

# St. Croix Scuba 2023 Open Water Diver

There are a few things that you will need to prepare prior to your first day of Confined Water Dives in our Beginning Scuba program.

1. **eLearning must be complete** prior to the first pool date. Print and turn in your eLearning Record sheet.
2. **Medical Statement must be reviewed.** If you answer YES to item 3, 5, or 10, or ANY question on page 2, then you **must** have your physician sign off on page 3 in order to participate.
3. **Personal gear must be arranged.** Be sure to bring your Mask, Fins, and Snorkel to the first day in the pool. If you don't own any, we offer discounts for our new students. If you'd prefer to rent, the cost is \$50 for the entirety of training with us.
4. **Basic swimming skills are a prerequisite** for this course. There are two endurance tests during the training. You will be required to swim 200 yards without stopping, and tread water for 10 minutes.

## **Schedule:**

**Saturday 11:00AM - 5:30PM**

**Sunday 10:00 - 2:00PM**

On Saturday, the store will open at 10AM, and we recommend you arrive by 10:30 if you plan to rent or purchase your personal gear. Class will start promptly at **11AM on Saturday** morning. We will spend an hour reviewing the eLearning followed by a short quiz. After the quiz we will practice assembling and familiarizing with the SCUBA equipment. At 1:15 we break for lunch then meet at the pool at 2:15 for our 2:30-5:00 pool time.

**Sunday we meet at 9:45 AM** at the pool for our 10:00-12:30 pool time. After the pool training we will return to the store to return any rental equipment. Dive table instruction and practice will be available for any students who want it. Students who require a referral will have a copy emailed to them following the course.

## **On your first day of training, be sure to bring:**

1. Swimsuit & Towel
2. Personal Gear (Mask, Fins, Snorkel)
3. eLearning Record Sheet
4. Completed Medical statement (with physician's signature if required)

# **St. Croix Scuba 2023 Open Water Dives**

The last section of the certification process is your Open Water Dives. We conduct our Open Water Dives on Monday and Tuesday evening out at Homestead Parklands on Perch Lake.

## **Schedule:**

**Monday 5:00PM-9:00PM**

**Tuesday 5:00PM-9:30PM**

Monday we will meet at 5PM at the dive store. We will check out any rental equipment before heading out to Perch Lake. We will complete Open Water Dives 1 and 2 that evening.

Tuesday students will stop at the dive store to get their tanks refilled before meeting at Perch Lake at 5PM. We will complete Open Water Dives 3 and 4 before enjoying our signature grilled hot dogs and potluck. Paperwork and certification documentation will be completed at the lake or back at the dive store when students return their equipment.

## **Remember to bring:**

1. Swimsuit & Towel
2. Personal gear (Mask, Fins, Snorkel)
3. Any rental equipment (if you already have it from the preceding weekend)
4. (optional) Something to share for the Tuesday Potluck!