



# OPEN WATER DIVER



## A VERY WARM WELCOME TO ROHO

Learning how to Scuba Dive is the start of a huge and unparalleled adventure. Diving allows you to explore a world beneath the waves that lasts a lifetime. There is so much to see underwater from fish and corals on reefs; to the amazing remnants of ships that once sailed the seas. Whatever your interests we here at Robinhood can provide you with the knowledge and training to begin your underwater dream.

Our Professional dive team here at ROHO are on hand to help you, our instructors have over 150 years of combined experience; we will be your window into the underwater world of diving. Our Dive team will be on hand to advise you on further education, equipment selection, the type of diving that interests you the most and where the best places are to do it.

As well as offering a full range of courses we also run numerous diving trips each year both here in the UK and abroad. Attending one of our ROHO organised trips is fabulous for new divers along with those that are more seasoned. Coming on a ROHO trip gives you the security of being surrounded by ROHO Instructors and Dive-Masters who aim to make your trip safe but also memorable and fun.

In the UK we frequently organise weekend visits to coastal sites like the Farnes Islands in Northumberland; where you can dive and play with wild Grey Seals, (FYI they do like a good belly rub!). Further north is the Isle of Cumbrae which is off the east coast of Scotland, Cumbrae offers exceptional muck diving and macro life. We also dive at Anglesey in Wales several weekends a year.

Alternatively you might prefer more temperate waters, why not spend a week being waited on board a luxury yacht in the Egyptian Red Sea on one of our annual live-aboards?

We also operate numerous week long shore based holidays throughout the year to places such as Lanzarote; which has amazing life and the endangered angel sharks. We also visit Malta and Gozo, which has fantastic wreck diving but these often purposefully sunk wrecks are also teeming with life from the teeny tiny to huge schools of fish.

If you're looking for more exotic places we offer trips to the Maldives where you can dive with majestic Giant Manta Rays and Whale Sharks. We have recently launched trips to a new destination; the Philippines offers world class Thresher Shark encounters, reefs that are teeming with exotic marine life that you will not find anywhere else in the world. Our destinations and holidays are always altering, we also welcome input from our customers on where they would like to go.

**Once again a very warm welcome to you from all the dive team here at ROHO**



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## Welcome to your dive course Here at ROHO

We know you will enjoy the experience and will find that your first dip into diving will open a whole range of pleasure and experience. Our PADI 5 star IDC Centre began in 1981 at Robin Hood Cottage by Bob & Barbara, today our store and on-site facilities are known globally.

All our theory review and pool sessions are completed on site. Our pool sessions are completed in our onsite heated swimming pool. This ensures you are as comfortable as possible during your skills training whether this is your first time underwater or an experienced diver.

Our school equipment is from respected brands across the sport including Apeks, Aqualung and Mares and our full range of in house manufactured ROHO drysuits, will ensure you are nice and warm during all your dives.

The course pack you download will provide you with a copy of the PADI digital manual as well as the access to the touch system to guide you through your home study. Students doing the open water course will also receive a free Robinhood Watersports Log Book Binder and PADI logbook to record their course progress and log your dives. Please read through the dive medical form below, if you answer **YES** to any of the questions you will be required to see a dive doctor prior to starting your course. If you need to see a doctor prior to your course you can find details of registered diving doctors at the shop, please call to speak to one of our dive team



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The first step to becoming a diver is to undergo the PADI® Open Water course. This course is world renowned and is suitable for individuals 10 and above.

The Open water course qualifies an individual to dive anywhere in the world with a buddy to a depth of 18 meters,  
*(there are depth and buddy restrictions for 10-14year olds).*

## OPEN WATER COURSE OUTLINE

### The PADI® Open Water Course has three parts:

- 1.) Diving Theory & Knowledge Development.
- 2.) Confined *Pool Sessions* to learn practical scuba skills.
- 3.) *Open Water Dives* to use your skills and explore!

### Part 1: Diving Theory & Knowledge Development

In years gone by this section was a huge thick textbook size manual, nowadays the theory section of the course is self-study which is conducted entirely on-line. Once you have registered with us we will send you an email with the link to follow so you can access and download your training materials. If you do not receive this email within 24hrs please call the shop 01924 444 888 or email [diveschool@roho.co.uk](mailto:diveschool@roho.co.uk) Students receive an electronic link to access and download all training materials relevant to the course. Students must read through, watch videos, answer questions and complete the chapter knowledge reviews on-line.

Once you have downloaded the materials you can start to work your way through the PADI Touch in your own time. Please remember to logon online after each section so your progress can be updated and we can monitor your progress from the shop. There are a total of **5** chapters and on average the home study section of the course takes approximately 8 hours to complete including the exam. When arriving for the confined sessions the instructor will review the knowledge and students will undertake a short exam followed by a tour of the shop, school and pool before going into the water.

However if you are struggling with a particular section at any point, please contact or visit the shop and discuss it with one of our full time instructors.



# OPEN WATER DIVER



## Part 2: Confined Pool Sessions

Once all the theory is complete its time to move onto the fun stuff and get wet. If you haven't already arranged your two Saturday pool sessions, then you can call the shop on 01924 444 888 to arrange this. For the pool day you will need to bring the following:

- **SWIMMING GEAR + T-SHIRT OR RASH VEST**
- **TOWEL**
- **MASK AND SNORKEL**
- **PACKED LUNCH & WATER (we also have a water fountain for you to refill your drink bottles)**

You need to be at Robin Hood Watersports for 10 am for your first Saturday session and 11am for your second Saturday session, depending on how you get on in the pool should be finished around 5pm

The confined pool sessions consist of 5 dives, usually combined to run over a course of two days on consecutive weekends.

In these sessions you will undertake: basic swimming skills, tread water, learn how to assemble your kit, learn and understand what each of the components of the kit is; and why we have it.

You will also learn a number of basic scuba diving skills that you will carry with you for the rest of your diving career. After a period of time very much like driving a car you will do these skills automatically and without even thinking. For example; clearing your mask is one of the most frequent skills you will do. Getting water in your mask is a fact of diving no matter how good the fit of the mask is, but there is a simple effective technique to overcome this.

The confined sessions are also about improving your confidence both in and out of the water. You will have an experienced PADI® Instructor with you throughout your training alongside a PADI® Professional Dive Master.

During your confined training sessions you will be given the opportunity to complete the PADI Dry Suit specialty add-on. This speciality course is very important firstly; the dry-suit qualification will give you confidence to use your suit without PADI Pro supervision. Secondly; the qualification will allow you to hire a dry suit anywhere in the world.

Without the speciality, you will find it very difficult to hire a drysuit from retailers; due to safety and training concerns. The add-on course is an additional £75 and includes 1 extra dive on your open water weekend.



# OPEN WATER DIVER



## DRYSUIT ORIENTATION

If you are completing your open water dives with us, you will need to attend a DrySuit orientation evening. This is conducted the Wednesday or Thursday evening before your open water weekend. You will be required to come down to the shop to be sized up for your drysuit and given an in water orientation ready for the weekend. You will also need your swim gear and towel too.

### Part 3: Open Water Dives

The third and final part of the PADI® Open Water course is, where you take everything that you have learned from your home-study and the confined training dives to open water. Again there are several ways we approach this;

One is for you to complete your dives on holiday, the second is to complete your dives on one of our organised training holidays, or the third and most popular; is to take advantage of our open water weekends at the Inland Dive Site Capernwray in Lancaster.

At Capernwray you will complete a series of 4 dives over 2 days. During the course of your first dive, you *will* perform several skills at the instructor's discretion. This initial dive will allow you to become comfortable with diving in your drysuit and also acclimatise you to the surroundings of diving amongst curious fish and underwater attractions.

Dives 2, 3 and 4 will also contain a variety of skills for you to perform and depths for you to explore. The weekend will also see you enter and exit the water in various ways (this is designed to mimic real entry and exit points in diving). There is also an opportunity for you to undertake a Drysuit speciality on the Sunday afternoon which requires just one additional dive.

For this years' Open Water weekend dates please check our website via the link below, [http://www.roho.co.uk/learn-to-dive/dive-courses/open\\_water\\_diver.html](http://www.roho.co.uk/learn-to-dive/dive-courses/open_water_diver.html) or call the shop on 01924 444 888 to book your weekend.



# OPEN WATER DIVER



## What's Included:

- The Open Water Course price (above) includes all of your equipment, cylinders, lead and the training materials that you will require.

*Due to Health & Safety reasons; we insist that all students purchase their own mask and snorkel. We also strongly recommend that all students look to purchase their own hood and Gloves.*

We offer a great selection of equipment in the store and online with special packages specifically tailored towards new students.

## What's Not Included:

### ▪ Entry Fees & Air Fills

Entry fees are £15 each day totalling £30 for the entire weekend.

You will also be required to pay for your own air fills which are £6 each. Over the course of the weekend you will require a total of 3 fills.

Note: If you decide to upgrade onto the Drysuit distinctive speciality you will require an addition air fill.

### ▪ Capernwray Two Year Membership £30

In the U.K we use an inland dive site called Capernwray which is located in Carnforth just north of Lancaster on the M6. Capernwray is a fresh water site that has numerous underwater attractions including: planes, helicopters, cars, vans and boats.

Not to mention the exceptionally friendly local wildlife; particularly the trout. Capers is also home to shoals of Perch and Roach, recent additions of rather colourful carp, then there are the Sturgeons, the elusive fresh water eel and the Pike.



In order to dive at Capernwray all new students must register for a lifetime membership. This is a one off fee of £29. Lifetime membership allows you to access to the site and all of the facilities that Capernwray has to offer.

Follow the link below to register now, the entire process takes less than 10 minutes.

<https://cprnwry.typeform.com/to/xOE6hT>

▪ **Accommodation at Truck-Haven Single Room £36 Double / Twin Room £50**

We ordinarily stay at Truck Haven, this is the same place that we also meet at on the morning of your chosen Open Water Weekend. As the name would suggest Truck Haven is a truck stop that serves a fantastic “Fry-Up”, with warm comfy beds and hot showers.



The Eagles Head  
Over Kellet  
Carnforth  
LA6 1DL  
[Tel: 01524 732457](tel:01524732457)



Jackdaw Quarry  
Capernwray Rd  
Carnforth  
LA6 1AD  
[Tel: 01524 735132](tel:01524735132)



Truck Haven  
Scotland Rd,  
Warton,  
Carnforth  
LA5 9RQ  
Tel: [01524 736699](tel:01524736699)

**YOU ARE RESPONSIBLE FOR YOUR OWN CAPERNWRAY MEMBERSHIP, ENTRY FEES & AIR FILLS THESE ARE NOT COVERED IN THE COURSE FEE.**

In general, the main purpose of the Open Water weekends aside from allowing you to undertake open water qualifying dives, is an opportunity for us to introduce you to the wider diving team and the extended RoHo family.

We boast a varied and extensive team of PADI professionals including: Instructors, Assistant Instructors, DiveMasters and Tec-Instructors.

Not forgetting those who have particular interests in all things underwater for example: Underwater Photography, Wreck Diving, Marine Conservation and British Diving in-house specialist divers.

Learning to dive with Robin Hood Watersports is the start of an epic adventure. Click the link below to book or for further information please feel free to contact the shop and speak to any of the diving team.

*(We have a varied Instructor staff so we are able to accommodate week day / evening courses if required please call 01924 444888 to discuss this option in person).*