



# Discover Scuba Diving. - Island Guests

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

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.

### You do need to be:

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

Please book your pool session with us as early as possible, the pool sessions costs you US\$ 20 which is refundable against the cost of your ocean dives.

The minimum age for Discover Scuba is 10 yrs.

- Pool sessions take place at the Marriott Resort.
- Pool sessions are on a separate day from your open water dives.

- **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.

## Course Costs

Discover Scuba costs US\$160 for a 2 dive session. (Booking fee applies when we are using Marriott facilities).

Both dives are completed in a single boat tour.

## Transport

On your diving day we provide complimentary transport from all resorts in the Frigate bay area.

## Payment

Payment may be made by cash or Credit Card, we will require a deposit when you book.

## How to Book

Contact us with the dates you will be on island.

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.

[Please use our booking form.](#)

## 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).

- **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.

- 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)?