins Snorkel UK Diver Medical Form	You will be advised how to choose these items of equipment, and will be expected to have them for the next session.
Pool Sessions	Cylinder Air Buoyancy Jacket Demand Valve Instructor.	Mask Pool Fins Snorkel.
Open Water Sessions	Cylinder Air Buoyancy Jacket Demand Valve Instructors Weight Belt with 14 kg of lead	Completed UK Diver Medical Form signed by a doctor Semi Dry Immersion Suit Booties Open water fins Mask Snorkel Gloves (if cold) Transport / costs

Venue and Times

Agreed at the start but usually held on a Thursday Evening with lectures run from 7:15 p.m. to 8:30 p.m and pool session run from 8:30 p.m. to 9:30 p.m. Sometimes lectures will continue and no pool session will take place.

Note : Occasionally HILSAG use other facilities for lectures. If this happens you will be advised prior to the commencement of training

PUNCTUALITY

Your instructors give their time freely to help you achieve your goals. **Please**

- ◆ Be punctual
- ◆ Do not miss any session

It is in your interest so that you learn and you also maximise time in the water

Training Programme

The training programme is as follows :

Session	Description
1	EL1: Introduction to SCUBA diving (1/2 h). EL2: Air-filled spaces, ascent and descent (1/2 h). Fitness assessment and medical forms
2	EL3: Principles of SCUBA (1h). Pool session: Assemble, test and fit SCUBA Pool session: Clear mouthpiece and mask Skills Review
3	EL4: Physics and the diver (1h). Pool session: Remove SCUBA and refit.
4	EL5: Buoyancy, Management and BCD's (1h).
5	EL6: Respiration and circulation (1h). Pool session: Demonstrate safe entry and buoyancy control, safe method of descent
6	EL7: Decompression Part 1
7	EL8: Accident avoidance and rescue (1h).
8	Lecture EL9: Protective clothing (1h)..
9	Lecture EL10: Open water diving (1h). Pool session: Share SCUBA for 50 metres, both as donor and receiver on bottom of swimming area. Skills Review
10	OWL1: Oxygen Provider
11	OWL2: Dr ABC
12	OWL3: Basic first aid, AV and CPR (1h)..
13	OWL4: Ancillary Equipment
14	OWL5: Personal dive computers (1h). Pool session Skills Review
15	OWL6: Repetitive Diving and Diver Behaviour
16	OWL7: Deep Diving
17	OWL8: Diving Risk Assessment
18	OWL9: Dry Suit Diving

The **Theory Exam** will take place shortly after the lectures.

Open Water dives will be organised shortly after the lecture training and on successful completion of the fitness assessment.