



# London City SCUBA Club

## Welcome Newsletter

### ***Welcome to London City Scuba club.***

This document has been created to ensure you are fully informed about the club its conditions and rules of the London City Scuba Club (LCSC).

If you are new to SCUBA diving, you will join the club as an Ocean Diver under training, but if you have already obtained a diving licence from another agency, you may complete a “crossover” and therefore may be inducted at a different level. See details later in this document.

### ***How we approach training***

We are a small and friendly club that prides itself on its teaching practices.

We try, at all times, to have a one to one ratio of instructor to student in the water, but it will never be more than three to one.

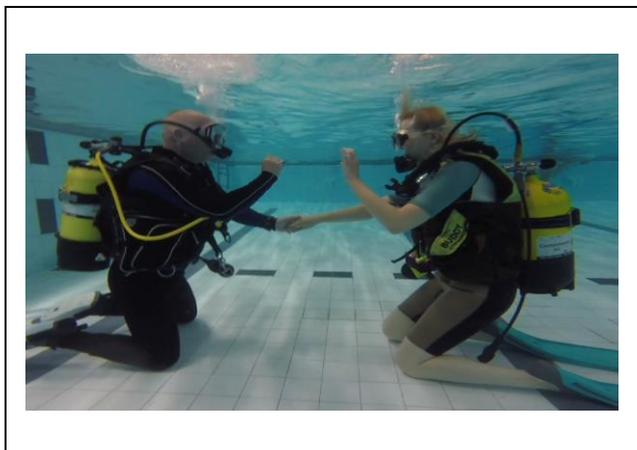
In the class room (lectures), where it is a little more relaxed we have a maximum of six to one ratio where the lectures are presented in a group format, and everybody takes part in the session, asking questions and having “hands on” in any practical lesson.

The lectures and pool work will be scheduled each week (Thursday 1830 – 2100) and will be a dry week (lecture) and wet week (pool), and then back to the lecture week, pool week until all the subjects have been covered.

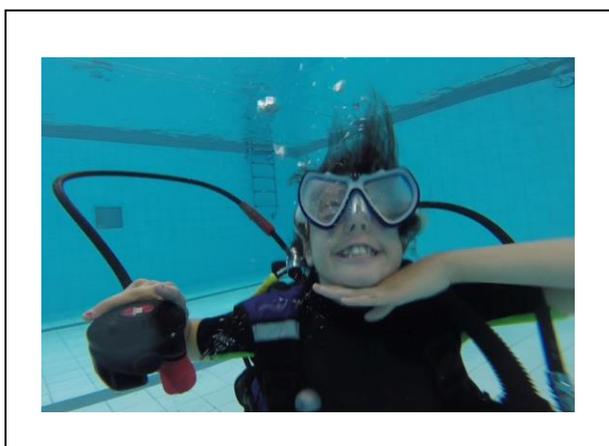
Each course is a different length (see below for details of each), and your practical skills in the pool may take a little longer than the next student, but we are open to revisions on all tasks. We as a club allow for the five planned pool sessions to last more than five weeks, as if you have issues with an item of training, we will postpone the item until next time you are in the pool, and may even use a different instructor who may be able to “click” with you on the subject.

The club will never rush you on the practical exercises. Our motto is “Confidence through repetition”.

We also appreciate that outside influences do impact on our lives and that you may not be able to attend every week, but it is imperative that you commit to attend every week as the course is in a structured format, and you maybe one of many students.



There will be a couple of weeks “catch up” at the end of the planned lectures for missed weeks before the written exam. This can cover missed lectures due to absence or a refresher on a subject you feel needs more work.



To summarise, each course is made up of lectures and pool work, a written exam (multi choice) and then a repeat of the pool exercises in Open water, which is classed as a lake, quarry or the sea.

With this approach it is impossible to state how long it will take to get qualified, but we try to complete all of the lectures, pool work and exam within 15 weeks. The open water is then depending on the weather and the time of year.

## ***Your first year’s membership***

The first year’s costs are higher than your second and subsequent years due to the start-up costs of the purchase of your first manual and your qualification folder, where you record all of your achievements as you progress in your training. The cost for the first year is £215.00.

This is made up of your BSAC membership, which gives you third party diving insurance, the subscription to a monthly magazine called SCUBA, and allows you to create a user id for the BSAC website shop to receive membership discounts on various diving equipment and documentation. Your annual club membership to London City SCUBA Club and your first year’s documentation.

When you sign up and become a member of the club, we will obtain the training pack which forms part of your course, and includes all the learning materials you need for the BSAC Course you are taking. The pack includes: Qualification Card application (credit card with your picture), Qualification Record Book and an A5 binder with your student diver course notes.



Your second year's fees are reduced to £147.50 which is for the club and BSAC membership only. Further courses you may take at a later time, and we purchase your manuals for that level at a later date. These costs are at the student's expense above their annual membership. These manuals will be ordered by the training officer at a discounted rate and are approximately £40.00 plus P&P.

If you join as a qualified diver, your level will be decided by BSAC as they dictate the crossover levels (see below).

### ***Prerequisites***

To enroll on the BSAC Ocean Diver Course you must be 12 years or older. A basic level of comfort in the water is important and you will have to demonstrate that you can swim 200m in swimwear. You will be required to complete a medical disclaimer to ensure you are fit enough to dive.

### ***What you'll learn***

The BSAC Ocean Diver course has three main stages:

1. Lessons and theory assessment on the basic principles of scuba diving.
2. Five confined water dives to learn the basics in the water (in our swimming pool).
3. Five open water dives to further develop your scuba diving skills.

### ***The fun bit***

Will hopefully be from start to finish! Learning to dive is a life changing experience for many people. Breathing underwater for the first time is something you will never forget and the experience of learning with others is great fun. Your instructor is trained to look after you every step of the way.

### ***BSAC levels of diver***

Ocean diver / Sports diver / Dive Leader / Advance diver / First Class diver

If you "crossed over" from another agency the following will apply.

PADI Open water/Advance open water diver = BSAC Ocean Diver

PADI Rescue Diver = BSAC Sports Diver

PADI Dive Master = BSAC Dive Leader

PADI Open Water Instructor = BSAC Open Water Instructor.

Once you have become a member, each cross over student will complete a BSAC induction period, and during this you will be shown the various small differences between your agency and BSAC. We welcome people from all other agencies and the differences can be explained in detail once you become a member.

### ***A new qualification and what that means***

A BSAC Ocean Diver is defined as a diver who is competent to conduct dives to a maximum depth of 20m with another BSAC Ocean Diver or with diver of higher qualification, within the restrictions of only diving in the conditions already encountered during training.

If you cross over with a diving qualification and join as an Ocean diver, your first instruction will be the Welcome to BSAC crossover lectures, and then you will be into the Sports diver course straight away. This Sports course is the equivalent to two PADI courses, the Advance Open water diver and the Rescue diver.

## ***Your training as an Ocean Diver***

The Ocean diver course consists of seven lectures, and a set of five pool sessions exercises, and one multi choice exam paper where you will be required to gain a pass mark of at least 80% (24 from 30 questions), then five Open water dives in a quarry, lake or the sea.

The five pool sessions may last more than five weeks if you have issues with an item of training, but this is OK and the club will never rush you on the practical exercises.

Once all of the pool work, lectures and exam have been completed, and passed, we need to plan your trips to open water. Each of the five open water dives gradually increase the depth you will be diving to, starting at 6 meters gradually progressing down to 20 meters.

During your pool training the club will provide full kit required, including a wet suit (if we have one that fits you), BCD (Buoyancy Control Device), regulators, weights, cylinder, air, mask and fins. It is recommended that you purchase your own mask before then end of the pool work. A pool suit can be bought very inexpensively.

For the open water dives you may borrow equipment from the club including a wet suit (again if we have one that fits), but you may find that the water temperature maybe too cold.

Your options at this point of your training will be discussed with you by your instructor but you will be required to sign out any of the club equipment, and pay for any losses or damage.

The cylinder hire is costed by you taking an empty cylinder, and you must pay for an air "fill" for you to use during your dive (one per open water dive), and then re fill the cylinder at the end of the day for return to the club store room full.

If you decide to hire kit for the Open water dives from the dive site where we plan to dive, the costs will be minimal, but will be borne by the student. Any entrance fees charged by the open water site is also at the expense of the student.

We will start your open water training at a site called Wraysbury Dive Centre which is near Heathrow Airport. This has a limit of 12 meters, so only the first and second dives can be achieved (depth limitations). These can be completed in one day. The next three will be a bit further afield, and will take a weekend away to achieve.

During any open water expeditions, either a day trip or weekend away, etc. the entrance fees to the dive site are to be met by the student. We do try to "pair up" divers to reduce the costs of transport, petrol and B&B so you will be required to "pay your way" on these trips.

## ***Your training as a Sports Diver***

The Sports diver course consists of six lectures, and a one set of pool skills/sessions/exercises, and one multi choice exam paper where you will be required to gain a pass mark of at least 80% (24 from 30 questions), then five Open water dives in a quarry, lake or the sea.

The pool session may last more than one week as this incorporates rescues skills, and we will expand this to incorporate CPR and the use of an AED (Automated External Defibrillator).

The lectures and pool work will be scheduled each week (Thursday 1830 – 2100) and will be a dry week (lecture) and wet week (pool), and then back to the lecture week until all the subjects have been covered. These Sports lectures usually are the opposite weeks to the Ocean diver course, so we have only one level of diver training in the water each week.

Once all of the pool work, lectures and exam have been completed, and passed, we need to plan your trips to open water.

Each of the five open water dives gradually increase the depth you will be diving to, starting at 20 meters gradually progressing down to 35 meters.

Further skills are taught like the deployment of a Surface Marker Buoy (SMB), underwater compass navigation, gas planning and dive leading.

For the open water dives you may borrow equipment from the club including a wet suit (again if we have one that fits), but you may find that the water temperature maybe too cold. Your options at this point of your training will be discussed with you by your instructor but you will be required to sign out any of the club equipment, and pay for any losses or damage. The cylinder hire is costed by you taking an empty cylinder, and you must pay for an air “fill”

for you to use during your dive (one per open water dive), and then re fill the cylinder at the end of the day for return to the club store room full.

If you decide to hire kit for the Open water dives from the dive site were we plan to dive, the costs will be minimal, but will be borne by the student.

During any open water expeditions, either a day trip or weekend away, etc. the entrance fees to the dive site are to be met by the student. We do try to “pair up” divers to reduce the costs of transport, petrol and B&B so you will be required to “pay your way” on these trips.

The sports diver open water dives are normally further away from London due to the need for deeper water, and therefore incur greater costs.

## ***The Committee.***

We have a small committee that meets as and when required, and we call an AGM each February to report on the last year's events and accounts to close of business to the end of December of the previous year.

The committee consists of the following appointments.

**Chairman.** This position is currently held by Ray Peck. Ray is an advanced diver and instructor with BSAC.

**Diving officer.** This position is currently held by James (Jim) Laing. Jim is an Open Water instructor and an Advance diver with BSAC.

**Training officer.** This position is currently held by David Gosnell. David is an Open Water instructor, an assistant instructor for "Diving for All" and an advance diver with BSAC, and an Open Water instructor with PADI and HSA (Handicapped Scuba association).

**Equipment officer.** This position is currently held by Kevin Bitmead. Kevin is an Assistant instructor and an Advance diver with BSAC.

**Treasurer.** This position is currently held by David Gosnell. See above.

**Club Secretary.** This position is currently held by Simon Smith who is an advanced diver and instructor with BSAC.

**Membership Secretary.** This position is currently held by Ben Clifford. Ben is a Sports diver and an assistant instructor with BSAC.

**Welfare officer.** This position is held by Ben Clifford. See above.

You will be given a magazine called "Get Started in SCUBA" which is produced by BSAC and should cover all other questions, but if not please do not hesitate to speak to any club committee member who can advise you on any topic, or can point you to who can.