

ITDA Group International
www.diveitda.com



Introduction to SCUBA

**Entry Level Certification and Experience
Programs – New Step Program**
Written & Edited by Steve Craig-Murray



**LEARN TO
SCUBA DIVE**

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Introduction to Scuba Workbook

Written and Edited by Stephen Craig-Murray Assessor Examiner

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About Introduction to Scuba Diving Program



This unique introduction program is designed especially for those people who want to experience the joy of diving, without the commitment of completing a full training program or for those who just want to safely try scuba diving.

This program is unique in the diving industry for offering; safe, professional training to a certified standard for entry level scuba and for a minimum time and great value for money...

Intro to Scuba may be completed in just half (½) a day (around 3-4 hours) for the Basic Level Certification which includes; 30 to 45 minutes of theory, 1 training / practice dive and 1 Experience dive and the certification is valid from 1 year. Or it may be a whole day, (around 6 hours) with 3 Scuba Dives, 1 training dive and two experience fun dives, and this will certify you as an **Entry Level Scuba Diver** and is valid for up to two years.



Both training programs will qualify you to upgrade to the next level(s) within the valid time period, or you can decide to upgrade after your Entry Level experience in which case, some of the training will be fully credited to your upgrade... Saving you both time and money!

The **Resort Scuba Diver** program takes 2 to 3 days and includes: 5-6 hours of theory and self-study, plus 6 Open Water Dives (More dives than any other agency for this level). You will be certified to dive to 20m/66ft, under supervision until you have ten (10) dives experience and you may enter Resort Specialist Dives, like, wreck diving, night diving, navigation, eco diver (reef fish ID), UW Photographer etc.

The **Sports Diver** Program takes 3 to 4 days and includes: 6-8 hours of theory and self-study, plus 6 Open Water Dives (More dives than any other agency for this level). You will be certified to dive to 30m/100ft, under supervision until you have completed a total of ten (10) dives experience and you may enter ITDA Specialist Dives, like, wreck diving, night diving, navigation, eco diver (reef fish ID), UW Photographer etc. (Previous training dives may be credited...)

The training and certification process is fun and easy, most people can do it and as we offer the only entry level certification that is valid for two years, you have lots of time to upgrade to Resort diver, 2**Star Diver (Cold Water) or our unique Sports Diver certification level.

ITDA Group International have been training and certifying divers worldwide since 1999; we are recognised internationally for having the highest standards in our industry for safety and education. And are approved by the UK HSE (Health & Safety Executive) UK Government.

This and many of our training programs are also available as a "Distance Learning Programs" and may be taken online... Please mail us for details at: admin@diveitda.com



Introduction to Scuba Diving Program

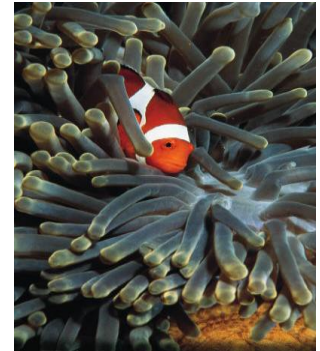
Background



This program is designed to offer anyone with no previous experience in Scuba Diving a Safe, fun, practical, Training & Certification Program to learn the basic skills required to safely enjoy exploring the fantastic underwater world that is only open to those who venture below the surface of the world's Seas and Oceans.

A world of excitement and adventure awaits you.

Within a very short time and after only a very basic understanding of Scuba diving theory you will be experiencing “**Breathing Underwater**”, and thus becoming a part of the unique Aquatic Realm. **An experience you will enjoy and remember for the rest of your life.**



Your ITDA Scuba Instructor is a highly trained professional who has your personal safety as their first priority! Please pay serious attention to your instruction staff as they will be guiding you in the safe use of life support equipment known as SCUBA.

S.C.U.B.A. Self-Contained Underwater Breathing Apparatus, this is the means by which we can “Breathe”, under the water using advanced technology.

Overview

We will cover the following points at your learning pace... Please ask questions of your instructor and read this workbook, listen carefully and pay attention to the Slide Presentation, or Video as there will be a short review quiz at the end.

This program will cover:

- ☐ SCUBA Diving Equipment & Use
- ☐ The Underwater Environment
- ☐ Safe Diving Practices
- ☐ **Intro & Entry Level Scuba Diver Certification Programs**



ITDA Group Introduction to Scuba Diving Program

This is the beginning of your training program as a Scuba diver And will result in a basic Scuba Certification as an Introduction or Entry Level Diver, allowing you from 12 up to 24 months (2 years) to upgrade to a Full diver certification program. You may complete the training without certification as an “Experience ONLY Program”. **But if you have done the work get the cert!**

The Basic theory module and Training Dive with Skills in a Confined Water (controlled environment, such as a swimming pool or Shallow Bay etc.) Will be followed by an Actual Scuba Dive (Underwater Tour), led by a qualified member of your Instruction team. **You should complete a minimum of 2 Dives, or 1 Training session and 1 Dive**, for basic certification and 2 Experience Dives for the Entry level Scuba Diver Certification.

To obtain the certification in recognition of your training and new skills you MUST complete this workbook and an Instructor Presentation followed by the Entry Level Scuba Diving Quiz. **That is all you have to do...!**



ITDA Club Diver...

This program and materials may also be used for the Entry Club Diver or Pool Diver Certifications available from your ITDA dive club.

If you decide to complete all the training and the quiz, you will receive a unique Certification and secure identity Card (as above) as proof of your experience.

Plus you will qualify to enter the next level... Resort Scuba Diver / Sports Scuba Diver or Club Diver Programs, this is the first step to receiving your international Sports Diver rating, (License to Dive without supervision using the buddy system) this C-Card as it is known, (“Sea” Card) will allow you to purchase air fills for scuba tanks, book dive travel and buy diving equipment from retailers all over the world.

The ITDA Group “Intro Scuba” Level programs are FUN and rewarding.... Make your first experience the very best!



ITDA Group Entry Level Diver WORKBOOK

SCUBA EQUIPMENT & USE

SCUBA Self Contained Underwater Breathing Apparatus

To be a SCUBA DIVER the first thing we will need is to BREATHE Underwater and to do this we use a regulator.... **Breathe Continuously and never Breath hold!** (As divers we **Never** Hold our Breath...)



The SCUBA Regulator is very simple and easy to use...

All we do is put it in our mouth and Breathe! It's really that easy.



The first fun exercise we will do is practice breathing with the SCUBA Regulator, with our head in the water....

After just a few seconds you will notice how easy it is to BREATHE “Normally”, with your head in the water...



SCUBA Regulators look very difficult and complicated but they are really VERY simple and Easy to use.

Your Instructor will demonstrate first and then show YOU how to breathe underwater.

**Remember to Breathe Always &
Never Hold Your Breath.**



A Scuba Diving Mask



After the SCUBA Regulator you will want to be able to **SEE** things underwater and this means using a SCUBA Diving MASK...

There are many different types of masks; your Instructor will help you to select one that fits you comfortably...

The best types look a little like this...

YOU will need to try it on....

Your Instructor will show you how!



Also the position of the strap is very important and evenly around your head... Otherwise it may be uncomfortable.

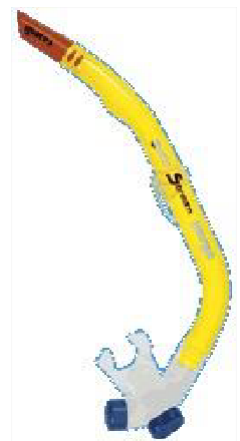
We need the Mask in order to **focus** our eyes underwater by placing an Air Space between us and the water.... An effect of this is that objects “APPEAR”, Larger and closer.... But do not worry those small fish may look a little bigger but only about 25%. Not too scary...



With the Mask of course comes the... ?

SNORKEL....

Yes, that's right. It's So Easy...



Just breathe out **Fully** and in **Deeply...**

Ask your Instructor WHY?.... It's Important!

NEVER HOLD YOUR BREATH – ALWAYS BREATHE...



Snorkels and Masks Continued....

Snorkels are very important as they allow us to save the AIR in our SCUBA Cylinder for actual diving.

And we can still breathe with our head in the water to see where we Are going and of course to look at the fish...



Another very important piece of equipment are your Fins, without which it's very difficult to be able to move comfortably in the water....

Types of Fins.

These are for Scuba Diving but you could also use these Fins below... For SCUBA Diving...



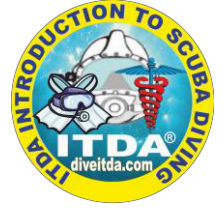
But not these goggles Which are for Swimming on the Surface... Do you know why?



Your Instructor will discuss and demonstrate the “Flutter Kick” which is the correct way to use fins... Both underwater and on the surface...



The Correct position for swimming Underwater. (As in the photograph Here (left)...)



Scuba Diving Equipment

Buoyancy

The most important thing to learn about SCUBA Diving Is Buoyancy...

As human beings most of us are a little buoyant... This means that it's quite difficult to sink... So when we dive we will need some help to sink... For this we use lead weights, because they are heavy and take up a small space...

Weight Belts...



These hold the Weights in a belt and make it very easy and comfortable to wear!

There are three (3) states of buoyancy...

1. **Positive. +** This means not sinking....
Like this float is Positive + (Buoyant)



2. **Neutral. +/-** This means that an object Is neither Positive nor Negative... i.e. It does not sink and it does not float at The surface... For SCUBA Diving this is perfect... Just like this Turtle...



This Turtle is Neutral... “Not floating and not sinking to the bottom” ...

This is the position we will want to achieve when we dive... And we can practice in the Pool or Sea area to get the feeling...



Buoyancy Continued...

We have looked at: Positive Buoyancy (+) Floating and we now understand... Neutral Buoyancy (+/-), not Sinking and not floating, but being in a position to enjoy seeing the fish and reef life without damaging the bottom or coral by touching or bashing into it!

Some sea life; coral, plants and fish can be injured or destroyed just by us touching it! So Never Touch anything!

3. Negative Buoyancy. This is a state of sinking, or just being on the bottom... - Negative.

Like this wreck is negatively buoyant... (Or a Ships Anchor)

This means that it is always on the



bottom of the sea.... On the sea bed...or Sea floor...

And a wreck is what we call an Artificial Reef... Lots of fish are Attracted to wrecks because they Offer lots of natural shelter...

As a SCUBA diver, **"Now we understand how important it is to be**

in a swimming position underwater that is Neutral (+/-)" Not Positive or Negative.

And from this position we can go up and down... + or - as we wish, but wait a second what about the weights we needed to help us swim underwater? How can we better control our position?

ALWAYS BREATHE AND NEVER HOLD YOUR BREATH



Buoyancy Continued...

We need something to help us to control our position in the water and while swimming, what could possibly let us be... Positive on the Surface, and Negative when we want to be, also Neutral for swimming underwater?



YES! ... A BCD **B**uoyancy **C**ontrol **D**evice or STAB Jacket (Stabilising Jacket, may also called a BC Buoyancy Compensator).

This is a typical type of BCD and allows us to add air (directly from the Scuba Tank). And vent air (release Air) Directly from the Jacket thereby allowing us to control our position in the water...

It also features some important safety devices, like a whistle and Safety straps and cummerbund to fit securely to your body.

Features also include: LPI or Low Pressure Inflator / Deflator... And Dump Valves (For rapid air release and Auto deflation) and Quick release straps for emergency removal. **(Your Instructor will demonstrate how to use this...)**

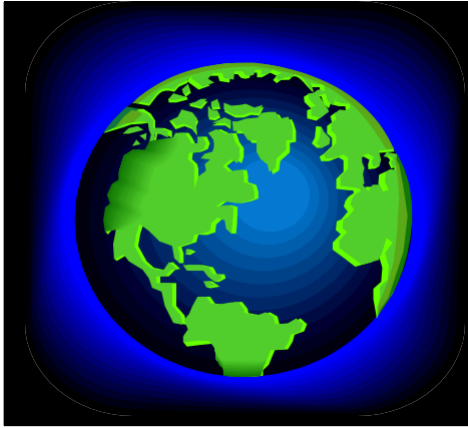
So now we understand: Positive, Negative and Neutral Buoyancy and how we can control our position in the water and to swim in a neutral position using our BCD.

Next we look at pressure. (An Introduction to dive physics)



Introduction to SCUBA Diving – “Pressure”

Pressure



Pressure is weight! You are feeling Pressure right now... This is the Pressure of the weight from the Earth's Atmosphere.

Approximately 50+ Miles of Air above us, is Pulled down by gravity and we feel the Pressure... This is called 1 atmosphere or 1 Bar (Barometric Unit. The system used to measure atmospheres).

So the pressure at the surface of the Earth is around 1 Bar./1atm.

Another way we can see this pressure is to feel it, like in a storm or heavy weather...

Apart from this we never really notice it!

As our bodies are designed to function Normally at 1 Bar of pressure.

In the water, pressure is very different, because water is much more dense (thicker) than Air... It has much more weight and therefore we feel the pressure much more rapidly when we dive into a swimming pool or descend in a water column, as when SCUBA diving...



For example just 10m/33´Ft. Of Salt water, has the same weight as ALL of the Earth's atmosphere. So at 10m/33´Deep the pressure is 2 Bars, because we have 1 Bar from the surface plus 1 Bar from the water. (1bar = 14.7Psi for USA Divers)

Remember to always breathe with Scuba, never ever breath hold... Or Hold your breath especially on ascent...



Introduction to SCUBA – Pressure 2

How pressure affects us



Normally the pressure of the air around us has little or no direct effect on us... But in the Water we feel the pressure very rapidly with depth... At just 2m / 6' there is 1.2 bar of pressure and this is enough for most people to feel it.

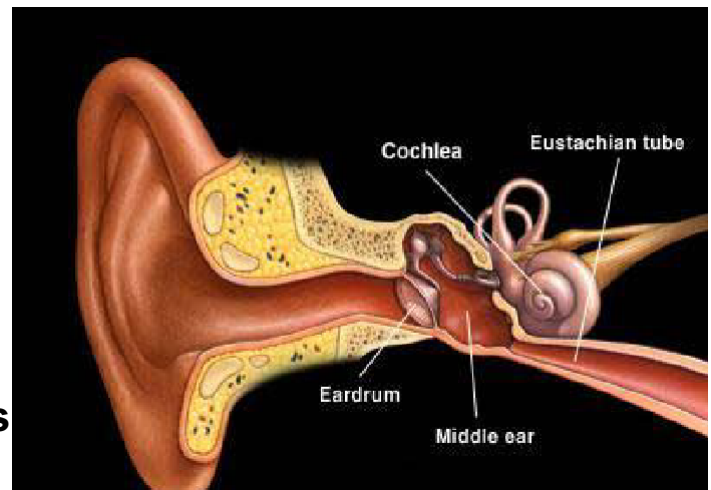
This pressure is first felt in our body air spaces, primarily the Ears and Sinuses... (Have you ever felt this pressure?)

When we dive, we will be under 3m to 4m / 12' or 1.4 Bar or more... So we will need to Know HOW to deal with this pressure or we may feel uncomfortable...

SCUBA Diving is for FUN.. So it should be fun!

During a Dive, air spaces can be compressed causing a very slight pain.

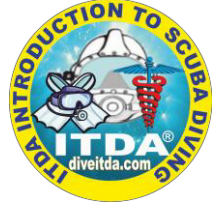
All we have to do is release this pressure...



The easy way to do this is by pinching the nose (this is one reason (1) why swimming goggles are not suitable for SCUBA Diving) and breathe slowly out! (As goggles have no nose space you cannot equalise them)...

Breathe out gently... Until the Air Space in our ears is equal to the surrounding water pressure... And because our bodies are made mostly from water, we do not feel any other effects....

This should do this (“**Equalise**”) before we feel the pressure... So every few feet on descent we “**Equalise**”, then no problem...



ITDA Entry Level Scuba Diver – Environment

The Underwater Environment

You are now in a unique position to explore the fantastic Underwater world with your Instructor...



Very few people ever have the Opportunity to enjoy the amazing Peace and sense of tranquillity That comes from just being Weightless underwater...

You will very soon be experiencing this feeling yourself, even in a pool; it is a unique feeling of Freedom and peace.

But first some more safety and comfort advice....

The diving mask will also be under pressure when you dive... And as it contains an air space. This space must be also equalised to the surrounding water pressure or it will squeeze your face slightly.



This is done very simply by just looking up and breathing out! That's it, just look up and blow gently out through your nose... NOT through your mouth or nothing will happen...

This is another reason (2) why swimming goggles are not acceptable for SCUBA diving, because you cannot equalise the Air Space... (Your eyes would be under pressure...and small blood vessels may rupture.)

If the bottom is Sandy where you will dive, try to avoid kicking it up as this will make good visibility difficult....

Breathe all the time and relax – **NEVER HOLD YOUR BREATH!**



ITDA Entry Level Scuba Diver – Environment

Environment Continued...

Because the underwater environment is under pressure and it is an alien environment to human beings we need to move in a very different way, than we do at the surface in Air...

We should always move slowly and carefully. Also remember we need our SCUBA Equipment to survive underwater.

At first it takes a few minutes to get used to wearing the equipment and moving around may put you on your back or your bottom. (Remember.. You can breathe from the regulator) So just relax and just roll over sideways to regain control of your position. (you may practise this as a skill)



Also remember when swimming NOT to use your arms, your fins will give you more than enough power and your head will direct you...

If you move your head right you will go to the right... Careful where you look.. If you look up, you will go up!



Moving around underwater is a fantastic experience because you can quite literally fly; you are able to move in a different way...

You will be Weightless.



The next section is about “Your Training and Skills”.



ITDA Entry Level Scuba Diver - Safe Diving Practices

SAFE DIVING PRACTICES

We have just a few basic guidelines to follow to make sure that you have a very safe and enjoyable diving experience for that very first SCUBA DIVE... Please note the following points for your safety and Comfort...

- Always listen carefully to your instructor and do what they ask you...
- Please take care when handling the SCUBA Equipment, it can be very heavy (Especially the Tanks) and it is very expensive.
- Do not leave the sight of your instructor or Staff at any time without their knowledge (Underwater Keep in their sight at ALL TIMES)
- Do not play or distract other divers during the Instructors demonstrations (Or you may be asked to leave the water)
- Do not touch or play with your equipment, straps, weight belt or anything else unless your instructor asks you...
- Remember the underwater signals. And how to attract your instructors attention if you have a problem...
- Do all the skills exactly as your instructor show you... Do not show off or try to be clever... This could cause an injury.
- Do enjoy the diving experience and come back to complete your next level and receive your full Resort or Sports diver certifications.





ITDA Entry Level Scuba - Safe Diving Practices – Skills



Diving Skills Practice

There are a few very simple and fun Skills to practice in order that you may make a safe dive.



Your instructor will decide which skills and in which order you should complete the skills... So watch them, and listen to them very carefully!

Regulator Skills

Remove & Replace the regulator (remember to clear it of water when you put it back in your mouth and to breathe out when the regulator is clear of your mouth.) Your instructor will show you the best way...

Regulator Recovery (optional Skill)

Pretend to “Lose” the regulator by dropping (1) it and or throwing it over your shoulder...(2) Then to recover it.. Simply lean down to the right (And gravity will pull the reg. Down next to you) And feel the regulator...

Then put it into your mouth (REMEMBER TO CLEAR IT)

Mask Skills.

Partially clear a little water from your mask, this also helps you to practice equalising your mask.... Your Instructor will demonstrate. **Remember always look up and breathe out from your nose!**



ITDA Entry Level Scuba - Safe Diving Practices – Skills

Diving Skills Practice

Buoyancy & Control

After completing the first two skills (Regulator & Mask). Now it is time to get familiar with moving underwater...



Buoyancy

Your instructor will ask you to lay flat on your stomach or Tummy, then they will show you how to fly (Like Superman) The Instructor or Assistant will Demonstrate first... And then they may adjust your BCD by adding air to it or (they may ask you to do it!) If they ask you... Remember we do everything slowly underwater...



Do NOT make sudden or jerky movements as this will cause you to roll.. Your Instructor may have you practice rolling just for fun...

Remember the Ideal position is Neutral (not Positive or Negative)

When you take a deep breath you will rise slightly, (This is the Air in your Lungs) And when you breathe out (Exhale) you will sink a little.... This is normal... And takes a few dives to get the hang of.

Next Swimming...

Remember the Fin position (Flutter Kick) Try to use your thighs NOT your knees.. And Never use your Arms... You have Now completed part I. Of the ITDA Entry Level Diver.



ITDA Intro to Scuba Diving and Entry Level Diver

Entry Level Diver



Are you ready for the Experience?

To qualify for the certification you must have completed the full Program.

The next part of the program is a very simple Continuation of the Skills part with an Open Water Fun Dive, for experience to NOT deeper than 12m/40'ft.....

You are now on your way to becoming a Fully Certified SCUBA Diver.... (Entry level Diver is the first step)

When you have successfully completed this entry level program you will be able to join the ITDA Resort Diver or Club Diver Program, or Even sign up directly for the full 4-5 Day Sports Diver Program or Club Sports Diver (if you have time)... (You will have up to 24 months to enter the next level Diver Certification program)

ITDA Group Resort Diver or Club Diver is a Full SCUBA Diving Course Program. Meeting and exceeding International Standards for this level. After completion of Resort Diver you may certify as an ITDA Group Sports Diver... (One of the Highest Standards in the Diving Industry for the level... With more dives, more theory and more experience than any other certification organisation.)

What is SCUBA Certification?

It's about standards... There are many different certification agencies in the world all offering different levels of training... But in the end, the important thing is they all offer equal or similar safe standards of training.

This means that if you are a certified Scuba Diver you may purchase diving equipment and fill tanks and go on diving trips with other certified divers and dive without supervision. This is the first level in our certification programs where a diver may dive without supervision. (To max depth.30m.)



ITDA Entry Level Scuba Diver Additional Skills for Certification

Entry Level Scuba Diver

Additional Skills required for certification.



Maybe on 1st, 2nd or even a 3rd Dive...

Plus the introduction of the Octopus and the practice of Donning Equipment without assistance, the use of and monitoring gauges, Air Supply and Depth. Buddy Checks and Self Checks.

Skills

Equipment – Student to put Scuba Unit Together and Break it Down at end of Dive.

Regulator – Removal & Replacement, Recovery & Replacement. Octopus use stationery.

Mask Skills – Partially Flood & Clear... Full Flood & Clear

Buoyancy – Student to Manage Fin Pivot and Airplane Positions with use of BCD power Inflator.

Controlled Swimming Position during underwater Dives and Tours. Swimming from shallow to deep and from deep to shallow maintaining Neutral position in water.

Maximum Depth 12m./40'ft....

Experience and Enjoy the JOY of Diving...
ITDA Group Intro and Entry Level Scuba Program



Health for Diving



Hopefully you will not need a team of these....

But being physically fit and Healthy can make the world Of difference to your diving Experience.

You will need to be of average fitness for your age and may self-certify (Or Adults may certify their children and only their Children...) Guardians may certify, but must state that they are guardians...



The ITDA Personal medical history form and Training statement / Disclaimer should all be filled in and signed prior to any in Water Training commencing. (including: (Pool) confined water training) [Online Link Here](http://www.diveitda.com/admin_forms_links.htm) (http://www.diveitda.com/admin_forms_links.htm)

You do not have to be an Olympic athlete but being fit is a requirement to this program, as diver training can be stressful and physically demanding.

You will also need to sign our training statement available from your “ITDA Instructor or Training Staff”.

If you require a medical certificate your instructor can advise you...

Enjoy your diving experience and let us know how it went...

Mail us at: admin@diveitda.com or visit us... **Web Site:** www.diveitda.com



ITDA Group Intro and Entry Level Diver Quiz

Questions

1. Why should you be fit to learn SCUBA Diving?

- a. Because it Can Be Stressful
- b. It is a Legal requirement
- c. Diving Needs Athletes
- d. It's Only for Very Fit People

2. What Does SCUBA Stand for?

- a. Self-Contained Underwater Breathing Application
- b. Selfless Confidence Under Breathing Apparatus
- c. Self-Contained Underwater Breathing Apparatus
- d. Self-Contained Underware Body Application

3. What is the most important thing to remember when Diving?

- a. Never Run out of Oxygen
- b. Never Run – Always Walk
- c. Never Hold your Breath – always breathe
- d. Never Dive without a Properly fitting wetsuit

4. Why are swimming goggles not suitable for Diving?

- a. They are always too small
- b. They are the wrong shape and too small
- c. They cannot be equalised
- d. They are always the wrong colour



ITDA Group Intro and Entry Level diver Quiz I

5. Why is the pressure at the surface of the Earth 1 Bar?
- a. Because of the Moon
 - b. Because of the weight of Air in the Atmosphere
 - c. Because of the weight of Air in Space
 - d. Because of the weight of Air in the Atoms
6. What is the pressure in Bar at 5m. / 15.' Ft.?
- a. 1.5 Bar
 - b. 2.5 Bar
 - c. 3.5 Bar
 - d. 0.5 Bar
7. Why do we need a mask ?
- a. To put an air space in front of our eyes to see clearly
 - b. To put an air space in front of our eyes to equalise
 - c. To put an air space in front of our eyes to make pressure
 - d. To see more clearly we could use goggles
8. What is Neutral Buoyancy ?
- a. Neither Positive normal
 - b. Not Negative or normal
 - c. Not Negative or Positive
 - d. Not Negative or Position
9. Why is Neutral Buoyancy Important in SCUBA Diving ?
- a. To stay off the bottom and not get caught in Wrecks
 - b. To stay off the bottom and not get bitten by the Fish
 - c. To stay on the bottom and not damage the environment
 - d. To stay off the bottom and not damage the environment
10. You do not need a license to fill tanks? T (true) or F (false)



Ask your Instructor for program training advice and Information about repeat diving experiences...



You may now enter a number of Certification Training Programs and may complete “Specialist Programs” for this level including:

Resort Diver Program... Learn to Dive Safely with SCUBA in just 2-3 Days and Dive anywhere in the world... (Under Supervision to 20m/66ft.) After 10 dive experience you may upgrade to unsupervised diving, after a skills assessment.

And buy Scuba equipment and go on scuba excursions and diving holidays / vacations etc.

ITDA Sports Diver – 3 to 4 Days for the Full Sports Diver Certification, dive unsupervised anywhere in the world to 30m.

ITDA Group Specialist Programs for this level include....

Underwater (Basic) Photographer 1 or 2 Dives

Underwater Buoyancy Workshop 2 Dives

Underwater (Basic) Navigation 1 or 2 dives with compass

Reef Fish ID Program 2 Dives

Eco Diver (learn about the Underwater Environment) NEW! 2 dives

CPR & FIRST AID Program (just half a day 3-4 Hours) ASK?

All of the above programs earn full credit towards the higher level and advanced specialist certification programs from the ITDA Group International (HSE UK Approved).

Visit: www.diveitda.com

or mail us at: admin@diveitda.com

NEXT Steps – Resort Scuba Diver / Sports Diver upgrade? Ask your Instructor... Or Visit www.diveitda.com





Thank you for taking this ITDA Training and Certification Course Program...

Please note that you may now register your ITDA certification with ITDA HQ and obtain FREE membership for 1 year, with benefits of discounts for further ITDA Training Materials, Branded Goods and Dive Trips and tours from our partners worldwide. FREE Membership Link Here below:

www.diveitda.com

YOU NOW QUALIFY for the Secure Plastic ID Card as recognition of your training and experience at a special discount price of just \$20 USD... €16.00 Apply on-line using the admin area of our website.

Other ITDA Courses Include:

Resort Scuba Diver
Dry Suit Diver (Cold Water) / Club Diver - ITDA International Club System
Advanced Resort and Specialist (*Wreck Diving, Buoyancy, Night Diving, Marine Life, DPV, Shark Diver, Equipment, First Aid, Deep Diver, Nitrox, UW Photographer / Video, Recovery, Environment Diver, Boat, Side-Mount, etc.*)
Sports Scuba Diver
Rescue Diver
Advanced Sports Diver / Advanced Specialist (*Cavern, Cave, Decompression, CCR Rebreather, Advanced Nitrox, etc.*)
Rescue Diver
Dive Leader / Entry Level Professional
ITDA Instructor

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ASK YOUR INSTRUCTOR FOR DETAILS TO UPGRADE YOUR LEVEL?

www.diveitda.com – www.ihmpmedical.com – www.itdahost.com