

# Student Diver Guide for the PADI Open Water Diver Course

Congratulations and welcome to the dive life! You are on your way to the greatest adventure on Earth – Scuba Diving! It is the goal of Scuba Frisco to ensure that our student divers have a safe, fun, and rewarding experience. To ensure that you have the best experience possible, please take a few moments to familiarize yourself with the content of this guide. We recommend that you print this guide, bring it to your course orientation session, and keep it handy for the duration of your course. Now, let's get started on your adventure!

## DO THIS FIRST – IMPORTANT MEDICAL INFORMATION & INSTRUCTIONS

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**For your safety and to avoid delays in your course...**

- Download and print the *PADI/RSTC Medical Statement Participant Record* form at [scubafrisco.com](http://scubafrisco.com) > [Course Info](#) > [Medical Information](#)
- Carefully read the form, answer the medical history questions with a “YES” or “NO”, and sign and date the form.
- **If you can answer “YES” to one or more of the medical history questions...**
  - Complete the STUDENT section on page 2 of the form.
  - Take or send all six pages of the form to your physician.
  - Ask your physician to complete the PHYSICIAN section on page 2 of the form and return it to you.
  - Make a copy of the completed form and hold onto it. You may need it in the future.

**PLACE YOUR COMPLETED PADI/RSTC MEDICAL STATEMENT PARTICIPANT RECORD FORM  
IN YOUR STUDENT RECORD FILE FOLDER AND GIVE IT TO YOUR INSTRUCTOR AT YOUR COURSE ORIENTATION  
SESSION, OTHERWISE YOUR CONFINED WATER TRAINING WILL BE DELAYED.**

**If you or your physician have questions regarding your fitness to scuba dive, then you and/or your physician can speak with diving medicine specialists about your questions...**

- Contact Divers Alert Network (DAN) at Duke University Medical Center by calling the DAN non-emergency medical line at [919-684-2948](tel:919-684-2948) (Mon – Fri, 8am – 4pm CT).
- Referrals to local diving and hyperbaric medicine specialists are available.
- This is a free service for divers and student divers.

## Starting Your Scuba Training

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- First things first: Follow the instructions under IMPORTANT MEDICAL INFORMATION & INSTRUCTIONS above.
- Read through this guide. It will answer most questions you might have about each of the three components of your PADI Open Water Diver Course...
  - Knowledge Development with PADI eLearning
  - Confined Water Training in the Pool
  - Open Water Dives
- After registering for the course, check your email for your PADI eLearning access code. Begin PADI eLearning as soon as you can. Don't wait until the last minute as you will want time to absorb this important knowledge.
- Purchase of your personal diving gear at Scuba Frisco prior to your course orientation session, or on the day following your orientation session, during regular business hours. The fitting process takes about 30-45 minutes. Your instructor will be busy with the details of your scuba class, and will be unavailable to assist you directly with your purchase immediately prior to, during, or immediately after the orientation session.

## Student Diver Checklist

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### Start now...

- ☐ Stop by or call Scuba Frisco at **214-227-2494** to get registered for your course, then review this guide book.
- ☐ Complete the *PADI/RSTC Medical Statement Participant Record* form and obtain a physician's approval if needed. Make an additional copy of the completed form to hold for future use. [See page 1]
- ☐ Redeem your PADI eLearning access code and start PADI eLearning. [See page 5]

### Before your orientation session...

- ☐ Get fitted and obtain your personal diving gear at Scuba Frisco. [See page 4]
- ☐ Complete all documents as listed below. Place all completed forms in your *PADI Student Record File* folder.
- ☐ Complete PADI eLearning.

### Documents to bring to your orientation session...

[See page 3 for full details.]

- ☐ *PADI Student Record File* folder.
- ☐ *PADI/RSTC Medical Statement Participant Record* form, with physician's approval if needed.
- ☐ *PADI eLearning Record* form.
- ☐ *PADI Diver Logbook*
- ☐ For student divers under age 18, *PADI Emergency Treatment Consent Form*.
- ☐ For student divers under age 12, *PADI Youth Diving Responsibilities and Risks Acknowledgement Form*.

### Before your open water dives...

- ☐ Complete your confined water training in the pool. [See page 6]
- ☐ Register for your open water dives at least 7 days in advance. [See page 8]
- ☐ Pack everything you need for the open water dives. [See page 9]

### Documents to bring to the open water dives...

- ☐ *PADI Student Record File* folder with all forms.
- ☐ *PADI Diver Logbook*.

### After your open water dives...

- ☐ Submit your photo for your certification card to be processed. [See page 11]

## Required Documents

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### ***PADI Student Record File Folder***

- This will be provided to you when you register for the course.
- Complete the documents printed inside your folder as instructed, and take your completed folder to your orientation session.

### ***PADI/RSTC Medical Statement Participant Record Form***

- See page 1 for details.
- Place the completed form in your *PADI Student Record File* folder.

### ***PADI eLearning Record Form***

- Print this form when you complete PADI eLearning, the online component of the course.
- Complete the student information on the form and place it in your *PADI Student Record File* folder.

### ***PADI Diver Logbook***

- This will be provided to you when you register for the course.
- Fill in your personal information on the first page of your logbook.  
Note: We recommend using a standard ball point pen as gel pen ink does not dry on the special logbook paper.
- Bring your logbook to all sessions of your course.

### **Additional Required Document for Student Divers Under Age 18**

#### ***PADI Emergency Treatment Consent Form***

- This will be provided to you when you register your child for the course, or it can be downloaded at [scubafrisco.com](http://scubafrisco.com) > [Course Info](#) > [Open Water Diver Course Forms](#)
- A parent or legal guardian must complete this form and place it in the *PADI Student Record File* folder.

### **Additional Required Document for Student Divers Under Age 12**

#### ***PADI Youth Diving Responsibilities and Risk Flipchart***

#### ***PADI Youth Diving Responsibilities and Risk Acknowledgement Form***

- These will be provided to you when you register your child for the course, or they can be downloaded at [scubafrisco.com](http://scubafrisco.com) > [Course Info](#) > [Open Water Diver Course Forms](#)
- Review the flipchart with your child prior to the orientation session.
- Read and complete the acknowledgement form with your child, and place it in the *PADI Student Record File* folder.

## Scuba Diving Gear Requirements

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### You will need the following personal diving gear for your course and future diving...

- Scuba mask
- Snorkel
- Scuba fins
- Scuba booties
- Mask cleaner
- Mask Defog
- Mesh gear bag

### You will rent the following scuba gear for your course...

- Regulator
- Alternate Air Source
- Submersible Pressure Gauge (SPG)
- Dive computer for open water dives
- Buoyancy Control Device (BCD)
- Dive Weights
- Air Tank

Note: The rental fee for the above scuba gear is \$120 for your course.

**This fee is waived when you purchase your personal diving gear from Scuba Frisco.**

You are welcome to use your own scuba gear that is new or in good working condition. We do ask that you have it checked and approved by your instructor prior to use in the course.

## Preparing Your New Personal Diving Gear

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### Before your first confined water training session in the pool...

- Remove all packaging materials from your new gear.
- Install your Slap Strap to your mask if you purchased one and not already done.
- Adjust your mask and fin straps to your head and feet. Avoid adjusting them overly tight.  
If you have a Slap Strap on your mask, be sure to follow the fitting instructions that were included with it.
- Learn how to attach and detach your snorkel to the left side of your mask strap if not already done.
- Clean the lenses of your new mask.
  - Your new mask has a protective coating on it applied during manufacture.
  - This coating on the lens will cause the mask to fog excessively.
  - To limit fogging, clean your new mask lens well using SeaBuff. Follow the label directions.
  - Defog solution works best on a clean, dry mask lens. Use SeaBuff periodically to keep your lens clean.
  - If you have a mask with special tinted lenses, follow the mask manufacturer's instructions for cleaning the lens. SeaBuff could potentially scratch the tint on certain scuba masks.
- Add a unique identifying mark to your gear such as your name or initials with a paint marker. A lot of dive gear looks the same at the dive site and on the dive boat.
- Pack your gear into your mesh gear bag ready for diving. Be sure your mask is well protected in its case.

## Course Component 1: Knowledge Development with PADI eLearning

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This is the first component of your training where you will develop your scuba diving knowledge. The knowledge development portion of your course is 100% online via PADI eLearning.

- PADI eLearning uses a web browser on your PC or Mac.
- Requires an internet connection.

### Proceed with PADI eLearning at your own pace, wherever you're comfortable...

- It takes most students 8 to 12 hours to complete the course, whether done all at once or in small segments.
- You can do as much as you want at a time, and PADI eLearning will always pick up where you left off.
- You must complete PADI eLearning before your first pool session.

### To access PADI eLearning for the first time...

- Shortly after registration you will receive an email from PADI with your PADI eLearning Access Code.
- Go to [scubafrisco.com](http://scubafrisco.com)
- On the left side of the page, click [Redeem Access/Gift Pass](#) if this is your first time logging in.
- On the next window, select [Redeem eLearning Gift Pass](#).
- Enter your PADI eLearning Access Pass code, and you're on your way.
- If you are asked to select a course, be sure to select the [PADI Open Water Diver Course](#).

### To return to PADI eLearning...

- Go to [scubafrisco.com](http://scubafrisco.com)
- On the left side of the page, click [Registered Users Login](#).

### When you have completed all sections of PADI eLearning...

- Print your *PADI eLearning Record* form which is your certificate of knowledge development completion.
- This form indicates to your instructor that you have successfully completed PADI eLearning, and it is your ticket to the rest of your course. Place this form in your *PADI Student Record File* folder.

**YOU MUST PROVIDE YOUR PRINTED *PADI ELEARNING RECORD* FORM TO YOUR INSTRUCTOR  
BEFORE YOU MAY PROCEED WITH YOUR CONFINED WATER DIVES.**

## Course Component 2: Confined Water Training

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This is the second component of your training where you will develop your scuba diving skills. If you have not already done so, you'll need to call Scuba Frisco or stop by the dive shop to register for your Confined Water Training. Class sizes are limited. Go to [scubafrisco.com](http://scubafrisco.com) > [Learn to Dive](#) > [Pool Training Schedule](#) to find the class that works for you.

**This part of the course begins with an orientation session at Scuba Frisco where you will...**

- Meet your dive crew and dive buddies.
- Ensure all course paperwork is in order.
- Review your course schedule and logistics.
- Learn about and get hands on with scuba gear.  
(Small classes may complete this part at the pool.)
- Have your scuba diving questions answered.

**Next, you'll move on to the pool...**

- This is where learning to dive really happens! You may also hear us call this "pool training" or "pool sessions".
- You will learn how to properly use and care for scuba gear, learn scuba diving skills, and develop confidence.

**The pool is located at The Colony Aquatic Park...**

- Indoor heated pool allows for year-round scuba training no matter the weather outside.
- This junior Olympic pool is big, and our classes are small, so you'll never feel crowded in the water.
- All scuba gear used for your training is kept on-site, and will be issued to you upon your arrival.

**A PARENT OR LEGAL GUARDIAN OF MINOR STUDENTS (UNDER 18 YEARS OLD)  
MUST BE ON-SITE AT ALL TIMES DURING THE CONFINED WATER DIVES.**

**How good of a swimmer do I need to be?...**

While you don't have to be an athlete swimmer to go scuba diving, you should be comfortable in the water and have basic swimming ability. To demonstrate your basic swimming ability, your instructor will have you...

- Swim 200 yards non-stop using any stroke(s) you wish with no time limit,  
OR snorkel swim 300 yards using mask, snorkel, and fins non-stop with no time limit.
- You may choose which swim you would like to do.
- Complete a 10 minute tread water or float face up without touching the sides or bottom of the pool.
- You will do these during one of your confined water sessions at the pool.

**YOU MUST SUCCESSFULLY COMPLETE THIS WATERMANSHIP ASSESSMENT TO BE CLEARED FOR THE OPEN WATER DIVES.**

**What to bring to your orientation session...**

- \_\_\_ PADI Student Record File folder
- \_\_\_ PADI/RSTC Medical Statement Participant Record form
- \_\_\_ PADI eLearning Record form
- \_\_\_ PADI Diver Logbook
- \_\_\_ Under 18: PADI Emergency Treatment Consent Form
- \_\_\_ Under 12: PADI Youth Diving Acknowledgement form

**What to bring to the pool...**

- \_\_\_ Scuba Mask
- \_\_\_ Snorkel
- \_\_\_ Scuba Fins
- \_\_\_ Scuba Booties
- \_\_\_ Mask Defog
- \_\_\_ Mesh Gear Bag
- \_\_\_ Swim Suit
- \_\_\_ Towel
- \_\_\_ Dry clothes
- \_\_\_ PADI Diver Logbook

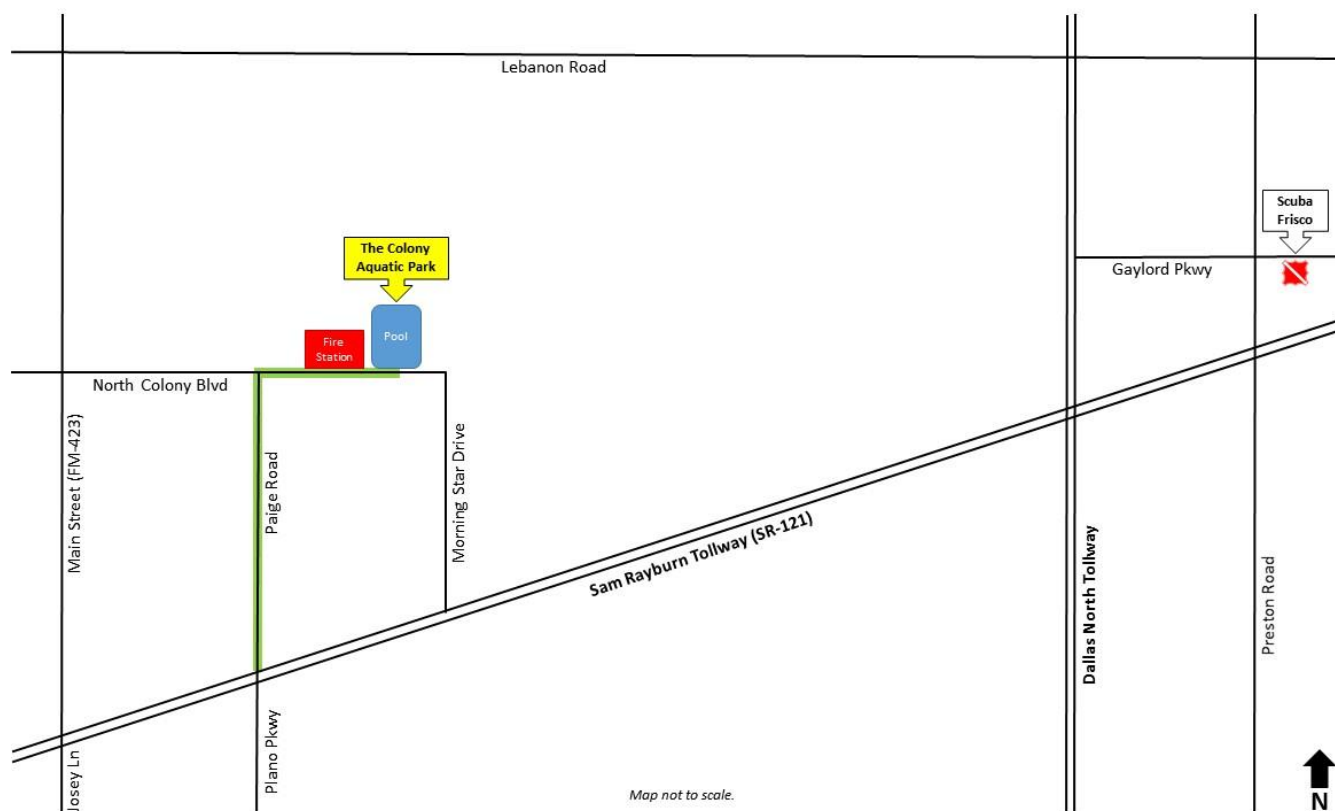
**At the end of your confined water training,  
your instructor will return your PADI Student Record File  
folder to you. You will need it for your open water dives.**

## Directions to the Pool

**Location:** The Colony Aquatic Park  
5580 North Colony Blvd.  
The Colony, TX 75056

### Driving Directions...

- From the Sam Rayburn Tollway (SR-121)
- Take the exit for Paige Road/Plano Parkway
- Go north on Paige Road approximately 1.9 miles
- Paige Road will dead end at North Colony Blvd.
- Turn right to go east on North Colony Blvd.
- Go 0.4 miles and the Colony Aquatic Park will be on your left.



## Course Component 3: Open Water Dives

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This is the third and final component of your training where you will apply your new diving knowledge, skills, and equipment, and you will earn your PADI Open Water Diver certification. Open water dives will be conducted at Clear Springs Scuba Park in Terrell, Texas, on select weekends. To ensure your spot, please be sure to register for your open water weekend no less than 7 days in advance. Space is limited. Go to [scubafrisco.com](http://scubafrisco.com) > [Learn to Dive](#) > [Open Water Weekend Schedule](#) to find the class that works for you.

### **A PARENT OR LEGAL GUARDIAN OF MINOR STUDENTS (UNDER 18 YEARS OLD)**

#### **MUST BE ON-SITE AT ALL TIMES DURING THE OPEN WATER WEEKEND.**

**Minors not accompanied by a parent or legal guardian will not be admitted entry into the scuba park.**

### **Days and Times...**

- Plan to arrive at Clear Springs Scuba Park at 8:30am on Saturday and Sunday of your scheduled weekend.
- The scuba park is approximately 75 minutes drive time from Frisco.
- Course activities will begin at 9:00am each day.
- We generally finish before 4:30pm each day.  
Actual completion times vary due to class size, weather, and other environmental factors.
- You will complete 2 or 3 open water dives on Saturday, and 1 or 2 open water dives on Sunday.

### **Required Documents to bring...**

- Your *PADI Student Record File* folder with all other required documents included.
- Your *PADI Diver Logbook*.

**YOU WILL BE UNABLE TO PROCEED WITH THE OPEN WATER DIVES WITHOUT  
YOUR PADI STUDENT RECORD FILE FOLDER AND YOUR PADI DIVER LOGBOOK.**

### **Scuba Equipment...**

- You will need to bring your personal diving equipment.
- The other scuba gear you will use is stored on-site in our secure gear locker.
- Your scuba gear will be issued to you upon your arrival at the dive site.

### **Wetsuits...**

We strongly recommend you wear a full wetsuit for your open water dives. Water temperature at depth is considerably cooler than the surface temperature of the water, and water will conduct heat from your body much faster than air.

- Late March to Early May: Minimum 4/5mm wetsuit required with hood and gloves.
- Late May to Early June: Minimum 4/5mm full wetsuit.
- Mid-June to Mid-October: Minimum 3mm full wetsuit.
- Mid-October to November: Minimum 4/5mm full wetsuit required with hood and gloves.
- December to Early March: 5/7mm full wetsuit, hood, and gloves is the norm
- You may use your own wetsuit or rent one from the scuba park for \$35/weekend.
- A pair of gloves is \$5/weekend, and a hood is also \$5/weekend.

You may call ahead to reserve a wetsuit by calling Clear Springs Scuba Park at [972-524-6820](tel:972-524-6820).



### Air Fills...

- Air fill station is on-site at the scuba park.
- Air fills are \$8 each – CASH ONLY.
- You will have a maximum of 5 air fills for the weekend, one after each dive.
- Tanks must be returned full to our gear locker each day.

### Park Entry...

- Park entry fee is \$20 per person per day. The scuba park accepts CASH ONLY. There is no ATM nearby.
- When you arrive, park in the gravel parking lot just inside the entrance and go to the check in desk.
- Tell the park staff that you are a “Scuba Frisco Student”.
- Park staff will have you sign in, sign a release form, and issue you a parking permit for your vehicle.
- They will then direct you to our dive site. Look for the pavilion with a Scuba Frisco sign and/or banner.
- Park in the grass directly across the gravel road from our pavilion.
- As a courtesy to others, please observe the 10 MPH speed limit inside the park.

### Island Time...

Divers love to celebrate a great day of diving. You, your new dive buddies, and your dive crew will probably want to enjoy a leisurely break at a nearby restaurant on your way home, on Saturday and/or Sunday. So plan on enjoying the company of your fellow divers, share in some “war” stories, and enjoy a bit of relaxation. This is a great casual time to discuss dive travel and opportunities for future diving with your dive crew. Island time in Texas!

### What to bring to your open water dives...

#### *Required Documents*

- \_\_\_ Student Record File Folder with all documents [Page 1]
- \_\_\_ Diver Logbook

#### *Personal Diving Gear*

- \_\_\_ Scuba Mask
- \_\_\_ Snorkel
- \_\_\_ Scuba Fins
- \_\_\_ Scuba Booties
- \_\_\_ Mask Defog
- \_\_\_ Mesh Gear Bag
- \_\_\_ Wetsuit (Can be rented at scuba park.)

#### *Money – CASH ONLY*

- \_\_\_ \$20 per day park entry
- \_\_\_ \$8 per air fill (Maximum 5 air fills.)
- \_\_\_ \$35 per weekend wetsuit rental

#### *Food and Drink – NO GLASS BOTTLES PLEASE*

- \_\_\_ Cooler with ice
- \_\_\_ Plenty of drinking water
- \_\_\_ Snacks
- \_\_\_ Lunch

#### *Comfort Items*

- \_\_\_ Sunscreen
- \_\_\_ Hat
- \_\_\_ Towel
- \_\_\_ Weather Appropriate Dry Clothing
- \_\_\_ Sunglasses
- \_\_\_ Beach or Camp Chair
- (We do have picnic tables and benches on-site.)

#### *Intangibles*

- \_\_\_ Good Attitude
- \_\_\_ Willingness to Learn and Have Fun
- \_\_\_ Safety Consciousness
- \_\_\_ Good Health

#### *Other Items*

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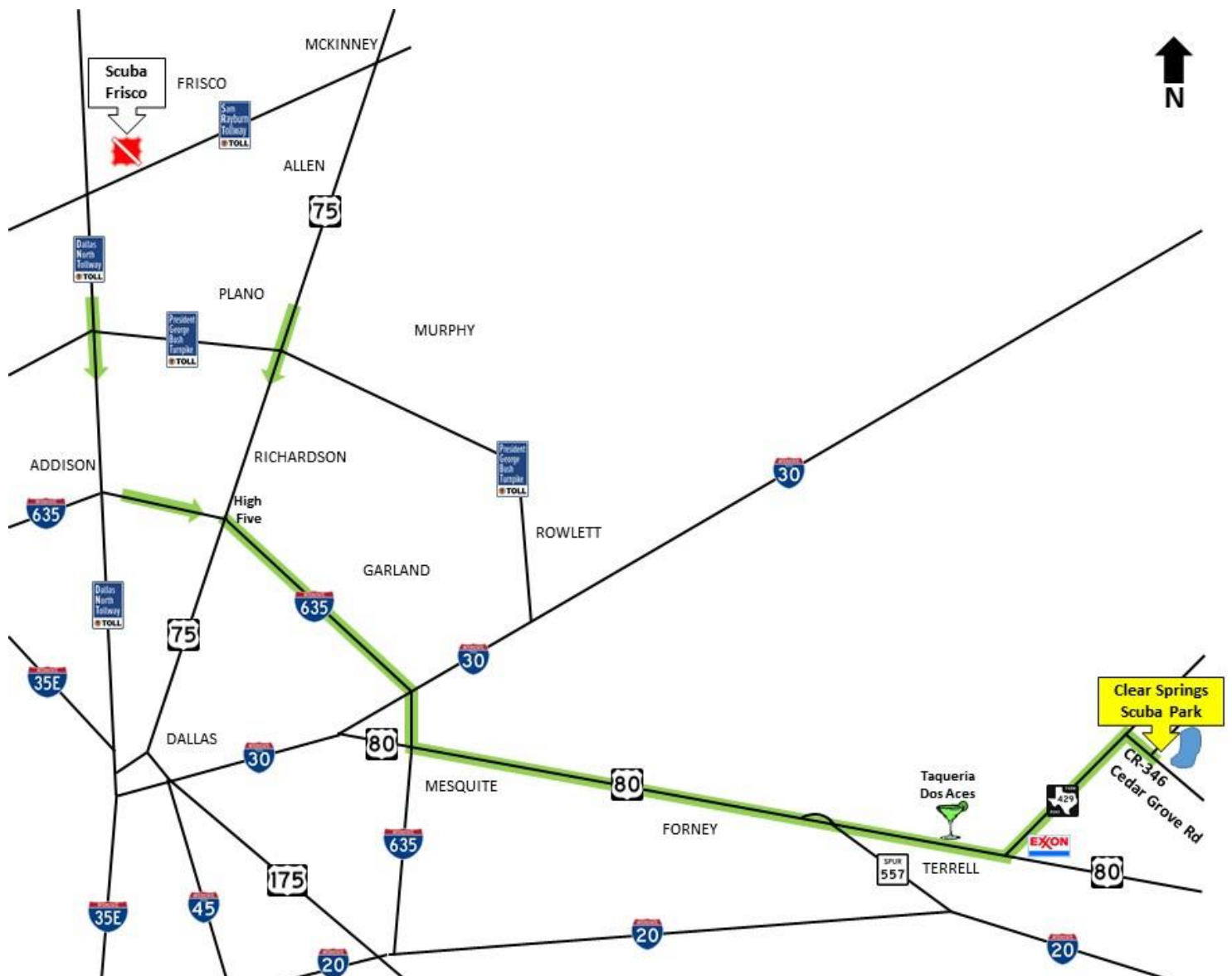
## Directions to the Scuba Park

**Location:** Clear Springs Scuba Park  
8131 County Road 346  
Terrell, TX 75161

*Pets are not allowed inside the scuba park.  
The scuba park accepts cash only.  
Please observe the 10 MPH speed limit inside the park.*

### Driving Directions...

- Take HWY-75, or the Dallas North Tollway and I-635, to the HWY-75/I-635 interchange, "The High Five".
- Take the exit for I-635 East.
- Go approximately 13 miles on I-635 East, then take Exit 6B for HWY-80 East toward Terrell.
- Go approximately 16 miles on HWY-80 East, then take the Terrell ramp to the right to stay on HWY-80 East.
- Go approximately 7 more miles passing through downtown Terrell.
- Turn left onto FM-429 at the Pardner's Exxon Gas Station to go north toward Lake Tawakoni.
- Go 7 miles on FM-429, then turn right onto CR-346 (Cedar Grove Road).
- Go 1 mile on CR-346 (Cedar Grove Road), then the park entrance will be to your left.



## Processing Your New PADI Open Water Diver Certification

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At this point you will have earned the coveted PADI Open Water Diver certification, and you may rightly call yourself a *Certified* Scuba Diver! There are just a few things that we will need to do to finalize your certification and for you to receive your certification card (C-card). Your c-card will be needed anytime you wish to dive, rent scuba gear, or obtain air fills.

### **We will need an identification type photo of you to electronically process your c-card...**

- Clear, unobstructed head and shoulders photo.
- No hat, dark glasses, or scuba mask.
- Selfies are okay.
- Maximum file size of 350 KB in JPG format.
- File name should be formatted as lastname\_firstname.jpg
- Email your photo to [studentpics@scubafrisco.com](mailto:studentpics@scubafrisco.com) with your first and last name as the subject.
- You may email us your photo at any time before, during, or immediately after your course.

### **Once you have completed the open water dives and we have received your photo, your instructor will electronically process your PADI Open Water Diver c-card...**

- You will receive a confirmation email with a temporary c-card from PADI.
- Your confirmation and temporary c-card will be sent by PADI to the email address that you used to register for PADI eLearning.
- Your temporary c-card is valid for 90 days from your certification date and can be used to dive on any upcoming vacation you may have planned.
- You will receive your permanent PADI Open Water Diver c-card within 6 weeks (usually much sooner) of your certification being processed.
- Your permanent c-card will be mailed from PADI to the address you provided when you registered for PADI eLearning.
- If you do not receive your permanent c-card from PADI within 6 weeks, please contact Scuba Frisco or your certifying instructor.

## Referral Instructions

**This is only for student divers completing the open water dives at their vacation destination.**

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1. Make advance logistical and financial arrangements with a PADI Dive Center, PADI Resort, or PADI Instructor at your destination to complete your training.
2. Verify the PADI Instructor(s) who will complete your training is authorized to teach with PADI. You can do this by asking for the instructor's member number, then go to [apps.padi.com/scuba-diving/pro-chek](https://apps.padi.com/scuba-diving/pro-chek) and enter the instructor's member number.
3. Take the following items to the PADI Dive Center, PADI Resort, or PADI Instructor completing your training.
  - a. PADI Diver Logbook which contains your Open Water Course Record and Referral Form signed by your pool instructor.
  - b. A copy of your PADI/RSTC Medical Statement and Divers Medical Questionnaire form.
  - c. PADI eLearning Record form that you printed upon completion of PADI eLearning.
  - d. Passport style photograph.
4. Your referral is valid for one year after you complete the confined water component of your course. However, you should complete your open water dives as soon as possible while your skills and knowledge are fresh.
5. The PADI Instructor(s) completing your training will pre-assess your skills and knowledge and review anything that may be unclear.
6. Upon completion of all required open water dives, you and the PADI Instructor will complete a Positive Identification Card (PIC) envelope. This envelope must be submitted to PADI along with your photo to obtain a certification card. Alternatively, your certifying instructor may process your certification electronically.

After Open Water Diver certification, you'll want to continue your diving adventures. Visit Scuba Frisco and ask about additional dive adventures that may interest you.

## Diver Protection Insurance

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During the Open Water Diver course, we learn how to minimize our risk while scuba diving and how to plan and conduct scuba dives within safe limits, making scuba diving one of the safest sports in which you can participate. Unfortunately, despite all our best efforts, accidents can still happen. Diver protection insurance offers piece of mind that you are financially covered should you require medical care or evacuation during a dive vacation. Often, health insurance programs will not cover the types of treatment required for diving injuries, but diver protection insurance fills those gaps. We consider diver protection insurance as essential as our mask and fins. The best part is that it costs less than \$100 per year. It's a small price to pay for peace of mind and great benefits, making it one of the best values in diving.

We recommend diver protection insurance offered by Divers Alert Network (DAN). See below.

## Divers Alert Network

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Who is DAN? DAN is the Divers Alert Network. DAN is divers helping divers. DAN is a not-for-profit 501(C)(3) organization that provides emergency medical advice and assistance for underwater diving injuries, and underwrites a wide range of research, education, and training programs that promote safe diving. DAN is supported by more than 200,000 fellow divers and a further 60,000 international divers supporting DAN Europe, DAN Japan, DAN Southeast Asia Pacific, and DAN Southern Africa.

DAN started in 1980 in association with Duke University Medical Center, initiating the 24-Hour Diving Emergency Hotline for dive accidents and providing emergency assistance and evacuation. It was quickly followed by a 9 to 5 information service and an award-winning magazine, Alert Diver, devoted to your safety as a scuba diver.

DAN was the first to initiate insurance for the specialized recompression or other medical or evacuation services required in the event of a dive accident. DAN has trained medical staff on call to assist you in the event of a dive emergency. DAN initiated the use of emergency oxygen first aid programs and is the largest distributor of emergency oxygen equipment for the treatment of dive injuries.

DAN remains focused on service to the community of recreational divers. They provide the most accurate, up-to-date, and unbiased information to the diving public, especially on diving safety. Examine [diversalertnetwork.org](http://diversalertnetwork.org) and see for yourself the wide range of services DAN offers every day for you, the diver. You can also review and buy diver protection insurance.

## Handy Apps for Your Smartphone or Tablet

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**PADI - Scuba Diving Essentials** – Learn about dive destinations and great dive sites. Learn about additional scuba diver training opportunities. Diver Logbook feature. Useful tools such as travel checklists, dive checklists, dive safety reviews, hand signal reviews, and more.

**DiveMate (Scuba Dive Log)** – Quickly and easily log your diving experiences. Transfers dive data directly from your dive computer minimizing the amount of information you need to fill out. Sync your dive log with other devices and store your logbook in the cloud on services such as Dropbox. Also, it works offline if you are in an area without a connection.

**Windfinder** – Worldwide forecasts for wind, waves, tides, and weather helps you better plan your scuba diving adventures.

## Scuba Frisco Online

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Visit us at [scubafrisco.com](http://scubafrisco.com) to learn more about upcoming events and continuing education courses that will allow you to expand your possibilities underwater. Like us on Facebook to stay up-to-date on the latest happenings at Scuba Frisco. Find us at [facebook.com/scubafrisco](https://facebook.com/scubafrisco).

## Dive Training Magazine

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This is a great diving educational resource that we love! Free printed copies of the magazine are normally available at Scuba Frisco. Please ask us for your personal copy. You can also visit [dtmag.com](http://dtmag.com) to view the online version. This resource has great articles that will help you be a better, safer diver, as well as introduce you to some amazing diving destinations both in the United States and abroad. There's a lot of great diving much closer than you think.

## Tipping Your Dive Crew

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It is customary to tip crew members while on a dive boat, if you are satisfied with their services. An amount of 15-20% of the cost of diving is suggested. For example, you did a 2-tank boat dive for a cost of \$100, the suggested tip amount would be \$15 to \$20 and should be given to the lead dive master or boat captain who will share it with the boat crew. Some dive boats will have a tip jar onboard and the tips will be shared among the crew. Local tipping customs vary. It is also customary to personally recognize a dive boat crew member who went above and beyond to make your experience outstanding. Many of our customers also ask us about tipping our instructors and dive masters while in training. While it is not expected, it will certainly be appreciated.

## Owning Scuba Diving Gear

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Owning your own scuba diving gear is more comfortable and more fun than renting. We are often asked by our students what scuba gear they should consider purchasing after the course in addition to Mask, Snorkel, Fins, Booties and Gear Bag.

**Here is a list of what we consider essential to safe and comfortable recreational diving...**

- |   |   |
|---|---|
| • Wetsuit/Exposure Protection           | • Underwater Signaling Device                 |
| • Dive Computer                         | • Mask and Fin Holder                         |
| • Neoprene Mask Strap (Slap Strap)      | • Regulator with Alternate Air Source and SPG |
| • Surface Marker Buoy (SMB)             | • Buoyancy Control Device (BCD)               |
| • Whistle or DiveAlert Signaling Device |   |
| • Underwater Slate, Pencil, and Eraser  |   |
| • Dive Tool or Knife                    |   |
| • One or two Dive Lights                |   |

To remember those great dives, you might also want...

- An underwater camera
- Some fish and critter ID slates

Traveling with your own scuba diving gear is not difficult. Tanks and weights are generally provided by the dive operator at your destination, so there is no worry of traveling with those items. Stop by Scuba Frisco and we will be happy to explain and show you how to make traveling with your own scuba diving gear as easy as possible. And if you really want to know the ins and outs of scuba gear and how to care for it, consider taking our PADI Equipment Specialist course.

## What's Next?

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Now that you are a certified diver, it's time to explore the possibilities of what you can do as a diver. That's what the PADI Advanced Open Water Diver course is all about. You don't have to be "advanced", as this course is designed to advance your knowledge and skills. Learn about things like underwater photography, diving at night, making deeper dives, finding lost objects, improving underwater navigation, and buoyancy skills. This course is custom tailored based on what you want to learn about in diving. Ask us for details or visit [scubafrisco.com](http://scubafrisco.com) and [padi.com](http://padi.com).

## Frequently Asked Questions

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Scuba diving gives you a unique way to face your challenges and transform your life in new ways. Becoming a diver can give you confidence that spills over into the way you face life every day. It's normal to have questions whenever you begin an activity like diving. Below you'll find the answers to many questions our students commonly have.

**My ears hurt when I go to the bottom of a swimming pool or when I dive down snorkeling. Will that keep me from becoming a scuba diver?** – No, assuming you have no irregularities in your ears and sinuses. The discomfort is the normal effect of water pressure pressing in on your ears. Fortunately, our bodies are designed to adjust for pressure changes in our ears – you just need to learn how, which we'll do during our first confined water dive in the pool.

**Does a history of ear troubles, diabetes, asthma, allergies or smoking preclude someone from diving?** – Not necessarily. Any condition that affects the ears, sinuses, respiratory function, heart function or may alter consciousness is a concern, but only a physician can assess a person's individual risk. You and your physician should review the information contained in the PADI/RSTC Medical Statement and Divers Medical Questionnaire Form that pertains to your medical condition so that you fully understand the risk.

**I wear glasses or contact lenses. Will I be able to see underwater?** – Being able to see clearly underwater is important, for avoiding injury, for being able to read your dive gauges, and to see directions from your instructor. If you wear glasses, then we recommend having prescription lenses installed in your dive mask before you begin the confined water portion of your training. There are many options for prescription dive masks, and Scuba Frisco can help you obtain the correct mask and lenses. If you wear contacts, most modern soft contacts can be worn while scuba diving. However, you should consult with your optometrist or ophthalmologist before using your contacts underwater.

**What are the most common injuries or sicknesses associated with diving?** – Sun burn and seasickness, both of which are preventable with over the counter preventatives. The most common injuries caused by marine life are scrapes and stings, most of which can be avoided by wearing an exposure suit (wetsuit), staying off the bottom and watching where you put your hands and feet.

**What about sharks?** – When you're lucky, you get to see a shark. Although incidents with sharks can occur, they are very, very, very rare and with respect to diving, primarily involve spear fishing or feeding sharks, both of which trigger feeding behavior. Most of the time, if you see a shark it's passing through and a relatively rare sight to enjoy.

**Do women have any special concerns regarding diving?** – Aside from pregnancy, no. Because physiologists know little about the effects of diving on the fetus, the recommendation is that women avoid diving while pregnant or trying to become pregnant. Menstruation is not normally a concern.

**How deep do you go?** – With the necessary training and experience, the limit for recreational scuba diving is 130 feet. Beginning divers generally stay shallower than about 60 feet. Although these are the limits, some of the most popular diving is no deeper than 40 feet where the water's warmer and the colors are brighter.

**What happens if I use up all my air?** – That's not likely because you have a gauge that tells you how much air you have at all times. This way, you can return to the surface with a safety reserve remaining. But to answer the question, if you run out of air, your buddy has an extra second stage, called an octopus, that allows you to share a single air supply while swimming to the surface. You will learn and practice this and other options in training.

**What if I feel claustrophobic?** – Although wearing a lot of equipment may seem awkward, many people find the "weightlessness" of scuba diving to be quite freeing. Modern dive masks are available in translucent models, which you may prefer if a mask makes you feel closed in. During your training, your instructor gives you plenty of time and coaching to become comfortable with each stage of learning. Your instructor works with you at your own pace to ensure you master each skill necessary to become a capable diver who dives regularly.

## Your Personal Diving Gear: What's Important and What to Look For

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**Scuba Mask** – The most important thing to consider is comfort and fit. Mask frames come in small, medium, and large sizes to fit different sized faces. The skirt on a good fitting and comfortable mask will be made of high quality silicone (the less expensive masks generally have rubber skirts which are much stiffer). Easy to use adjustment clips made of high grade material to reduce the chance of breaking. Any mask can be made into an optically corrected mask - get the mask that fits and feels best first. We recommend the use of a neoprene mask strap (Slap Strap), to replace the silicone strap that comes with a new mask, especially for individuals with long hair. You will also want a good mask cleaner and defog solution to ensure a good view and fog free lenses.

**Snorkel** – Ease of use is the most important consideration. Snorkels with a self-draining mechanism on the bottom of the tube are easier to clear. Snorkels with a water deflection/exclusion device on the top of the snorkel make it easier to breathe without inhaling water. Snorkels with a flexible section between the mouthpiece and main barrel allow the snorkel to be out of the way when using your scuba regulator underwater.

**Scuba Fins** – Fit, comfort and ease of use in the water are the key things to look for. Foot pockets should be snug but comfortable. Straps and buckles should be easy to adjust, open and close and be removable with one hand in the water. Blades should be the appropriate length and width for the physical size and strength of the diver – not too big or too small. Blades should be of the correct stiffness based on the physical size and strength of the diver – not too stiff or too limber. Split Fin technology offers the ability to have very responsive powerful fins without the overexertion associated with traditional stiff paddle style fins. Equate cost with quality of materials, design sophistication and ease of use and better air consumption (more bottom time).

**Scuba Booties** – To protect your feet from the fins, but also beneficial for use on the boat/shore. The thicker the sole the more protection from rocks etc. on the shore. High top boots allow you to tuck the boot under the leg of a full-length wetsuit to provide extra warmth to the feet. Thicker neoprene in the boot provides more padding and thermal protection.

**Surface Marker Buoy (SMB)** – This is an inflatable buoy that divers carry and often refer to as a “safety sausage”. If you surface some distance from your dive boat, you inflate the SMB and hold onto it at the surface. This bright orange signaling device will allow your dive boat crew and other boats in the area to much more clearly see where you are in the water, even if you slip between the waves. It also provides you with additional flotation at the surface while you wait for your dive boat to pick you up. Look for a SMB that you can easily carry and deploy. You will practice carrying and deploying a SMB during this course.

**Mesh Gear Bag** – Also known as your boat bag, this is the bag you will use on the dive boat, leaving your travel luggage in your hotel room or cabin. The mesh bag should be of an adequate size to hold and transport all your diving gear. It should be of durable construction to withstand use carrying your gear and sliding around the boat deck. There are both duffle and backpack style mesh gear bags. Many divers prefer the backpack style as it allows your hands to be free to carry cameras or other dive gear. Some mesh bags have built in semi-dry pockets to help keep items like towels and extra clothing dry on the wet dive boat deck. A small true dry bag is highly recommended for all items you want to keep dry on the boat.

**Wetsuit** – The most important considerations are fit and appropriate amount of thermal and skin protection. Your body's normal temperature is about 98.6°F. Water is a tremendously effective heat conductor and will soak heat from you quickly while diving. You need to conserve heat to keep your diving safe and enjoyable. The temperature range in the Caribbean is roughly 72-82°F (give or take). Our training pool is heated to 80-84°F. You probably want to consider wearing at least a 3mm thickness shorty (preferably full length) wetsuit. A wetsuit MUST conform to all the body's bumps and curves and be relatively snug to work properly. There is a huge selection of styles, thicknesses, colors and features to select from in wetsuits. Choose based on comfort, fit and use – in that order.



## Scuba Frisco Terms and Conditions

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- All students are required to complete the PADI/RSTC Medical Statement and Divers Medical Questionnaire form. If a student can answer “Yes” to any question on the Divers Medical Questionnaire, then it is required that the student obtain a physician’s approval to scuba dive on this form PRIOR to participating in any in-water scuba activities. Please see page 1 of this guide for complete details.
- Customers using a credit card as form of payment agree to pay the amount due in accordance with the card member agreement.
- Scuba Frisco’s returned check fee is \$50.
- Scuba Frisco requires the original sales receipt to process all returns, exchanges or refunds. We may require identification as a condition of any return, exchange or refund. To qualify for a return or exchange all merchandise must be returned to us within 7 days from the original date of purchase. All merchandise must be in original condition, unused, and include the original packaging and any accessories, otherwise there will be a 15% restocking charge and only in store credit will be issued. Refunds will be issued in the same method payment was received. Scuba Frisco reserves the right to deny any return, exchange or refund.
- There are no refunds for PADI eLearning course fees paid and PADI training materials purchased from Scuba Frisco. Course tuitions are only refundable if cancelled seven days prior to the start of class or if the individual cannot participate in diving activities due to a medical condition that would prevent him/her from ever being a certified diver. Physician’s recommendation to not dive is required on the PADI/RSTC Medical Statement and Divers Medical Questionnaire form.
- Once a student has enrolled in the PADI Open Water Diver course with Scuba Frisco, scheduled the pool training sessions, and open water weekend, changing dates, while allowed, will incur a change fee of \$50 per person per course segment changed.
- Students must give their PADI eLearning Record form to the instructor prior to in-water training activities. Students who have not completed the PADI eLearning course will be unable to participate in additional training sessions.
- A parent or legal guardian of minor students (under 18 years old) must be on-site at all times during in-water training activities.
- Scuba Frisco reserves the right to cancel and/or reschedule any class segment (orientation, pool sessions, open water weekend) based on number of participants (minimum 4 people for our scheduled group classes), weather conditions, or any unforeseen issues.
- Scuba Frisco instructors are under no obligation to certify a person as a diver and there is no guarantee that any individual will be certified as a diver. Training requirements are performance based and the instructor must be convinced that a prospective diver can perform all skills repeatedly, with confidence, and without assistance (except for buddy skills).

***Thank you for choosing Scuba Frisco! We are excited to welcome you to the dive life!***