

PADI OPEN WATER DIVER COURSE

In the PADI Open Water Diver course, your PADI Instructor takes you through the basics of learning how to scuba dive. You start in a pool or pool-like conditions and progress to the open water (ocean, lake, quarry, etc.) getting the background knowledge along the way.

- Number of Dives: Five Confined/Pool Water Dives and Four Open Water Dives
- Knowledge Development: Five sessions
- Prerequisites: 10 for Junior Open Water Diver and 15 for Open Water Diver. Good health, reasonable fitness and comfort in the water.
- Materials You'll Need: PADI Open Water Crew-Pak, PADI Open Water Video or DVD, Log Book.
- Equipment you'll use during the course includes: mask, fins, snorkel, tank, regulator, buoyancy compensator, submersible pressure gauge and exposure protection as required by the local environment.

1. Knowledge Development – This develops your familiarity with basic principles and procedures. You learn things like how pressure affects your body, how to choose the best gear and what to consider when planning dives.

You complete Knowledge Development on your own, reading each of five sections of the PADI *Open Water Diver Manual* and watching the corresponding section of the PADI *Open Water Diver Video* (which also previews skills you'll learn). If you like learning with a personal computer, you can also get the *Open Water Diver Manual*

and

Video

together as a CD-ROM. You briefly review what you studied in each section with your instructor and take a short quiz to be sure you're getting it. At the end of the course, you take an exam that makes sure you've got all the key concepts and ideas down. You must get 75% on the quiz and final exam and complete all the knowledge reviews from each module.

2. Confined Water Dives – This is what it's all about – diving. You develop basic scuba skills in a pool or in a body of water with pool-like conditions. Here you'll learn everything from setting up your gear to how to easily get water out of your mask without surfacing. You'll also practice some emergency skills, like sharing air – just in case. Plus, you may play some games, make new friends and have a great time. There are five confined water dives, with each building upon the previous. Over the course of these five dives, you attain the skills you need to dive in open water.

3. Open Water Dives – After your confined water dives, you and the new friends you've made continue learning during four open water dives with your PADI Instructor at a dive site. This is where you have fun putting it all together and fully experience the underwater adventure – at the beginner level, of course. You may make these dives near where you live or at a more exotic destination on holiday.

Cost: Dhs2350 per person (includes PADI student crew pak, certification processing, knowledge development sessions, confined water dives, 4 open water training dives, equipment for training, wall certificate upon completion, professional instruction). Group and corporate rates available.

Pre-requisite: be medically fit, swim 200m continuously and survival float for 10minutes, 10 years old or above.