

Sierra Diving Center Pool Sizing & Checkout Form

Staff _____ Date _____

Name: _____ Class Date _____

Tag Color _____ Date: _____

BCD # _____

Regulator # _____

Wetsuit Jacket # _____ John # _____

Hood # _____

Weight Belt & Weight Lbs. _____

Mask _____

Fins _____

Snorkel _____

Boots _____

Gloves _____

I acknowledge that I have had explained to me and understand the following:

- ◆ I must have watched all sections of the Video prior to the start of the class.
- ◆ I must have all reading assignments and Knowledge Reviews completed prior to the start of the class.
- ◆ I must have complete the PADI eRDP-ml Practice Problems to the best of my ability prior to the start of the class.
- ◆ If I have a “YES” answer on the Medical History Form, I must have a signed Physicians Release prior to participating in any water activities.
- ◆ I am required to supply my mask, snorkel, fins, boots and gloves for all water sessions. These may be rented if needed.
- ◆ I am responsible for the equipment for the open water dives, which may be rented or purchased.
- ◆ If renting equipment, I must pick it up the day before the open water dives and return it the day after.
- ◆ If I have to reschedule my class less than 3 weeks before the start date, there will be a transfer fee of \$75.00 assessed. If I need to reschedule my class more than three weeks prior to the start there will be a transfer fee of \$25.00 per occurrence.
- ◆ If I need to cancel the class, the \$100.00 deposit, which covers the books, digital products and materials, is **NON-REFUNDABLE**.
- ◆ If I need a makeup session or if I need additional time and personal attention to complete the course, it will be scheduled and provided based on available pool time, Instructor availability and your convenience. I may incur additional private instruction costs for this personalized attention.
- ◆ I must meet all certification requirements to receive PADI Certification

Signature

Date

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 Videos are required for certification.

Your Course Starts:

Date: _____

Time: _____

Location: _____

PLEASE NOTE: Once you enroll, the initial deposit and 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 & 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 Video must be completed prior to the start of your scuba course. If you do not have the Knowledge Review completely filled in and videos 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. You may also 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 Video
- 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 Video
- 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 retrieve the Information/Registration Card in your Student Kit. Download the **White PADI App** to your phone.

Sign up for free account. Enter required information including first name, middle initial, last name. **Use a reasonably permanent e-mail address as this will be your user name and where your certification at the end of the course will be sent.** Login.

Access the “Learn” button at the bottom of the app and “Access your Courses” on the next page. Under “Have another access code” enter the code at the top of your eRDP-ML Card.

Access the eRDPml E-Learning and begin Chapter 4/5 including the attached practice problems 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 Video
- 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 Video
- 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 Video
- 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 less than 5 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

PADI ERDP-ML Practice Problems

1. Imagine you dive to a depth of 39 feet and stay for 46 minutes. What would your pressure group (PG) be at the end of the dive?
 - A. K
 - B. C
 - C. P
 - D. M
2. Imagine you have made a dive and you have stayed on the surface for a while. After this surface interval your pressure group is K. What is the maximum amount of bottom time you can use doing a repetitive (second) dive to 56 feet?
 - A. 16 minutes
 - B. 44 minutes
 - C. 29 minutes
 - D. 26 minutes
3. After a surface interval your pressure group is D. You want to do a repetitive (second) dive to 38 feet for 32 minutes. What will be your new pressure group (PG) when you reach the surface?
 - A. P
 - B. N
 - C. J
 - D. G
4. Imagine you dive to a depth of 38 feet for 39 minutes. What would your pressure group (PG) be at the end of your dive?
 - A. H
 - B. I
 - C. K
 - D. L
5. Imagine you have done a dive and you have stayed on the surface for a while. After this surface interval your pressure group is F. What is the maximum amount of bottom time you can spend doing a repetitive (second) dive to 56 feet?
 - A. 19 minutes
 - B. 24 minutes
 - C. 30 minutes
 - D. 36 minutes
6. After a surface interval your pressure group is K. You want to do a repetitive (second) dive to 56 feet for 19 minutes. What will be your new pressure group (PG) when you reach the surface?
 - A. T
 - B. N
 - C. F
 - D. V

7. You dive to 59 feet for 22 minutes. After a 30 minute surface interval, you plan to dive to 50 feet. What is the maximum allowable time for the second dive?
- A. 10 minutes
 - B. 61 minutes
 - C. 55 minutes
 - D. 19 minutes
8. Imagine you are planning to make two dives. The first dive is to 60 feet for 45 minutes, and the second dive is to 60 feet for 35 minutes. How long would you have to stay on the surface (minimum surface interval) to do these two dives safely?
- A. 26 minutes
 - B. 1 hour and 4 minutes
 - C. 1 hour and 10 minutes
 - D. 1 hour and 14 minutes
9. Imagine you dive to 56 feet for 47 minutes. After a 30 minute surface interval you do a second dive to 56 feet. Losing track of time, you notice your bottom time is now 25 minutes. According to the General Rules, what should you do?
- A. Ascend (go up) right away to 15 feet and stay there for 8 minutes before going to the surface, and not dive for six hours.
 - B. Go to the surface right away and contact the nearest recompression chamber.
 - C. Ascend (go up) right away to 15 feet and stay there 3 minutes before going to the surface.
 - D. Ascend (go up) to 10 feet and stay there until you use up your air, and not dive for 24 hours.
10. A group of advanced divers plan to make two dives. The first dive is on a reef in 90 feet of water for 20 minutes. The group then remains on the surface for 1 hour. The second dive is on a wreck in 60 feet of water, with a planned bottom time of 30 minutes. What will be the ending pressure group after the second dive?
- A. L
 - B. S
 - C. U
 - D. W
11. Imagine you are an Advanced Open Water Diver. You plan to do three dives. The first dive is an 80 foot dive for 20 minutes followed by a 42 minute surface interval. The second dive is to 50 feet for 37 minutes followed by a surface interval of one hour. Your third dive is to 50 feet. What would be your maximum allowable bottom time for this third dive?
- A. 54 minutes
 - B. 26 minutes
 - C. 15 minutes
 - D. 63 minutes
12. Imagine you are an Advanced Open Water Diver. Your first dive is to 100 feet for 20 minutes? During your ascent you spot an interesting item at 80 feet. Thinking you will need 20 minutes of time to thoroughly check it out, what is the minimum amount of time (minimum surface interval) you and your buddy need to spend out of the water to safely conduct this second dive?
- A. 26 minutes
 - B. 73 minutes
 - C. 113 minutes
 - D. 60 minutes

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YOUR COPY

Signature

Date