

Thank you for signing up to the PADI Discover Scuba Diving course with us!

**Each participant must complete their own theory before they get to the pool, please see your welcome email for the link to access and follow the "Experience steps" below**

When you arrive at the pool then one of our professional PADI instructors will welcome you, check your paperwork including your medical statement and show you to the changing rooms and pool.

You will then spend the first 20 minutes or so in the shallow end learning to the gear, getting used to breathing underwater and doing a few basic safety skills which are also found in the [PADI open water certification](#) course.

Experience steps:

1. Download the PADI App and register for a PADI account.
2. Complete the medical questionnaire and Risk statements  
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'.
3. Follow the online introduction on the PADI app, this will tell you everything you need to know about the experience.
4. Come diving with us!

If you have any challenges with the forms we will have spares available on the day. Your instructor may ask you to show your medical and Risk form completion in the app in the "digital forms" section. (Scroll down in the E-Learning Portal).

**Address:** [Prince Regent Swimming Complex, Church St, Brighton BN1 1YA](#)

**Approximate 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 11:45 – 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 – 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 **£35 discount**, simply enter the promotional code 'DSD35' 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

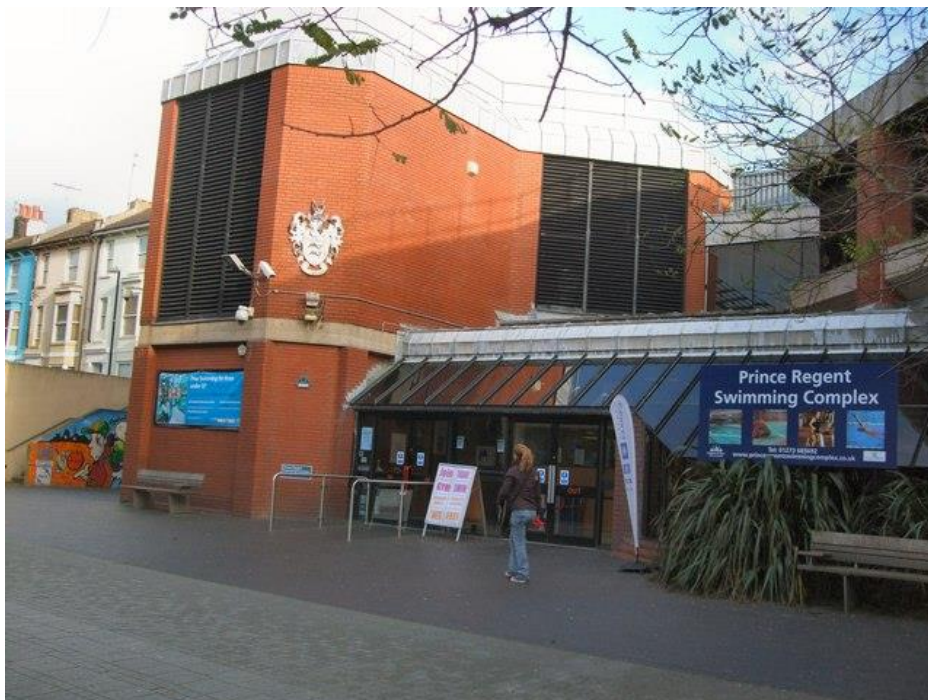


## Brighton Pool Directions

**Address:** Prince Regent Swimming Pool, Church St, Brighton BN1 1YA.

The Prince Regent pool can be found in central Brighton close to the Pavilion. There are lots of shops, cafes, restaurants and bars nearby.

Although there is free parking at the pool it is only for 2 hours, so we recommend you park somewhere else close by such as the nearby NCP car park.



You can find a [map here](#).