



## **PDIC SCUBA COURSE INFORMATION**

2096 Hazelwood Way  
Salt Lake City, Utah 84121  
801-278-3483

### **SCUBA PROGRAM:**

<http://www.scubalee.com>

**NOTE:** This site accepts course payments and provides  
All of the study guide materials as well as a  
Calendar of all training activities.

### **INSTRUCTOR:**

Dr. T. Lee Burnham

<b>COURSE COST:</b>	<b>\$240.00</b>
<b>CERTIFICATION CARD:</b>	<b>\$ 10.00</b>
<b>FITNESS CENTER ENTRY:</b>	<b>\$ 4.50</b>
<b>CRATER ENTRY FEE:</b>	<b>\$ 22.00 + \$8.00 for your tank</b>
<b>ADDITIONAL COSTS:</b>	Transportation

### **COURSE AND POOL REQUIREMENTS:**

1. Pass Written test
2. Pass pool performance exercises
3. Complete all forms

**A Note about the pool facility:** The pool facility is providing pool time for our use and is in no way responsible for the conduct or content of the course. They assume no liability for your involvement in the course and have absolutely nothing to do with the Open Water Experience or your ultimate SCUBA Certification. There is an entry fee at the pool.

### **THE OPEN WATER EXPERIENCE:**

Students must come to the Open Water Experience prepared for a physically challenging experience. You will go through all of the exercises that you have done in the pool with the added opportunity to work on the essential skill buoyancy control in deeper water. There are four scuba dives on two different days. The first day of diving is usually in 18 to 20 feet of water. Organizing and assembling your equipment properly will be your first test. Some students may take more than the normal amount of time to complete the required skills in Open Water. We will work with you until we both feel you have mastered the required skills, even if it takes longer and additional trips to the Open Water Site.

**PDIC** is one of the oldest SCUBA certification agencies in the country and the PDIC system guarantees you a quality course with high standards. PDIC is a member of the Recreational Scuba Training Council as well as CMAS, the International SCUBA Society.

### **GENERAL INFORMATION:**

Scuba diving like other sports often requires strenuous exercise, but unlike many land sports, in scuba diving you are not in your natural terrestrial environment. There are many things that make SCUBA different from other activities, even swimming. As you begin this course understand some of those differences and what inherent problems may exist because of the nature of the sport.

You may be required to obtain a doctor's certificate to approve your medical aptitude for diving. You must never dive alone and respect the safety precaution of having and being a buddy even in the pool or shallow water.

Certain basic safety equipment is always a must when diving, including a buoyancy compensator. A scuba diver breathing compressed air must never hold their breath since if a diver were ascending from depth, holding their breath after having been breathing compressed air, the air would expand and that expansion could rupture the delicate ALVEOLI in a diver's lungs. There is also a danger of carbon dioxide build-up which could lead to unconsciousness if you hold your breath underwater or breathe irregularly. There is a danger of hyperventilation and risk of blacking out when the desire to breathe is suppressed and oxygen used up. You must equalize the pressure in your ears, sinus and mask to prevent injury to ear drum or pain and injury to my sinus membranes.

You must learn to use and respect the dive tables, limiting your dives after certification training to no decompression dives to avoid the danger of decompression sickness or the bends. This course and the related open water training will familiarize you with the use of the equipment, but realize that it requires years of experience to become a fully competent diver familiar with the underwater elements. You should be aware of your limitations and you should undertake diving with experienced buddies in shallow water.

You should:

- Complete the medical history form and, if required, have a medical examination prior to continuing the course.
- Pay all fees such as course fees, rental fees, or any other costs as listed and agreed upon.
- Attend all required classes and, if necessary, make up any missed classes.
- Clean, properly stow, store and generally take good care of any diving equipment assigned to me as if it were my personal diving equipment.
- Always listen carefully to and obey the instructions of my instructor and stay with my assigned buddy, instructor, or group during any water skill sessions or dives.
- Do not attempt to execute any skill, drill or exercise you do not feel ready to safely perform and do not attempt any activity without supervision.
- Complete the required number of open water dives
- Immediately inform your instructor if you experience any difficulties that would prevent you from diving or continuing to dive safely such as being excessively cold or tired; under stress; have an injury; be out of air; not feel well; or have been ill or sick during the preceding week.