

## Advanced Open Water Course - Day 1

Time	Group 1	Group 2
08:00	Welcome to the course, paperwork and brief explanation of Alpha Dive	Welcome to the course, paperwork and brief explanation of Alpha Dive
08:30	Handing out of equipment for students to use and keep throughout the day (Wetsuit, BCD, fins, mask & snorkel)	Handing out of equipment for students to use and keep throughout the day (Wetsuit, BCD, fins, mask & snorkel)
09:00	Put the gear together and prepare for the first dive - refresher of hand signals and operating the equipment.	Put the gear together and prepare for the first dive - refresher of hand signals and operating the equipment.
09:30	<b>Dive 1:</b> Refresher dive and safety procedures	<b>Theory 1:</b> Refresher of how the equipment works and its safe operation whilst diving
10:30	<b>Theory 1:</b> Refresher of how the equipment works and its safe operation whilst diving	<b>Dive 1:</b> Refresher dive and safety procedures
11:30	<b>Dive 2:</b> Navigation Dive - divers will be shown how to accurately navigate a dive site using a compass and bearings	<b>Theory 2:</b> Equipment maintenance session - how to properly maintain your gear plus information about buying gear.
12:30	Lunch - Refill tanks	Lunch - Refill tanks
13:30	<b>Theory 2:</b> Equipment maintenance session - how to properly maintain your gear plus information about buying gear.	<b>Dive 2:</b> Navigation Dive - divers will be shown how to accurately navigate a dive site using a compass and bearings
14:30 until 19:00	<b>Relaxation Period</b> - Divers will need to wait for the sun to go down to complete their night dive. This time can be used to snorkel or sunbathe.	<b>Relaxation Period</b> - Divers will need to wait for the sun to go down to complete their night dive. This time can be used to snorkel or sunbathe.
19:00	<b>Dive 3:</b> Night Dive - divers will be taught how to dive at night, using high powered torches to find their bearings and move around.	<b>Theory 3:</b> A session involving the most effective way to dive at night, using torches and navigation issues.
20:00	<b>Theory 3:</b> A session involving the most effective way to dive at night, using torches and navigation issues.	<b>Dive 3:</b> Night Dive - divers will be taught how to dive at night, using high powered torches to find their bearings and move around.
21:00	Wrap up and pop quiz of theory learned throughout the day	Wrap up and pop quiz of theory learned throughout the day

## Advanced Open Water Course - Day 2

Time	Group 1	Group 2
08:00	Welcome to day 2, paperwork admin & quick pop quiz of yesterday's lessons	Welcome to day 2, paperwork admin & quick pop quiz of yesterday's lessons
08.30	Handing out of equipment for students to use and keep throughout the day (Wetsuit, BCD, fins, mask & snorkel)	Handing out of equipment for students to use and keep throughout the day (Wetsuit, BCD, fins, mask & snorkel)
09:00	<b>Dive 4:</b> Deep dive - divers will dive down to a depth between 18m and 30m and shown the effects of the increased rate of air consumption whilst at these depths.	<b>Theory 4:</b> Session involving how to properly manage life threatening and dangerous situations that occur when diving - what to do and how to stay calm.
10:00	<b>Theory 4:</b> Session involving how to properly manage life threatening and dangerous situations that occur when diving - what to do and how to stay calm.	<b>Dive 4:</b> Deep dive - divers will dive down to a depth between 18m and 30m and shown the effects of the increased rate of air consumption whilst at these depths.
11:00	<b>Dive 5:</b> Snorkel Dive where divers are shown techniques of effective snorkeling, holding one's breath and swimming effectively using fins.	<b>Theory 5:</b> The most effective way to snorkel, controlling your breathing and how to get the most from a snorkel dive.
12:00	<b>Theory 5:</b> The most effective way to snorkel, controlling your breathing and how to get the most from a snorkel dive.	<b>Dive 5:</b> Snorkel Dive where divers are shown techniques of effective snorkeling, holding one's breath and swimming effectively using fins.
13:00	Lunch - Refill tanks	Lunch - Refill tanks
14:00	<b>Dive 6:</b> Search and Recovery dive, where divers will be taught how to scout out other divers in distress.	<b>Theory 6:</b> Divers are taught the most effective methods of search and recovery and provided with examples.
15:00	<b>Theory 6:</b> Divers are taught the most effective methods of search and recovery and provided with examples.	<b>Dive 6:</b> Search and Recovery dive, where divers will be taught how to scout out other divers in distress.
16:00	Wrap up of course, thank you for choosing Alpha Dive, hand out leaflets with Alpha Dive Shop equipment for customers to buy. Fill tanks with air and prepare equipment ready for next course	Wrap up of course, thank you for choosing Alpha Dive, hand out leaflets with Alpha Dive Shop equipment for customers to buy. Fill tanks with air and prepare equipment ready for next course