



# Discover Scuba Diving - Cruise Visitors.

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**Please read these details carefully.** Contact us with any questions you have.

## What is Discover Scuba?

Your Discover Scuba Dive starts with a full briefing on our boat.

We start by breathing on scuba and then we move on to learning a few safety skills to help us while we are diving. Your initial training is completed in close proximity to the boat using a line.

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

## What previous experience do I need?

You did not need to have experienced scuba before. **However please be aware that this experience takes place in the open ocean and we go to a depth of 40ft.**

You do need to be:

- **Comfortable in deep water.**
- **Comfortable in light ocean waves.**
- **Comfortable swimming in the open ocean.**
- **A competent ocean snorkeler.**
- **Not subject to seasickness.**
- **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.*

- **Medical Statement. (Important)**

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.

- **Junior Divers**

We welcome junior divers, minimum age is 12 yrs. All divers under 18yrs must be accompanied on the boat by a parent or by an appropriate adult with parental permission.

## Course Costs.

Discover Scuba including all taxes and CC fee is US\$ 189.67 for two dives completed on a single boat tour.

## Transport

We will meet you at the cruise port. *Meeting time is normally 15 minutes after your boat docks*, this will be confirmed on your booking. It is very important that you arrive on time for pickup.

## 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).

## Payment

Payment may be made by cash or Credit Card.

## How to Book

**Read the requirements in this document.**

- 1. Check the medical questionnaire; make sure all answers are a specific "NO".**
- 2. If you have not already done so, contact us to check availability.**
- 3. We will ask you to confirm by email that you have no medical issues.**

Please book early, places are limited. When you book, we require the following:

- Name of each diver.
- Their Jacket or sweater size.
- Age if they are under 18.
- Details of any previous scuba experience.

We will confirm your pickup time at the cruise port, **please arrive promptly.**

## Cancellation Policy

We do not require a deposit, please be fair to us and inform us as early as possible if you decide not to dive.

## Flying after diving

You may not fly on a plane withing 24 hours of Scuba Diving.

## Freediving after Scuba.

Please do not attempt freediving on the same day as your Discover Scuba experience.

## 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)?

**You will be asked to fill out and sign this medical questionnaire prior to diving. Incorrect answers will put you at risk and may void your medical/travel insurance.**