

Learn to Dive!

Bring these items with you to your first class...

- Student Record File
- Physician's approval for diving (if required)
- Divers Log
- Recreational Dive Planner
- PADI Diver Manual
- Completed Knowledge Reviews*

***IMPORTANT!**
Completed Knowledge Reviews and Video/DVD are required for certification.

Your Course Starts:

Date: _____

Time: _____

Location: _____

PLEASE NOTE: Once you enroll, the Course fees are due in full and are NOT refundable.

There can be a substantial penalty for transfer.
See back page.

Please confirm your course dates and schedule at the time of enrollment and receiving your course materials.

Sierra Diving Center Open Water Diver Course Program Guide

This guide helps you progress through Part I of your Learn to Dive program by providing guidelines and instructions on how to complete each academic training module. Each Chapter contains specific guidelines to help you to accurately complete each module; by checking each box as you finish that item, you can track your progress. The course materials are very thorough and easy to use, so you'll probably not have any questions. When you do have a question, note it in the space provided so you can ask your instructor during the Review Session. So let's get started!

OPEN YOUR STUDENT KIT...

First, let's be certain that you have all of the materials you need for your program. Please open your student kit and take out all of the contents. Your student kit should contain:

- Open Water Diver Manual & DVD Video
- Diver's Log
- Multi-Level Recreational Dive Planner and Instruction Guide
- Student Record File
- Dive Planning Slate

If any of these items are not included in your kit, please call us at (775) 825-2147 and we will send them to you. Next, let's complete your student record file and some questions about your medical history. (This may have been completed during your registration.)

OPEN YOUR STUDENT RECORD FILE.....

- Complete the front section titled *Student profile*
- Complete the front section titled *Emergency Contact Information*

Open the folder and locate the *Medical Statement* and *Medical History* sections on the right side of the folder. First, carefully read the *Medical Statement* section.

- On the line above "facility", write "*Sierra Diving Center*"; and continuing in that section writecity of "*Reno*".... and state of "*Nevada*."

Moving downward to the *Medical History* section; read it carefully and follow the directions by answering *each question with yes or no*.

- Complete the *Medical History* Section

If you answer yes to any of the questions, a physician's medical approval must be obtained before your water training.

- Sign in the "Signature" line and place the current date on the "Date" line.

If you are under 18 years of age, your parent or guardian must sign on the appropriate line.

Now that you have completed your *Student Record file*, return it and your *Diver's Log* to the student kit. You will use these items when you begin your review session with your instructor.

Learn to Dive!

Dividing Tip...

Although your program includes most of the equipment needed for the pool dives, we recommend that you purchase your own basic equipment (mask, snorkel, fins, boots and gloves) for more comfort and better fit

****Knowledge Reviews and DVD must be completed prior to the start of your scuba course. If you do not have the Knowledge Review completely filled in and DVD watched you may be required to do a make-up class at an additional charge.**

Notes _____

Reminder:

You will need to have your Mask, Snorkel, Fins, Boots and Gloves for your first pool dive. These are not provided as a part of the course. You may purchase or rent for each pool and open water dive. You'll gain the greatest comfort with your own equipment, so purchase is recommended. As a student you receive special pricing on purchase of equipment during your course.

Rental equipment fees for the personal equipment and the open water dives is not included in the course fees.

Here's how you do it.....

Next, we'll overview the procedures you'll use to complete the pre-study portion of your program. Open your Open Water Diver Manual to the Contents, page IV; you'll see that the manual is divided into five sections. Now, turn to page VI – and read the sections titled “Use of This Book” and “About This Book and the Open Water Diver Course.” On page one, read the section titled “Introduction.” To complete each of the five chapters, read each section, and complete the review questions, or the “Exercise” at the end of the section. To complete the section, watch the video (Module One), read the text and then complete Exercise Questions and then complete the knowledge review – following page 76. Use this procedure for each of the five chapters/modules in your program.

*****In order to complete your course and receive your diver certification card, you must complete all knowledge reviews and bring them with you to the review session. The normal review session of the program does not allow for study time or for time to complete the knowledge reviews. If these reviews are not completed, you may incur additional training time and charges.***

As you read the chapters and answer the Exercise, or Knowledge Review questions, you may not know the answer to a question. If this happens, return to the section where the information is discussed, and read the information again. If you use the CD-ROM watch the appropriate section of the video again. Afterward, return to the Exercise or Knowledge Review question and answer it. Use these procedures to complete the study portion of the course.

Let's get started.....

To help you progress through your Learn to Dive program and keep track of where you ended your last study session, check off the items listed below as you complete them.

Chapter 1

- Watch Section #1 DVD
- Read the following sections and complete the Exercise Questions
 - The Underwater World
 - Diving Equipment
 - Scuba Systems
 - The Buddy System
- Read Confined Water Training Preview
No exercise questions for this section
- Complete Knowledge Review (page 77)****

CHAPTER 2

- Watch Section #2 DVD
- Read the following sections and complete the Exercise Questions
 - Adapting to the Underwater World
 - Respiration
 - Diving Equipment
 - Diving Communications

Learn to Dive!

Notes _____

How to Activate eRDP-ml

You will likely want to do this on your smart phone or tablet, if possible, so it's available in class or at the dive site.

To Activate your eRDP-ml consult the Information/Registration Card in your Student Kit. Go to: <https://padi.com/erdpm1>

Sign up for free account. Enter required information. Use a reasonably permanent e-mail address as this will be your user name. Login.

Under "I have an access code" enter the code at the top of your eRDP-ML Card.

Access the eRDPml E-Learning. Follow instructions to download the PADI Library App and the eRDPml.

Download the eRDP-ml and begin Chapter 4/5 including the study questions.

- Buddy System Procedures
- Read Confined Water Training Preview
No exercise questions for this section
- Complete Knowledge Review (page 114 & 115)****

CHAPTER 3

- Watch Section #3 DVD
- Read the following sections and complete the Exercise Questions
 - The Diving Environment
 - Dive Planning
 - Boat Diving Procedures
 - Problem Management
- Read Confined Water Training Preview
No exercise questions for this section
- Read General Open Water Skills
No exercise questions for this section
- Read Open Water Training Preview – Dives 1-2
No exercise questions for this section
- Complete Knowledge Review (page 170 & 171)****

CHAPTER 4

- Activate your eRDP-ML Digital Version (See sidebar)
- Watch Section #4 DVD
- Read the following sections and complete the Exercise Questions
 - Accessory Diving Equipment
 - Health for Diving
 - Breathing Air at Depth
 - Dive Tables Introduction
 - Using the Recreational Dive Planner & eRDP-ml E-Learning
Complete Sample Problems and Exercise Questions in the self study portion and complete the worksheet attached to this guide using the eRDP-ml
- Read Confined Water Training Preview
No exercise questions for this section
- Complete Knowledge Review (page 218 & 219)****

CHAPTER 5

- Watch Section #5 DVD
- Read the following sections and complete the Exercise Questions
 - Recreational Dive Planner Special Circumstances
 - Finding Minimum Surface Interval-eRDP-ml E-Learning
Complete Sample Problems and Exercise Questions
 - Dive Tables Definitions Review
No exercise questions for this section
 - Basic Compass Navigation
- Read Confined Water Training Preview
- Read Summary of Mini Dive
- Read Open Water Training Preview – Dives 3 and 4
- Complete Knowledge Review (page 244)****

Important Course Policies:

Make-ups:

If your schedule or plans change: No problem. Give us a call. We may be able to do a make-up with another class, or for a small charge we can do a private make-up and get you back on schedule. Make-up fees are \$25.00 per hour plus pool cost and/or travel expenses.

Transfers:

If you need to change to a new starting date for you class: Again, this is easily accomplished. Give us a call or stop by. Assuming there is still space in the class you request, we'll simply transfer you in. If you transfer at least 3 weeks before the start of the course you are registered in there is a \$25.00 Transfer fee each time you need to change. **If you need to change start dates within 3 weeks of the class date you are registered for there is a \$75.00 transfer fee.**

Cancellations:

If you need to cancel or drop your course: Hopefully you'll have so much fun, this won't happen. If you do need to discontinue your program you will **NOT** receive a refund of any unused portion of the course. We will be as fair as possible, but please realize that we have incurred costs for materials that cannot be reused and expenses for such things as Instructors, pools and equipment.

Congratulations, you've completed your Learn to Dive study and preparation; you're ready for your review sessions, pool dives, and open water diving with your instructor. **Remember you will need to have your Mask, Snorkel, Fins, Boots and Gloves for your first pool dive. These are not provided as a part of the course. You may purchase or rent for each pool and open water dive. You'll gain the greatest comfort and proficiency with your own equipment, so purchase is recommended.**

You're on your way to becoming a certified scuba diver and having a great time.

For your Open Water Dives:

If you were so excited about diving you elected to purchase your complete kit, congratulations, you're ready for your open water dives. If you've not yet decide what would be the best choice in equipment for you, you may rent the open water package at a discounted student rate.

You will need to come into the shop the day before your open water dives to pickup the equipment and pay any rental fees. The rental fees are not included in your course fee. To reduce the time you need on the day of pickup, we can fit you and reserve the equipment prior to the dives. Simply stop in at your convenience and let us know what class you are in and that you need to be fitted. The staff will walk you through the process and explain what to expect when you come in as well as if you rent equipment on one of your trips.

As always, if you have any questions, give us a call at 775-825-2147.

See you underwater!



Sierra Diving
Center
Reno, NV