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## 4. Scuba Discovery

### 4.1 Introduction

This program is designed to give perspective students an introduction to scuba diving in a controlled environment under the direct supervision of an active SDI Instructor.

### 4.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Dive under the direct supervision of an active instructor
2. Enroll in an SDI Open Water Scuba Diver Course

### 4.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor

### 4.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of the subject matter

#### Pool

1. A maximum of 6 students per instructor, or 8 with an active assistant

#### Confined Water (swimming pool-like conditions)

1. A maximum of 4 students per instructor, or 6 with an active assistant; it is the instructor's discretion to reduce this number as conditions dictate

#### Open Water (ocean, lake, quarry, spring, river or estuary)

1. A maximum of 2 students per instructor; or 4 with an active assistant;\* it is the instructor's discretion to reduce this number as conditions dictate
2. If diver is 14 years of age or younger, a maximum of 1 student per instructor, or 2 with an active assistant; it is the instructor's discretion to reduce this number as conditions dictate

**\*In the event the instructor ascends with a diver, the assistant must make an immediate safe ascent with all of the remaining divers**

### 4.5 Prerequisites

1. Minimum age 18, 10 with parental consent
2. Demonstrate comfort and adequate swimming skills



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## 4.6 Course Structure and Duration

### Pool or Confined Water

1. Students must complete a minimum of 30 minutes in the pool or confined open water session prior to the open water dive.
2. Confined water session must be completed during daylight hours or under conditions that simulate daylight conditions

### Open Water

1. Training depth must not exceed 9 metres / 30 feet
2. One dive required, second dive optional
3. All dives must be completed during daylight hours or under conditions that simulate daylight conditions
4. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives

### Course Structure

1. SDI allows instructors to structure courses according to the number of students participating and their skill level

### Duration

1. The suggested number of training hours is 2

## 4.7 Administrative Requirements

### Administrative Tasks:

1. Collect the course fees from all the students
  2. Ensure that the students have the required equipment
  3. Communicate the schedule to the students
  4. Have the students complete the:
    - a. *SDI Scuba Discovery Pamphlet*
- OR
5. *SDI Liability Release and Express Assumption of Risk Form*
  6. *SDI Medical Statement Form*

### Upon successful completion of the course the instructor must complete the following optional procedure:

1. Complete the SDI Student Registration form
2. Issue a SDI Experience card

## 4.8 Training Materials

### Required Materials:

1. Slates

### Optional Materials:

SDI Scuba Discovery Pamphlet



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## 4.9 Required Equipment

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a dive computer is not mandatory; however a depth gauge is required. The following material is required:

1. *SDI Scuba Discovery Slates*

## 4.10 Required Subject Areas

Instructors must use the *SDI Scuba Discovery Slates*. Instructors can use any additional text or materials that they feel help present these topics. The following topics must be covered during this course:

1. The Aquatic Environment
  - a. Marine environment
  - b. Marine life expected to encounter at local dive site
2. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Gas spaces
    - i. Equalization techniques
    - ii. Lung over-expansion problems
  - d. Reason for breathing continuously while underwater
3. Scuba Equipment Assembly
  - a. Mask, fins, and snorkel
  - b. Exposure protection
    - i. Wetsuits
  - c. Buoyancy compensator device (BCD)
  - d. Regulator
    - i. Primary regulator
    - ii. Alternate air source
  - e. Cylinders
  - f. Weight Systems
  - g. Underwater instruments
  - h. Submersible pressure gauge
  - i. Dive computers
  - j. Depth gauges
4. Communications
  - a. Hand signals
  - b. Buddy system
  - c. Buddy separation
5. Taking the SDI Open Water Scuba Diver Course



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## **4.11 Required Skill Performance and Graduation Requirements**

**Students are required to successfully complete the following skills in confined water:**

1. Weight system adjustment with proper weighting
2. Pre-dive check of self and buddy
3. Removal and replacement of weight system on the surface
4. Ear clearing and equalization
5. Mask clearing; partial and full at depth
6. Buoyancy compensator device (BCD) use
  - a. Inflation and deflation; both oral and power at the surface
  - b. Inflation using low pressure inflator and deflation, at depth
7. Buoyancy control
  - a. Controlled descents
  - b. Controlled ascents
8. Regulator use
  - a. Breathing, clearing, and recovery at the surface
  - b. Breathing, clearing, and recovery at depth
9. Underwater swimming; proper use of fins
10. Computer use; use and reading of computer if worn by diver
11. Use of gauges
12. Communications
  - a. Hand signals
  - b. Buddy system
  - c. Buddy separation

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution