



AUCHENHARVIE SUB AQUA CLUB

WANT TO LEARN TO DIVE?
WANT TO JOIN A DIVE CLUB?

COME AND JOIN US.



Thanks to our members
for the cover photos,
all of which were taken
during dives in Scotland.

Contents

Page

2	Welcome to Auchendarvie Sub Aqua Club
3	Who Are Auchendarvie Sub Aqua Club
3	How to get started - A Try Dive
4	Why Dive with a SCOTSAC club
4	What can I Learn?
5	What is involved in the training - Pool
6	What is involved in the training - Lectures
6	What is involved in the training - Open Sea
7	What Does it cost
7	Frequently asked Questions.



Welcome to
AUCHENHARVIE
SUB AQUA CLUB

Welcome to Auchenharvie Sub Aqua Club.

If you are reading this you obviously have an interest in learning how to scuba dive. You will also have many questions to ask and are probably wondering how to go about learning. In that case read on.....

This pack is designed for new divers, not only to introduce them to scuba diving but to let them know more about the club. It contains information on how you will be trained, and of course the money involved. Hopefully it will answer most of the questions that you have. If not, don't worry. The club Branch Instructors will try and answer any others.

The club trains on Tuesday nights at Our Club Rooms at Clyde Marina in Ardrossan 7.30pm to 8.30pm then at Auchenharvie Swimming Pool in Stevenston from 9.00pm to 10pm. It is advisable to come slightly earlier to organise training and get to know other members of the club.

Come and join us....

WHO ARE AUCHENHARVIE SUB AQUA CLUB

Auchenharvie Sub Aqua Club, is a group of like minded, oxygen breathing, water dwelling nutters who enjoy the deep, dark murky coast of Scotland. Only Joking, but we are a group of people to enjoy diving the beautiful West Coast of Scotland. As a ScotSac club as members we are all excited about welcoming new members and helping them to learn to dive. During our Tuesday night sessions members are always on hand to impart our knowledge and experiences.

As a social club, we host a number of trips away through out the summer months. Over the winter it tends to be club meetings often in a local watering hole. Reminiscing on our previous dives.

We would love you to come along and try a dive then join our club.

Our Tuesday night training starts at 7.30pm in our training room at Clyde Marina and runs to 8.30pm then we go to the pool for 9pm, for pool training until 10pm.

And we do have a laugh.....

Come and join us.



HOW TO GET STARTED A TRY DIVE

So you fancy giving it a try, your first step is to get in touch with one of the committee guys and book a free try dive.

During your try dive you will be introduced to the aqualung and you will get the chance to experience breathing underwater for the first time. You will spend an hour in the pool with an experienced member of our team who will spend time taking you through the very basics of diving.

Next, you need to join Scotsac our governing body, annual cost £55.00. This will give you your training records and club log book.

Then you join our club and start your training, our membership cost is £150.00 or £15.00 per month by direct debit.

Once this is done it's in to your training proper, the serious stuff.

First couple of weeks will be Swimming Assessment, don't worry you don't have to swim like a fish or hold your breath for hours.

After this the pool training will begin along with the lectures.

Finally it will be in to the open water, shallow easy dives to begin your open water training, then once you are qualified it will be in to deeper water.

All in all you will have an amazing time.

To Book your try dive call Craig on 07775 538 542 or Colin on 07908 819175

WHY START DIVING IN SCOTLAND WITH THE SCOTTISH SUB AQUA CLUBS?

What does the thought of scuba diving in Scotland conjure up for you ? Chilly memories of childhood dips at the seaside ? Dark, menacing sea-lochs containing killer conger eels - not to mention Nessie ! The swimming ability of the Man from Atlantis ? And to cap it all a sport so dangerous that even to undertake one dive would be potentially suicidal. The biggest surprise of all might just be this: if you thought any (or all !) of the above you would be WRONG.

Scotland is a diver's paradise, a Northern marine jewel rich in sealife, shipwrecks and astonishing underwater scenery. Can you imagine what it's like to swim amongst seals ? To swim amongst the remains of warships? To see things that most people will never see?

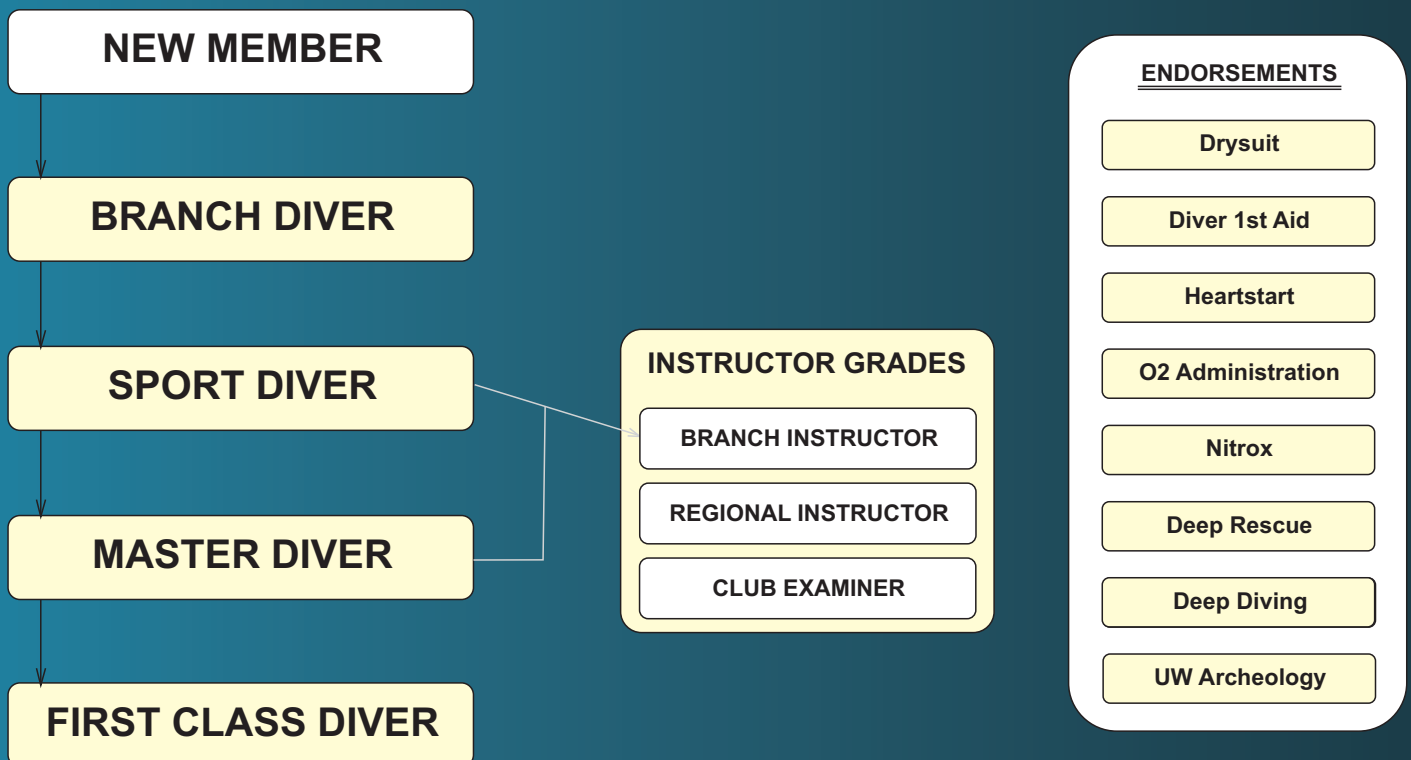
There is no denying that to be able experience the underwater world you must be properly trained in a safe and sensible way.

There is only one official governing body for amateur diving in Scotland that offers training specifically orientated to these challenging waters, with a wealth of experienced instructors and the outstanding camaraderie of a genuine club structure - not to mention a safety record that is second to none. Young or old, male or female, we make no distinction for entry and, as a non-profit making organisation, offer expert tuition at minimal cost to the individual.

Just because you learn to dive in Scotland does not exclude you from diving any where else in Britain not to mention the world. The Scottish Sub Aqua Club qualification is recognised the world through, so no further training will be required to dive out with Scottish waters.

THE LEARNING PROCESS.....

.....WHAT CAN I LEARN?



WHAT'S INVOLVED IN THE TRAINING

- POOL

TRY DIVE

On your first night at the club we try and let you have a "try a dive" using the aqualung. However this depends on equipment availability. If you don't get to use it the first week you will later on.

Basic Swim

This is a very simple schedule that allows the instructor taking you to assess your confidence and ability in the water. Don't worry we don't expect you to be a champion swimmer.

Equipment: normal swimming gear

Duration: 1-2 sessions

Basic Snorkel

To be able to dive properly you first have to be able to snorkel. This part of your training is designed to get you used to wearing a mask, snorkel and fins (not flippers!!)

Equipment: mask, snorkel, fins

The club has equipment that you can borrow however we do encourage you to buy your own snorkel equipment. That way you will not miss out on training should there not be enough to go round. There is a guide on the equipment required at the back of this pack.

Duration: 2-3 sessions

Advanced Snorkel

Here you develop more skills using the snorkelling equipment including towing and life saving in preparation for using the aqualung.

Equipment: as above

Duration: 2-3 sessions

To commence aqualung training you **must** be a member of ScotSAC and have obtained a sports diver medical. Forms are included in this pack.

Aqualung

You will put everything that you have learned from the first 3 stages into practice but this time using the aqualung (jacket, cylinder and regulators). You will develop these skills and other necessary skills.

Equipment: As above. You will also use a club aqualung.

Duration: 6-10 sessions

Simulated Open Water Dive and Dry Suit Training

This is the final pool assessment you will be required to do. You and your buddy will spend approximately 20 - 30 mins carrying out a simulated dive in the pool. However this is no ordinary dive it will show how able you are to deal with real situations that may arise when you are under water.

It's all good fun and designed to build your confidence and other peoples confidence in you. You will also spend some time getting use to using a dry suit.

Equipment: As above with aqualung and some other diving equipment

Duration: 1-2 sessions



WHAT'S INVOLVED IN THE TRAINING - LECTURES

LECTURES

There are some lectures designed to coincide with certain stages of your training. For example,

Lecture 1 - Basic Equipment and Signals

You should receive this lecture before purchasing any equipment. However due to time constraints this is not always the case. So to help assist you in buying equipment it has been included at the back of this pack.

Lecture 3 - Aqualung Use and Buoyancy Control

This lecture will be useful as you progress through the training to the aqualung stage.



You will be given lectures by Branch Instructors on Tuesday nights when suitable. The instructor will decide which lectures and how many to do in the given time, depending on your stage of training.

Equipment: A folder to keep lecture notes, pen and ScotSAC log book

Duration: 6-8 sessions

THEORY TEST

Once you have completed the lectures and when you feel ready you will sit a multiple choice theory test. This is to ensure you understand the basics before entering the open water.



WHAT'S INVOLVED IN THE TRAINING - THE OPEN SEA

FIRST DIVES

So you have practised in the pool and learned all the theory. It's time to get wet for real.

Your first six dives with your instructor will cover much of the pool training sessions, however this time they will be in the open sea.

First dive will be all about getting your buoyancy correct, then some mask clearing exercises. All of this will be done in 6 metres of water.

Then we move on to slightly deeper dives with your instructor taking you to 10 metres.

Now you have opened up a new world that not many get the privilege of seeing.

We hope to be part of the journey with you...



WHAT DOES IT COST....

AUCHENHARVIE MEMBERSHIP

Try Dive **£15.00**

New Membership (Trainee)

Direct debit of £12.50
One Off Training Fee £50.00
(PADI Crossover £30.00)

Included in the training fee is

- all your pool kit
- gas while training in the pool
- your first club T-shirt
- lecture notes
- lecture room refreshments

SCOTSAC MEMBERSHIP

New Membership

1st Year £75.00
2nd Year renewal £55.00

Included in your Scotsac membership is

- Logbook
- Training Records
- Insurance
- Magazine
- Qualification Cards

FREQUENTLY ASKED QUESTIONS

What is my First Step?

Phone us to book a try dive 07775 538 542

What if I have a PADI or other qualification?

Lots of our members started with another qualification then joined us for the benefits of being in a club. To move to a Scotsac qualification you need to complete some assessments with one of our instructors.

Do I need to buy kit?

When you get to open water you will need to start buying kit, ebay and gumtree are great places and our members will be more than happy to advise. A mask is something you will have for your whole diving life so when you start pool sessions we always suggest you get your own mask and fins.

How Deep do we go?

At the start of your training you will dive no deeper than 10m. Then you can build up your skills and depth.

Is it dangerous?

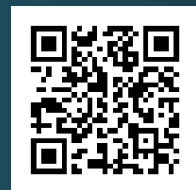
Yes, but with the correct training, support and experience you will be safe. Unlike PADI our training takes several months before you get in to the water so it is much more in depth. Auchenhavrie have no diving incidents recorded for 9 years.

CONTACT US

07775 538542
CHAIRMAN@DIVEAUCHENHARVIE.COM

FACEBOOK

DIVEAUCHENHARVIE



WEBSITE

DIVEAUCHENHARVIE.COM

