



St Albans Sub Aqua Club



Learning to SCUBA Dive

So you've always wanted to learn how to scuba dive, discover new adventures or simply see the wondrous world beneath the waves, this is where it starts. We are one of the largest dive clubs in BSAC, the sport's National Governing Body, providing internationally-recognised diver training and development. Become a member of SASAC and you join a group of people from the St Albans area who share a real passion for scuba diving.

If you have never tried SCUBA equipment, or are unsure whether to embark on a diver training course we run a 'Try Dive' in a swimming pool on the first Wednesday of every month, which is a great introduction. While you will need to be reasonably fit for the course, it is by no means an endurance test. Provided that you are over the age of 18*, a reasonable swimmer and in good health, you're ready to take that first step to learn to dive

Students are taught the **BSAC Ocean Diver Qualification**. It is Britain's most popular scuba course, and has introduced a huge number of people to the adventures of diving. SASAC runs the course depending on demand. The course consists of three main areas:

- Classroom lectures and home study to understand basic principles of scuba diving
- Confined Water Dives to learn scuba skills and
- Open Water Dives to learn and hone your scuba skills.

You will be taught in small groups and you will need to be available for 7 consecutive Wednesdays for the theory and pool sessions. The usual routine is a lecture at 7.30 p.m. followed by a pool session at 9pm in Westminster Lodge swimming pool.

Once you have passed your pool and theory assessment, you are ready to progress to open water. The course requires you to complete 5 open water dives, in varying conditions, plus a practical assessment. Open Water training days are scheduled in advance to coincide with the end of each course. It is recommended that these dates are put in your diary, so you can be available for these days. It usually takes several trips to complete the necessary dives, usually over 2-3 days.

We can advise you about the choices of equipment and where to buy or hire it before the course starts and we provide most of the necessary equipment needed for your training so there is no need to source anything before the course starts apart from your own fins, mask and snorkel because it needs to be chosen specifically for your individual fit and comfort. Additionally you will need a diving suit for the open water. We recommend you hire a suit for the course and normally students undergo training in a semi-dry wetsuit, and purchase a dry suit later. However if you do use a dry suit for the course we will insist on you undertaking additional dry suit training at the start of your open water experience.

Once qualified as an Ocean Diver you are eligible to take part in many of our club trips but will be limited to depths of 20m, and until you get more experience you will be buddied up with a more experienced diver.

We strongly recommend that you participate in the other skill development courses regularly run in the club and are sure that once you are a qualified Ocean Diver you will enrol on a Sports Diver course. This will teach you essential diving and rescue skills in order to be able to dive safely in UK waters and you will then be qualified to dive to 35m. The Sports Diver Courses are usually planned to start after the Ocean Diver group has all qualified, and are ready to move on to the next level.

SASAC is a diving club run by members for the benefit of members. It is not a diving school and we encourage our trainees to take an active part in club life both socially and by diving with us. However if being a member of SASAC and club diving is not for you and you're only interested in attaining a qualification to use on holiday diving, it would be better to introduce you to a local dive school business that will be happy to train you at commercial rates.

** Children can dive with SASAC from the age of 14 years assuming whenever they dive they will be accompanied by a diving parent or another adult diving member who is formally authorised by the child's parents to act in loco parentis.*



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Need to know more

Come down to the club on a Wednesday after 9:00 PM and see for yourself who we are. Ask at the bar and if they will put you in touch with one of the members for a friendly chat and to hopefully answer all of your questions.

Becoming a Diving Member

You will need to complete the following forms and return the signed copies to the Membership Secretary along with a payment for your membership at the rates shown in the form. All applications are subject to committee approval.

[Membership Application Form](#) (click on form for download link)

[Declaration of Fitness Medical Form](#) (click on form for download link)

You will be asked to attend an induction session where we can go into details about the club facilities; how you can access them and provide you with the opportunity to meet the club officers and members of the committee.

Potential members with any prior medical issues which may be affected by diving may need to see a medical referee, but we can advise on this after some preliminary discussions.

Applying for a place on the BSAC Ocean Diver Course

Courses are being organised all the time for diver qualification and skill development. Contact the Training Officer to request further information. All the training is provided by club instructors for free but you will need to pay for your own costs on the dive trips, any official training packs and course materials and towards the cost of your instructor's expenses when attending inland dive sites.

Contacts for further Information

Membership Officer
Stuart Everard
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01727 859829

Training Officer
Lisa Shaef
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