



Thank you for signing up to the PADI Discover Scuba Diving course with us!

Each participant must complete their own theory before they get to the pool, please see your welcome email for the link to access and follow the "Experience steps" below

When you arrive at the pool then one of our professional PADI instructors will welcome you, check your paperwork including your medical statement and show you to the changing rooms and pool.

You will then spend the first 20 minutes or so in the shallow end learning to the gear, getting used to breathing underwater and doing a few basic safety skills which are also found in the [PADI open water certification](#) course.

Experience steps:

1. Download the PADI App and register for a PADI account.
2. Complete the medical questionnaire and Risk statements
Please note that if you answer 'yes' to questions 3, 5 or 10, or any of the questions on page 2 of the medical statement then we would need a note from your doctor saying that you are okay to dive. If you answer 'yes' and do not have a note from your GP or Diving Medic, then your instructor is not allowed to let you dive. No note is required if you answer 'no'.
3. Follow the online introduction on the PADI app, this will tell you everything you need to know about the experience.
4. Come diving with us!

If you have any challenges with the forms we will have spares available on the day. Your instructor may ask you to show your medical and Risk form completion in the app in the "digital forms" section. (Scroll down in the E-Learning Portal).

Address: [York House School, Sarratt Rd, Rickmansworth WD3 4LW](#)

Parking: There is plenty of free parking to the left of the school near the cricket pitch. To enter the pool simply go down the small steps to the right of the building in front of

the building in front of the car park. Then once inside go up some small steps and then you will find the pool down to the corridor on your left hand side.

Approximate Timings:

10:30 to 11:00 – Registration at the pool

Please don't change or enter the pool until you have signed in.

11:00 to 11:30 – Poolside briefing

11:30 to 12:15 – In-water training

What to bring to the pool – swimwear, towel, and your sense of adventure.

It's also a good idea to bring a bottle of water as diving can make you thirsty. If you wear contact lenses these can be worn inside your mask but just keep your eyes closed when doing the mask skills!

If you sign up for our PADI open water course after your trial dive then you can receive a **£35 discount**, simply enter the promotional code 'DSD35' when you book online. We will even extend this offer to your family and friends if they sign up at the same time!

Thanks again for booking with us and we look forward to starting your underwater adventures.

The Team,
Oyster Diving