



## PADI Open Water Course

Requirements: No experience needed but to be able to swim.

The Course: After successful completion of the course you will be qualified as Open Water Diver. This allows you to dive with a dive buddy according to your level of training received. Once certified, an instructor is not required to be present when you dive with a dive buddy. Recommended maximum depth 18 metres (60 ft). The minimum age to participate is 12 years.

This course starts daily and is being offered by all major dive schools in Cairns who provide excellent educational standards and safety procedures. The average group would be between 6 and 12 students per course. The learning speed is relatively high, given the limited time.

**Days 1 and 2:** Two days pool and classroom education. On day one, you have to pass a dive medical examination at the training centre. At the end of day two, your course includes the option of attending "Reef Teach", a 2-hour marine biology presentation (at additional cost - Pro Dive only). Days start at 8.30am and end at approx. 5.30pm with a short lunch break. Important physical prerequisites are the ability to easily swim a 200m (220 yard) distance (no time limit). Please bring along: towel, swimwear, money, pen, two passport size photographs.

**Day 3:** Pick up at 6am from your accommodation in Cairns. Today you will have two training dives. Start of the practical part of the education which takes place as part of a 3days/2nights cruise to the outer Barrier Reef. This is the best way to "dive" into the wonders of diving. The first four dives will be your training dives for your open water certification where you will practice all the skills already learned in the pool.

**Day 4:** Two more training dives, receive your open water certificate. After successful completion, you receive your certification and do your first dive without your instructor. Last dive of the day will be a night dive (weather permitting). Because this is your first night dive, an instructor will be leading the group of divers.

**Day 5:** Three more dives with your buddy before the boat heads back towards Cairns. Arrive back in Cairns at approximately 4pm.

A 5-day Open Water course in conjunction with Scubapro or Ocean Quest appears slightly more expensive than courses offered with other dive operators. In fact, for the slightly higher price you can expect a higher level of comfort on their vessels and more value included than in the cheaper courses (see details below).

Australian law requires that a dive medical has to be undertaken by a qualified Australian physician. This will be taken in the dive school during the first day. However, it's a good idea to get your diving fitness tested before you travel to avoid disappointment. Definite contradictions to diving are Diabetes I or II, Asthma, Pneumothorax (Scarred lung), Epilepsy, Tuberculosis, Heart diseases and Pregnancy.