

Open Water Course - Day 1

Time	Group 1	Group 2
08:00	Welcome to the Course, Paperwork, Explanation of Alpha Dive & Swim Assessment	Welcome to the Course, Paperwork, Explanation of Alpha Dive & Swim Assessment
09:00	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)
09:30	Practical Skills: Hand signals, basic use of equipment needed for first dive	Practical Skills: Hand signals, basic use of equipment needed for first dive
10:30	Dive 1: Introductory dive and safety procedures	Theory 1: Atmospheric pressure, hydrostatic pressure, Pascal's Law, Boyles Law, Charles's Law, human anatomy and physiology, hypothermia
11:30	Theory 1: Atmospheric pressure, hydrostatic pressure, Pascal's Law, Boyles Law, Charles's Law, human anatomy and physiology, hypothermia	Dive 1: Introductory dive and safety procedures
12:30	Lunch - Refill tanks	Lunch - Refill tanks
13:00	Dive 2: Skills practice in shallow water: mask clearance, regulator clearance, bcd control, safety procedures, cramp release, and tows and carries, followed by a dive of up to 6 meters	Theory 2: Equipment session - how to use the gear, how to put it together, what the different parts are called and what they are used for, safe and correct way to use the equipment
14:00	Theory 2: Equipment session - how to use the gear, how to put it together, what the different parts are called and what they are used for, safe and correct way to use the equipment	Dive 2: Skills practice in shallow water: mask clearance, regulator clearance, bcd control, safety procedures, cramp release, and tows and carries, followed by a dive of up to 6 meters
15:00	Dive 3: Buoyancy control and skills assessment dive up to 12 meters	Theory 3: Hypoxia, air barotraumas, air consumption, air composition, nitrogen narcosis, the reason why we can only dive for a certain period of time
16:00	Theory 3: Hypoxia, air barotraumas, air consumption, air composition, nitrogen narcosis, the reason why we can only dive for a certain period of time	Dive 3: Buoyancy control and skills assessment dive up to 12 meters
17:00	Wrap up and pop quiz of theory learned throughout the day	Wrap up and pop quiz of theory learned throughout the day

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	Dive 4: Entry into the water from a platform, explanation of slowly coming to the surface after a deep dive - safety stops	Theory 4: Henry's law, Decompression accidents, planning dives, flying after diving, use of dive tables, dive computers and logging dives
10:00	Theory 4: Henry's law, Decompression accidents, planning dives, flying after diving, use of dive tables, dive computers and logging dives	Dive 4: Entry into the water from a platform, explanation of slowly coming to the surface after a deep dive - safety stops
11:00	Dive 5: Snorkeling dive and safety procedures	Theory 5: Marine life and marine safety, the importance of a buddy and assessing a dive site for safety, currents and visibility
12:00	Theory 5: Marine life and marine safety, the importance of a buddy and assessing a dive site for safety, currents and visibility	Dive 5: Snorkeling dive and safety procedures
13:00	Lunch - Refill tanks	Lunch - Refill tanks
14:00	Dive 6: Natural Navigation dive up to 16-18m	Theory 6: Log books and an explanation of what the qualification will allow divers to do, where and with who, customer feedback form
15:00	Theory 6: Log books and an explanation of what the qualification will allow divers to do, where and with who, customer feedback form	Dive 6: Natural Navigation dive up to 16-18m
16:00	Wrap up of course, thank you for choosing Alpha Dive, hand out discount card to give to friends and family. Fill tanks with air and prepare equipment ready for next course	Wrap up of course, thank you for choosing Alpha Dive, hand out discount card to give to friends and family. Fill tanks with air and prepare equipment ready for next course