

New Dawn *Dive Centre*

Open Water Course Essential Preparation Guide

To get the most out of your Open Water Diver course, it is important you are properly prepared.

This guide is designed to ensure you understand the preparation you need to do *before* you arrive for each course session.

Before you arrive at the first knowledge development session you must have completed and *signed a medical questionnaire (the green form)*. It is a good idea to complete this form well in advance, since, *if you answer yes to any question* on this form we will need a *note from your doctor* confirming that you are 'fit to dive'. Please be assured that the odd 'yes' answer (for a normally healthy person) rarely precludes diving but please do be aware that we are *not allowed to take you in the water at all unless we have the completed doctors note*.

Knowledge Development (Theory) Session One

- Read chapters 1, 2 & 3 of the Open Water (OW) manual and watch sections 1, 2 & 3 of the OW DVD.
- Work through the knowledge reviews at the end of each of the first three chapters.
- *Fill in the answers to the knowledge reviews at the end of Chapters 1, 2 & 3.*
- *Bring these completed knowledge reviews along to the session so we can review them.*

Knowledge Development (Theory) Session Two

- Read chapters 4 & 5 of the OW Manual and watch sections 4 & 5 of the OW DVD.

Before attempting the knowledge review questions at the end of chapter 4 you need to read the separate 'Instructions for Use' Booklet for the Recreational Dive Planner (RDP) and work through *all* the examples in that book. You need to understand how to use the RDP in order to complete the knowledge reviews for chapters 4 and 5, and the final exam at the end of session two.

- Work through the knowledge reviews at the end of chapters 4 & 5.
- *Fill in the answers to the knowledge reviews at the end of chapters 4 & 5.*
- *Bring these completed knowledge reviews along to the session so we can review them.*

Confined Water (Pool) Session(s)

- **Review all the *confined water* sections (1 - 5) of the OW DVD**

Please ensure you bring the following items to the swimming pool:

- Your swimming costume, towel and your log book. Plus, don't forget we go to the pub afterwards!