



Discover Scuba Diving - Cruise Visitors.

Please read these details carefully and [contact us with any questions you have.](#)

What is Discover Scuba?

Your Discover Scuba Dive starts with a short session in shallow water.

We start by breathing on scuba, then we move on to learning a few safety skills to help us while we are diving. We will teach you to operate your BCD, remove and replace your regulator underwater and also to clear water from your mask.

After that we complete 1 or 2 dives from our boat to a **depth of 40ft (12M)**.

What previous experience do I need?

You did not need to have experienced scuba before.

You do need to be:

- Comfortable in deep water.
- Comfortable swimming in the open sea.
- A competent ocean snorkeler.
- Medically fit for Scuba (see questionnaire).

If you are unsure as to whether you will enjoy scuba, then prior to your cruise, why not try a pool discover scuba with a local dive centre at home, this is a great way for you to enjoy a fuller experience in the ocean.

The minimum age for Discover Scuba is 10 yrs

Medical Statement.

Prior to your Discover Scuba you will need to complete a medical statement, this is available at the end of this document. You need to be able to answer "**no**" to all the medical questions on the form. If any of your answers are a "Yes" then you will need a specific sign off from your doctor to be able to dive.

Course Costs.

Discover Scuba costs US\$125.00 + 1.50 tax for a single dive, the second dive is optional and costs US\$30. Both dives are completed in a single boat tour.

Transport

We provide complimentary transport from the cruise port.

Cameras Underwater.

- You may bring a Go Pro or small underwater camera with you on your dive.
- Please ensure that you have a means of firmly securing your camera to you, (Wrist Strap or Lanyard). Chest, Head and Wrist mounts do not work well when diving.
- Please remove any "floating" attachments from the camera, as you are diving, rather than snorkelling, you do not want your camera to float.
- Please make sure that your camera has a depth rating beyond 40ft (12M).

- [If you wish to rent one of our underwater cameras, please reserve at the time of booking.](#)

How to Book:

1. **Read the requirements in this document.**
2. **Check the medical questionnaire, make sure all answers are a specific "NO".**
3. **If you have not already done so, contact us to check availability.**
4. **We will ask you to confirm by email that you have no medical issues.**
5. **We will contact you by phone for a credit card number. (A small bank charge applies).**
6. **Pay for your first dive at the time of booking. (Second dive is optional and paid on the day).**

Please book early, places are limited. When you book we require the Name of each diver, Their Jacket or sweater size, also their age if they are under 18.

We will confirm your pick up time at the cruise port (**normally 8:15am Local Time**), **please arrive promptly.**

Cancellation Policy

Our standard cancellation policies apply to Discover Scuba, please see the [rates page on our website](#) for details.

Further Details:

Please [email us](#) with any questions you may have.

Medical Questionnaire:

If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Please send us a copy of your Doctor's sign off when booking.

- Do you currently have an ear infection?
- Do you have a history of ear disease, hearing loss or problems with balance?
- Do you have a history of ear or sinus surgery?
- Are you currently suffering from a cold, congestion, sinusitis or bronchitis?
- Do you have a history of respiratory problems, severe attacks of hay fever or allergies, or lung disease?
- Have you had a collapsed lung (pneumothorax) or history of chest surgery?
- Do you have active asthma or history of emphysema or tuberculosis?
- Are you currently taking medication that carries a warning about any impairment of your physical or mental abilities?
- Do you have behavioural health, mental or psychological problems or a nervous system disorder?
- Are you or could you be pregnant?
- Do you have a history of colostomy?
- Do you have a history of heart disease or heart attack, heart surgery or blood vessel surgery?
- Do you have a history of high blood pressure, angina, or take medication to control blood pressure?
- Are you over 45 and have a family history of heart attack or stroke?
- Do you have a history of bleeding or other blood disorders?
- Do you have a history of diabetes?
- Do you have a history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them?
- Do you have a history of back, arm or leg problems following an injury, fracture or surgery?
- Do you have a history of fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia)?