



Discover Scuba Diving. - Island Guests

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 vacation, 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

On your diving day we provide complimentary transport from resorts in the Frigate bay area, outside this area you will need to arrange your own transport to Port Zante Marina. Your pickup time (usually 8.15am) will be confirmed on your booking.

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.
- Age if under 18.
- Their Jacket or sweater size.
- Details of any previous scuba experience.

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.