



Dear Diver, thank you for booking your Discover Scuba experience with us.

***** IMPORTANT *****

Please download and complete the [PADI Liability forms, Statement of Safe Diving Practices](#) and [PADI Medical Forms](#) and bring them with you on the day. Please note that [if you answer 'yes' to questions 3, 5 or 10, or any of the questions on page 2 of the medical statement then we would need a note from your doctor saying that you are okay to dive.](#) **If you answer 'yes' and do not have a note from your GP or Diving Medic, then your instructor is not allowed to let you dive.** No note is required if you answer 'no'.

Discover scuba diving is ideal for experiencing the joys of scuba diving in the safety of a heated swimming pool.

The experience will teach you some of the basic principles of scuba, the most important safety rules and how the equipment works. You will get to feel what it's like to breathe underwater and be weightless.

Address: Prince Regent Swimming Complex, Church St, Brighton BN1 1YA

Timings:

10:00 to 10:30 – Registration at the side entrance to the pool
Please don't change or enter the pool until you have signed in.
10:30 to 11:00 – Poolside briefing
11:00 to 12:00 – In-water training

Please note that the parking at the Prince Regent only allows for a maximum of 2 hours. So if you are driving we recommend you park at the nearby NCP car park.

What to bring to the pool – PADI forms, swimwear, towel, and £1 for the lockers. It's also a good idea to bring a bottle of water as diving can make you thirsty. If you wear contact lenses these can be worn inside your mask but just keep your eyes closed when doing the mask skills!

If you sign up for our PADI open water course after your trial dive then you can receive a £30 discount, simply enter the promotional code 'DSD30' when you book online. We will even extend this offer to your family and friends if they sign up at the same time! Thanks again for booking with us and we look forward to starting your underwater adventures.

See you soon.

The Team, Oyster Diving