

# Just Diving Limited

## Information Sheet for the PADI Open Water Course

### **Full Open Water Course - £295 per person**

#### **Age Restrictions**

The minimum age for a full open water course to be completed with us is 12 years due to age restrictions on the open water site at Stoney Cove.

#### **Health**

Some medical conditions will exempt you from taking part in diving activities. If you have a medical condition or you are currently taking medication you will need to discuss this with us first.

If you are obese, or you are a heavy smoker, this also may exempt you from participating in scuba diving activities.

#### **Course Content**

The full open water consists of :

Pre-course independent study at home prior to attending class - allow approximately 2 weeks for this. You are required to complete 5 knowledge reviews in your manual before attending class.

1 day theory workshop in the classroom completing 4 short quizzes and 1 final quiz. This day is very practically orientation with plenty of opportunity to touch and feel the dive equipment, learning how it all works.

2 days in the pool to complete 5 confined water sessions 11.30am to 4pm

2 days at Stoney Cove to complete the 4 open water dives.

#### **Stamina Exercise**

You will be required to swim 8 lengths of the pool non-stop and float or tread water for 10 mins as part of your open water course. This will be done at the pool session. We strongly suggest that if you have not been swimming for a long time, you perhaps do some swimming prior to your pool sessions.

#### **Delivery**

Due to availability of pool time we can only run the Open Water Courses at the week ends. We will try and be as flexible as possible for anyone with difficulties making all the course dates. Course are usually run over 3 consecutive week-ends.

#### **Whats included in the course cost**

A PADI open water crew pack containing your open water manual and dive planner - for you to keep.

The loan of a PADI DVD to support your home study - returnable at the theory session

All equipment and air during your course

#### **Whats not included in your course**

The entrance fees to Stoney Cove. These are £15 per day for non members and £10 per day for members. You can become a member by completing a diver log form and supplying a passport photo - membership is £25 for 2 years which then reduces your entrance fee.

Additional pool or open water time if remedial instruction is required.

#### **Your Open Water Qualification**

This qualification allows you to dive in an environment similar or better than the one you qualified in and anywhere in the world, to a maximum depth of 18m, always with a dive buddy, but independent of a diving professional. It is a qualification for life as long as you are medically fit to dive.

## **Open Water Referral Course - £220**

A PADI Open Water Referral course is a partial completion of the Full Open Water Course in the UK, followed by the completion of your 4 open water dives at another PADI Dive School in warmer climates.

### **Age Restrictions**

Minimum age is 10 years to learn to dive, but many countries have their own age restrictions, so it is advisable to check with a dive school in the country you are visiting in advance.

### **Course Content**

The whole course is still the same as the full open water course. However, you will only complete the theory and the pool sessions in the UK with us, and then receive a referral document to take with you on to your next dive centre.

### **Referral**

The referral document will last you for a period of 12 months from the date of the last completed component of the course. It is not advisable to have a long period between the end of your pool session and the completion of your open water dives though, to prevent skill fade problems. You will be required to pay the school you refer onto for your open water dives.

### **Qualification**

You will receive the same Open Water qualification on completion of the course. However please be aware that you are only qualified to dive in an environment similar to, or better than, the one you qualified in. Therefore if you qualify in clear warm waters, and you wish to continue to dive in the UK, you will be required to complete a UK Dive Orientation before you do this.