



teddington sub-aqua club

BSAC OCEAN DIVER COURSE

This course is for beginners and provides the essential knowledge and skills needed to prepare for open water diving. The course prepares for this in the safety of a swimming pool or sheltered water and an introduction to open water in a controlled, safe manner. Experience and confidence will be gained under the guidance of a qualified instructor.

Prerequisites

To join TSAC and enrol on the Ocean Diver Course you must be 16 years or older.

A basic level of comfort in the water is important and you will have to demonstrate that you can swim 200m in swimwear.

The BSAC Ocean Diver qualification allows you to dive to 20m and consists of the following elements:

- 6 classroom lessons (plus a revision session and a theory exam)
- 5 pool sessions and a pool assessment (this is the minimum and we usually have a couple extra to practice skills, etc.)
- 4 Open water dives - we usually do these, spread over two to three days, at an inland dive site where we progressively increase the depth from 2 or 3 metres to about 20m.

We also include training in the use of a dry suit (if requested) and Nitrox (oxygen enriched air).

Details of costs as follows:

	Costs	Benefits
BSAC membership – 12 months	*£60.00	Third Party Liability Insurance An excellent monthly magazine 'Scuba'
Joint member	£41.50	Access to training (skills and instructor training) and technical advice
Student in full-time education	£31.50	Discounts on travel Website: http://www.bsac.com
TSAC membership – 12 months	*£80 per person	Active dive programme overseen by the Diving Officer Access to training and skills development courses Active and inclusive social programme
Ocean diver course	£150	Includes pool fees
Training materials	£45 + postage	Manual, Workbook, Qualification Book, BSAC Log Book
Medical where necessary (One off charge paid directly to doctor)		A medical is recommended if the prospective trainee is over 35. See separate leaflet attached.
Diving equipment		Equipment is provided free whilst you're on the Course.

* Fees are pro rata depending on when you join the Club.

Contact details:

Diving Officer: Brett Parker 07482 734409 E-mail: cbparker@outlook.com

Training Officer: Carol David Mobile: 07951 064448

E-mail: david0dg@btinternet.com





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We are a very friendly club and in addition to doing lots of diving in the UK and abroad, we have an active social scene. We meet every Wednesday at Teddington Pool, from about 8.30pm to get in the water by 9pm. After the pool we adjourn to the Royal British Legion on the High Street, those who were not in the pool usually arrive at the RBL soon after 9pm!



If you would like to dive with our club, and perhaps train to qualify at a higher level, then we would be happy to have you join us. We are always glad to see new faces.

We do lots of training and, because our instructors are volunteers and so do not get paid, our courses are very inexpensive but offer excellent instruction. During in-water instruction we rarely have more than 2 students per instructor and usually have one to one training.

TSAC website: [http://](http://www.teddingtonsac.org)

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