

# Become a Scuba Diver while at Sydney Uni!

## Learn to SCUBA DIVE "Open Water Diver" Course Format:

### DAY ONE: Evening Session - Tuesday

(Meet at the Sports & Aquatics Centre at 6.00pm; session will end at approx. 8.00pm)

If you are unable to attend this session, a private day session can be arranged by appointment. Ph 9570 4222.

#### Introduction and Orientation: Training Records & Course Materials

Meet your SCUBA instructor and complete the mandatory diver orientation which consists of important information and paperwork. Your training materials will be issued including Open Water Diver course manual, DVD & study guide.

#### HOME STUDY

Read sections 1, 2 and 3 and answer the questions at the end of each section.

Answers are to be written in your study guide.

### DAY TWO: Saturday

(Meet at the Sports & Aquatics Centre at 8.00am; returning by approx. 6.00pm)

At the beginning of class, you will hand in the end of chapter answers for sections 1, 2 and 3.

#### Classroom Presentation: Total Diving System                      Sections 1 & 2

During Class 1, we will discuss the Total Diving System as outlined in Sections 1 and 2.

Fit equipment and introduction to your dive system.

#### Classroom Presentation: Dive Physiology                      Section 3

During Class 2, we will discuss pressure and the importance of how it affects you underwater.

#### HOME STUDY

Read sections 4, 5 and 6 and answer the questions at the end of each section.

Answers are to be written in your study guide.

### DAY THREE: Sunday

(Meet at the Sports & Aquatics Centre at 8.00am; returning by approx. 6.00pm)

At the beginning of class, you will hand in the end of chapter answers for sections 4, 5 and 6.

#### Classroom Presentation: Your Underwater World                      Sections 4, 5 & 6

During Class 3, we will cover basic knowledge and practical information about diving in the ocean followed by an introduction to underwater life.

**Course Summary & Written Test:** Multiple choice exam of 50 questions.

*Now that you have completed Step One, you're ready to go diving...*

### **Pool Class 1: Establish comfort / learn skills**

After the completion of Pool Class 1, you will have learnt the following skills:

- Equipment setup and disassembly
- Proper entries and exits with SCUBA
- Proper weighting techniques
- Comfortable regulator breathing and clearing
- Comfortable mask clearing techniques
- Slow descents and ascents

### **Pool Class 2: Establish comfort / learn skills**

After the completion of Pool Class 2 you will have learnt the following skills:

- Equipment removal and replacement
- Proper buoyancy techniques
- Air sharing with dive buddy
- Independent ascents
- Review skills from Pool Class 1

*Congratulations, only one more step to go...  
You are now ready to finish your training by completing a series of instructor-led  
Open Water Dives.*

## **DAY FOUR: Saturday**

(Meet at the Sports & Aquatics Centre at 8.00am; returning by approx. 6.00pm)

### **Open Water Snorkel Dive and Open Water SCUBA Dive 1**

During these dives you and your instructor will review all of the SCUBA and snorkel skills you learnt during your Pool Classes 1 and 2. You will also work on neutral buoyancy skills and the challenge of making entries and exits, diving with a wetsuit in colder water and in salt water, and perhaps in a mild current or surge.

### **Open Water SCUBA Dive 2**

The objective is for you to demonstrate your ability with the entry level skills in a realistic open water diving environment under the supervision of an instructor. During these dives the primary emphasis is to reduce dependency on the instructor and to shift responsibility to you.

## **DAY FIVE: Sunday**

(Meet at the Sports & Aquatics Centre at 8.00am; returning by approx. 6.00pm)

### **Open Water SCUBA Dives 3 & 4**

During these dives you will learn basic navigation, you and your instructor will examine the use of an underwater compass and the effective use of underwater landmarks and bottom contours, orienting yourself to your natural surroundings at the same time as enjoying the underwater world.

*Happy Diving...  
from the team at Sub Aquatics!*