



## Try Dive Instructor Information

### **Prior to a Try Dive**

- Try Dives can only be conducted in a swimming pool.
- For groups of 5 or more ScotSAC HQ must be informed 2 weeks prior to the session.
- It is strongly recommended that a written Risk Assessment be performed prior to the session.
- Candidates must read and fill in the ScotSAC 'Try Dive Understanding of Risk and Disclaimer form' prior to the event.
- It is recommended that the branch BDO keeps a record of any Try Dive sessions which would include copies of the Risk Assessment, Understanding of Risk & Disclaimer & Partnership with Parents forms

### **Candidates/Instructors**

- Candidates age is at the discretion of the Branch Diving Officer however the absolute minimum age is 8 years old.
- For candidates aged under 18 parents must be made aware of the ScotSAC 'Safe in Care Guidelines' and a 'Partnership with Parents' form must be completed.
- Try Dive candidates are only permitted one Try Dive session.
- Poolside cover must be available.
- Only fully qualified ScotSAC instructors with 'Active' status may take candidates into the pool.
- Instructor/candidate ratio is 1:1

### **Equipment**

- The Aqualung used by both candidates & instructors must be single cylinder open circuit.
- Instructors must assemble and test both sets the aqualung equipment prior to the session.
- The minimum air requirement at the start of a Try Dive for both candidates & instructors is 1500L
- Only single buckle webbed weight belt to be worn during a Try Dive, ankle weights must not be worn.



## Try Dive Instructor Information

### **Briefing**

Instructors must brief candidates on the Try Dive session; this should include the following information.

- Define a Try Dive as an introduction to scuba diving within the safe environment of a swimming pool.
- Advise candidate on the dangers of removing their mask & regulator during the session unless their feet are firmly on the pool bottom and their head above the water
- Make the candidate aware of possible pressure damage to the ear and explain measures to prevent such damage.
- Explain the use of underwater signals and what the candidate should do if he/she is uncomfortable.

### **In pool activity**

- No training is permitted during a Try Dive.
- Candidates must don the aqua lung/equipment in the pool at the shallow end in a depth where the candidate can stand comfortably.
- Instructors are responsible for candidates buoyancy at all times.
- Instructors must be in close proximity to candidate at all times.
- Candidates must be taken no deeper than 1.8m in the pool.
- Candidates aqualung/equipment must be removed in the shallow end of the pool before he/she exits the pool via the steps.

Please note that all the forms mentioned above can be found on ScotSAC's Web site [www.scotsac.com](http://www.scotsac.com)