

Scuba Refresher Training

This course is aimed at refreshing your practical scuba skills in a pool up to BSAC Ocean Diver level or equivalents such as PADI Open Water or PADI Advanced Open Water level (excludes Nitrox training). The session includes a Scuba Refresher Qualification Card and take home pack. At the end of this session, you should:

- Be able to assemble scuba equipment
- Be able to conduct a Buddy Check and have good buddy skills
- Be able to clear and replace your mask
- Be able to clear and replace a demand valve
- Have a good finning action
- Have good buoyancy control skills – have achieved a horizontal trim position underwater
- Have good rescue skills – full Alternative Supply (AS) Ascent and Controlled Buoyant Lift (CBL) with tow
- Be confident with deeper entry and exit techniques
- Know the signals for 'OK', 'stop', 'up', 'down', 'you watch me', 'you do' and 'something wrong'
- Be able to dismantle and wash down a scuba unit

When you sign up for the course you'll receive a Scuba Refresher Course Pack which includes a certificate. It may require more than one session to achieve the appropriate standard if you want to apply for the Scuba Refresher qualification card (BSAC QCard)

Course prerequisites

In order to attend this Scuba Refresher, you must confirm that you are medically fit to dive by filling in a Scuba Refresher medical declaration form and provide evidence of your diving qualification.

Certification

Students will be awarded the BSAC Scuba Refresher on achieving the required standard of proficiency. Course certificate will be issued on the day of the Scuba Refresher (in the form of an A5 certificate to be signed by the instructor).

Cost: This is a 1.5 hour course costing £35 per session.

Place/time: The course will take place at Teddington Pool, Vicarage Road from 8.30 - 10pm on a Wednesday.