



An introduction to the West Norfolk Sub Aqua Club



HELLO AND WELCOME

QUESTION:

“How many times have you watched TV and been fascinated by the colour and dynamics of life beneath the waves?”...and how many times have you thought: “Wow, I’d love to do that” ... “if only I could”... “but, I can’t because”.... “bet it’s expensive”...“can’t do that in Norfolk” ... “how do I get started” ...and so on.

ANSWER:

If all this seems familiar then read on, as this booklet tells you how to go about DIVER TRAINING with the West Norfolk Sub-Aqua Club, your local branch of the British Sub-Aqua Club. BSAC the leading force in safe diver training, and recognised worldwide.

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SPORT DIVING

Modern sports diving began in 1942 following the development of a simple compressed air breathing set by Jacques Cousteau and Emile Gagnan.

Diving has since grown into a major worldwide recreational activity. The most colourful and comfortable diving is in the tropics, however, even the cooler waters around Britain and Ireland have great appeal and there is plenty to see. Modern equipment means cold water is much less of a problem and divers are able to dive all year round.

The underwater world is a different world waiting to be explored by the diver, who enjoys near weightlessness underwater, many of the NASA astronauts were trained for deep space conditions in an underwater environment. It is a varied and colourful world, with many exotic and beautiful creatures to see, wrecks to explore and occasionally treasure to find.

Wreck exploration has always been popular, having a good source of marine life. Amateur divers carried out a large part of the research and salvage work that led to the discovery of the wreck of the Tudor warship "Mary Rose".



Scapa flow

Some divers prefer to study marine life in its natural habitat and it is possible to help in the preservation of the marine environment through organisations such as the Marine Conservation Society. Underwater photography is also possible using special amphibious cameras and video recorders.

The BSAC organises regular expeditions for members to remote UK and tropical sites; many rarely dived before.

A BRIEF HISTORY OF THE B.S.A.C.

The British Sub-Aqua Club is, by any measure, a quite extraordinary organisation. Formed and run throughout its existence by enthusiastic and dedicated members, the Club has successfully competed with commercial orientated bodies and thrived

in the process. From its beginnings, the club has received worldwide recognition as a leader, standard setter and innovator in the field of sport diving.

The BSAC was formed in London in 1953 by a number of “persons interested in underwater activities” whose aim was “to promote underwater exploration, science and safety in these activities”. The club’s founder was Oscar Gugen, assisted by Peter Small.

The BSAC quickly became a significant force in sport diving, and by the end of 1954 it had been recognised in Britain as the governing body for the new sport of underwater swimming, a responsibility that it still retains.

Its growth has been phenomenal. At its first Annual General Meeting in December 1953, the Club had approximately 100 members. By January 1955 the membership had grown to over 1000. During 1959 the BSAC became a founding member of CMAS, the World Underwater Federation. In 1976 the Club responded to a growing demand for commercial training of sports divers by establishing the BSAC School system. BSAC Schools are independent businesses, which are authorised to train and award a number of BSAC diving qualifications, as are most of the branches. There are currently over 100 BSAC Schools worldwide. To keep pace with this growth, the Club was recognised as a company limited by guarantee in 1979.

From the outset the Club has been active internationally and by 1987 had established a network of Branches throughout the world with over 14% of its membership located outside the UK.

The Club moved from its London Sports Council home in 1990 to its own new office complex in Ellesmere Port, Cheshire. Today the BSAC has 1600 club branches and 400 schools, with a total membership of 55,000 in over 50 countries, which makes it the largest single diving club in the world. Most branches have an active diving programme and full training facilities.

WEST NORFOLK SUB-AQUA CLUB

Our branch was founded in the mid 1970’s and currently has over 35 members, both men and women, with ages ranging from 14 to 70 years. As you can imagine, the experience ranges from those who have just signed on for the first time to others who have been diving for over 30 years. It is run under BSAC rules by a committee – whose contact numbers are at the end of this booklet. Importantly the branch is run by members, for members, where everyone is encouraged to join in and contribute to its success.

There is a wide range of equipment available to members; including two R.I.B.’s (rigid hull inflatable boats), a breathing air compressor and 10 full sets of diving equipment used for training purposes. The training takes the form of both formal lectures and practical in-water sessions. The branch hires the St. James swimming pool in Kings Lynn exclusively for diver training every Tuesday evening between 2015hrs and 2130hrs, after which we adjourn to the nearby British Legion Club, for the informal part of the evening.

When you join the West Norfolk Sub-Aqua Club, you can progress through the BSAC qualifications whilst gaining experience on the regular open water dives organised by branch members.

In addition we arrange club diving trips, which typically include venues such as: - West Coast Scotland, Wales, Farne Islands (off Northumbrian coast), the South & West Coast of England. In addition there are day and weekend trips to inland sites as well as our own local North Norfolk coast – occasionally more exotic locations are included such as the Red Sea etc. In addition, individual members arrange their own group trips.

NEVER DIVED BEFORE. HOW DO YOU START?

The '**OCEAN DIVER**' grade is the **starting point for many new divers**. You will gain the essential knowledge and skills needed to prepare for open water diving. Learning to dive is all about learning to use your equipment properly and safely. The training course concentrates on preparing you for this in the safety of a swimming pool and then introducing you to open water in a controlled and safe manner. This also gives you the opportunity to practice safety skills in the company of a qualified instructor or experienced diver.

Once you have completed the 'Ocean Diver' course you can progress on to the next level, 'Sports Diver'. For details of the diver and training grades see the '**BSAC Diver Grades**' section.



A "Try Dive"

Details of the 'Ocean Diver' course is listed overleaf...

Importantly, training in a club environment gives you the opportunity to make new friends who share your interest in diving.

BSAC training is widely respected for its standard of diver training and safety, and it carries full International recognition. Qualified instructors carry out all training within West Norfolk Sub Aqua Club under the auspices of the BSAC.

OCEAN DIVER COURSE OVERVIEW

Minimum age 12, a self-certification of medical fitness (see 'Fitness to dive')

Definition:-

A diver who is competent to dive with another Ocean Diver or with a Sports Diver, within the restriction of conditions already encountered during training. They can conduct dives with a Dive Leader (or higher) to expand their experience beyond conditions encountered during training, under the supervision of a Dive Marshall. Ocean Divers are initially restricted to the maximum depth experienced during training, but this can be subsequently extended progressively, under the supervision of a Nationally Qualified Instructor (NQT), to a maximum of 20m. Ocean Divers will not have the sufficient experience or knowledge to be partnered with trainee divers or to take part in stage decompression stop dives. Ocean Divers can only conduct dives where other suitably qualified divers, who can act as surface support, are present and the dive is properly marshalled.

Course Content

The Ocean Diver course consists of:-

- 7 Classroom Lessons
- Theory Assessment
- Basic Swimming Assessment (200 metres)
- 5 Sheltered Water Lessons
- 5 Open Water Lessons/Dives
- Minimum of 120 minutes underwater time

Open water diving should encompass experience of at least 4 of the following:- Shelving shore dive, steep shore dive, low (2-4m) visibility dive, drift (0.25-0.5kn) dive, small boat dive, large boat dive, dive in protective clothing.

Lesson Summaries

Guide to coding:-

First letter = diver grade, eg 'O' = Ocean Dive, Second letter = lesson type

T = Theory

S = Sheltered Water

O = Open Water

P = Practical (eg Dive Marshalling)

Ocean Diver

OT1	Ocean Diver Training training	Introduction to Branch/School, diver
OS1	Being Underwater	Mask, fins, snorkel, SCUBA
OT2	Diving Equipment & Signals environment, equipment, signals	Underwater
OS2	Basic Skills	Buoyancy, DV/Mask clear, AAS
OT3	The Body & Effects of Diving	Pressure, heat loss, buoyancy, fitness
OS3	Developing Skills	Free flow DV, Mask clear, AAS
OT4	Planning to go Diving	Air, tables/computers

OS4	Beyond the Basics	Finning no mask, mobility, snorkel skills
OT5	What Happens If.....	DCI, Narcosis, Oxygen as first aid
OS5	Safety Skills	AAS, Controlled Buoyant Lift, tow
OT6	Going Diving	Buddy diving, role of DMs/ADMs,
	pilotage	
OO1	First Open Water Dive	Build up comfort level
OT7	Enjoying your Diving	Types, characteristics, snorkelling
OO2 – OO5		Second to Fifth Open Water Dives

EQUIPMENT COSTS

Diving equipment is not cheap and it would be wrong not to draw the attention of potential members to the likely cost. Whilst during initial pool training all the necessary equipment is provided, you will eventually have to provide all your own equipment for diving in open water. Remember; try to get as much advice as possible from Club members before purchasing any individual items of basic equipment.

A full set of diving equipment for UK diving (and other cooler climes), consists of the following basic items with approximate costs: -

- Semi-dry suit, or a dry-suit (a semi-dry suit is fine, unless you intend to dive in UK waters regularly), cost £200 and £500 respectively
- Breathing regulator, complete with depth and pressure gauges, plus demand and auxiliary (“octopus”) valves, cost £300-350
- Buoyancy control jacket (B.C. or “stab-jacket”), cost £300
- Fins cost £50
- Dive boots (used with semi-dry only), cost £30
- Gloves, cost £30
- Diving mask, cost £25-40
- Breathing air cylinder (12/15 litre capacity), cost £140
- Snorkel costs £10
- Weight belt and weights cost £40
- Diving knife costs £20
- Underwater torch costs £30 upwards
- Diving computer (very useful when experienced, but not essential initially) cost £300, while a diving watch can cost as little as £70
- Dive kit bag cost £50

As you can see, a full set of equipment can cost from around £1500 to £2000 and upwards. However, buying good quality second hand kit can easily reduce this total by at least 50%. Remember that during your pool training all equipment is provided by us, so don't buy anything initially, wait until you have covered the “Basic Equipment” session on the “Ocean Diver” course, and do chat to one of the experienced branch members too.

So, how to get started??? Contact any of the Committee members listed at the end of this booklet, alternatively come along to the St James pool any Tuesday evening between 7.30pm and 9.30pm for a look, a chat, and maybe to book a “Try Dive”, an hour long session in the pool, with full kit, one to one with an instructor.... after that it will be “all systems go!!”

ARE YOU A QUALIFIED BSAC DIVER?
Or do you have another qualification (such as PADI or Naui)?

Do you want to go diving regularly with a bunch of like-minded people, as and when you fancy, or maybe you learned to dive abroad and fancy diving in the U.K?

We will be really pleased to see you all.

If you hold a current qualification with another organisation, you can transfer to the BSAC and start on the next level of training*.

The BSAC diver grades are as follows:

OCEAN DIVER	- Entry level qualification, max 20m with no deco
SPORTS DIVER	- Qualified for dives to max 35m by progression
DIVE LEADER	- Qualified to lead dives. Max 50m by progression
ADVANCED DIVER	- Fully qualified as above, with boat/marshalling
exp.	
FIRST CLASS DIVER	- As the name suggests, B.S.A.C.'s, top diver grade

(For more details of diver and training grades, please see the '**BSAC Diver Grades**' section.)

Examples of similar qualifications are:

PADI Open Water	<i>similar to</i>	BSAC Ocean Diver *
PADI Advanced Open Water (+)	<i>similar to</i>	BSAC Sports Diver *
PADI Rescue Diver	<i>similar to</i>	BSAC Dive Leader *

Divers must make a "Statement of alternative training" (SALT) and attend an "Introduction to the BSAC" lesson, which includes branch details and the BSAC '88 tables. You may also need to have a medical.

Typically a PADI Advanced Open Water diver would start on the BSAC Sport diver course subject to the Training Officers assessment of individual diving skills and experience.

For more details contact the Training Officer, contact details at the end of this brochure.

Skill development

B.S.A.C. also run a wide range of skill development courses including: photography, boat handling, diver rescue, marine biology, seaman specialist, marine science, chart work, diving first aid, nitrox, oxygen administration and instructor training.

So, How do I join??? Contact the Training Officer listed at the end of this booklet, alternatively come along to the St. James swimming pool any Tuesday evening between 7.30pm and 9.30pm for a look and a chat.

B.S.A.C. DIVER GRADES

The British Sub Aqua Club has been training people to dive since the early fifties. During this time the diver training programme has been regularly updated and improved to keep pace with developments in equipment and diving knowledge. The programme is designed to build confidence and self-reliance, whilst keeping safety uppermost.



Diving skills are taught progressively so that each new experience is built upon step by step. Following initial training in the safety of a swimming pool, students soon complete their first open water dives to achieve Ocean Diver Grade. The progression continues to Sport Diver, where open water skills and techniques are further developed and beyond, up to First Class Diver. It can also branch across into instructor grades depending on individual preferences and attitudes.

FITNESS TO DIVE

Before anyone can join the BSAC and undertake diver training it is necessary to complete a self-certification form stating that they are fit to participate in diving activities. It is no-longer obligatory to have a medical examination.

Medical forms are available from the branch Training Officer, complete with a reference table describing the more common medical conditions which may cause problems for divers, or may disqualify them from diving altogether. Note that regular medicals are a sensible precaution to take into account, age, fitness etc.

Exceptional fitness is not essential: both men and women can dive safely provided they are reasonably fit and do not suffer from any disqualifying conditions. However, sport diving can at times involve heavy physical activity, and recreational diving in the UK can occasionally be in a cold, dark and hostile environment, thus a reasonable level of fitness is essential.

HOW MUCH DOES MEMBERSHIP COST

There is an initial cost of joining the Club, which includes the first year's BSAC membership and all training throughout the year. Thereafter the only fee payable is an annual membership renewal fee, as all advanced training is inclusive. Within the first year, training to grades of Ocean Diver and Sport diver can be easily achieved dependant upon the degree of commitment from the student, representing excellent value for money.

Membership costs cover the weekly use of the St. James swimming pool, a qualification record book, a subscription to the monthly magazine "Dive", insurance and also maintenance of the Club R.I.B.'s and air compressor.

Membership costs for **Ocean & Sport Diver** students also covers the use of branch scuba equipment, a comprehensive training manual, a student workbook and a diving logbook.

Please note the entry fee to open water sites and the hire of extra dive kit – dry suit , Weight belt etc is not included in the membership fee.

Full details of membership fees can be seen overleaf...

Fees applicable

WNSAC and BSAC Fees from 1st March 2018

New Members - Initial joining Fees				
			Payment Options	
TRAINEES	BSAC	WNSAC	Total	3 x Monthly Payment
New Diver (Includes ocean Diver training Pack)	59.00	269.50	328.50	109.50
Junior Member (up to 17 yrs) , Full time student	30.50	212.00	242.50	80.83
CROSS OVER DIVERS				
	BSAC	WNSAC	Total	3 x Monthly Payment
Certified Diver transferring to BSAC	59.00	164.50	223.50	74.50
TRAINING FEES				
Sports Diver (Including training pack)	£100.00 PLUS WNSAC & BSAC Fees also applicable			
Dive Leader (Including training pack)	£50.00 PLUS WNSAC & BSAC Fees also applicable			
Existing Membership renewal Fees				
			Payment Options	
ANNUAL MEMBERSHIP FEES	BSAC	WNSAC	Total	12 x Monthly Payment
Full Member	59.00	125.00	184.00	14.50
Joint Member (Family member at same address)	40.50	125.00	165.50	12.96
Junior Member and Full time Student	30.50	100.00	130.50	10.04
Advance member/ Dive Instructor	54.00	125.00	179.00	14.08
Advance Instructor/ First class diver	48.75	125.00	173.75	13.65
<p>Trydives are charged at £20.00 per person which includes the entrance fees into the pool plus hire of diving equipment. The cost of try dive is refunded if joining club within 1 month of the try dive.</p> <p>Membership fees may be paid monthly by Standing Order in advance. (Renewal fees paid monthly in advance are eligible to a £10.00 discount on Club fees. Any fees paid in advance will be refundable if it is decided not to renew membership.</p> <p>Initial joining fees may be paid in three monthly instalments if preferred. (payment arrangements to be agreed by the treasurer.)</p> <p>University students and similar can pay £20.00 per month plus BSAC membership for the period they are training or diving with the WNSAC.</p> <p>Those paying by standing order will pay £2.00/year to the treasurer to cover the increase in BSAC fees. Those paying annually or quarterly will pay the above from 1st March 2018.</p> <p>BSAC and WNSAC fees to be reviewed before 1st March 2019.</p>				

BRANCH CONTACT POINTS

Here are the main points of contact within the club.

Chairman	Dave Clack
Secretary	Penny Withers
Treasurer	Steve Pivett
Diving Officer	Paul Cadenhead
Training Officer	David Clack
Membership Secretary	Jit Patel
Social Officer	Jacqui Scott
Boat Officer	Howard Newton
Equipment Officer	Peter Denman
Compressor Officer	Sam Nickls

WEBSITE

The club has a new website www.wnsac.org, also for general information check out the BSAC website on www.bsac.com

THANKYOU for taking time to read through this booklet, we hope you have found it useful. Scuba diving is a fascinating sport, but like all sports you need to try it to fully discover it, and an introductory booklet such as this cannot do justice to the enjoyment that is available.

If your appetite has been wetted, we suggest you either phone one of the committee listed above, or alternatively just turn up at the St. James pool any Tuesday evening between 19.30 – 21.30hrs. Either way we can arrange for you to have a “Try Dive” session in the pool and after that you’ll probably find you’re hooked.....

So take the plunge, and we look forward to seeing you.