

## **INTRO SCUBA**

Introduction to Scuba Diving

### **Intention of this course**

This is just a pre-stage for basic scuba diving. It is not a scuba course.

The Intention of this course is just to show a non - diver how to feel when using Scuba equipment under water.

Instruction by ProTec 1\* Instructor.

### **Training environment**

Shallow water with very good visibility.

### **Prerequisites**

- A good physical condition proved by a medical statement
- Min. age 12 years.

### **Accomplishment**

The instructor have to stay close to the students - all the time.

Assistant instructors and rescue divers may help to manage more than one students - so each student has to have his own advanced buddy (Assi/rescue) close by with eye to eye contact.

Depth limit max. 5 msw.

### **Theoretical lessons**

Just the essentials to manage the easy task under water without problems and prepare the student to accept help from the instructor/rescue diver.

- Pressure under water and the regulator - why it is so important to exhale when going up.
- How to breath with a regulator
- How to blow water out of the regulator under water.

- How to deflate / inflate BCD

<b>Practical training</b>
---------------------------

**Surface:**

- Inflate and deflate BCD
- Regulator use.

**Pool or shallow water**

Max. depth about 1.5msw - student don't have to swim to keep head out of water.

- Regulator breathing
- BCD use
- Regulator change (easy way)
- Fins use

If the student shows good performance the max depth may extended slowly to max. 5 msw - without any exercises, just easy diving.

<b>Courseware</b>
-------------------

None