



## PADI Discover Scuba Diving – Participant Information

Thank you for signing up for the PADI Discover Scuba Diving experience with Oyster Diving – we really appreciate it! This document contains all the details you need to prepare for your session.

### On Arrival

When you arrive at the pool, one of our professional PADI Instructors will meet you in the reception area. They will check your paperwork, including your [medical statement](#), and show you to the changing rooms and pool. After a safety briefing and equipment demonstration, you'll spend around 20 minutes in the shallow end learning how to use the equipment, getting comfortable breathing underwater, and practising some basic safety skills – the same ones used in the PADI Open Water Diver course.

### Before You Come

Please complete the following before your session:

1. Download the PADI App and register for a PADI account.
2. Download, print, and complete the following forms:

[Medical questionnaire](#)

[Liability Release Form](#)

[Safe Diving Practices Form](#)

**Medical Questionnaire - IMPORTANT:** If you answer '**Yes**' to questions **3, 5, or 10** on page 1, or to any questions on page 2 of the medical statement, you will need a signed note from your doctor confirming you are fit to dive. Without this note, your instructor is not allowed to let you to dive. If you answer '**No**' to all questions, then no GP note is required.

You can find the details of some [Dive Medics here](#).

3. Complete the online introduction on the PADI App – this will explain everything you need to know.

4. Come and enjoy your first scuba experience!

If you have any problems with the forms, we will have spares available on the day. Your instructor may also ask you to show your completed forms within the PADI App under 'Digital Forms' in the E-Learning Portal.

## Session Details

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

### Approximate Timings:

- 10:00 – 10:30: Registration at reception or in the room to the right by the vending machines. Please do not change or enter the pool until you have signed in.
- 10:30 – 11:00: Poolside briefing
- 11:00 – 11:45: In-water training

**Parking:** The Prince Regent car park allows a maximum stay of 2 hours. If driving, we recommend parking at the nearby NCP car park.

## What to Bring

- Swimwear and towel
- Small padlock for lockers (available at reception for a small fee if you don't have one)
- Bottle of water (diving can make you thirsty)
- Contact lenses can be worn inside your mask – just remember to close your eyes during mask-removal skills

## Special Offer

If you sign up for our PADI Open Water course after your Discover Scuba experience, you will receive a £40 discount. Simply enter the promotional code 'DSD40' when booking online. This offer can also be extended to family and friends who sign up at the same time.

Thank you again for booking with Oyster Diving – we can't wait to start your underwater adventure!

See you soon,  
The Oyster Diving Team

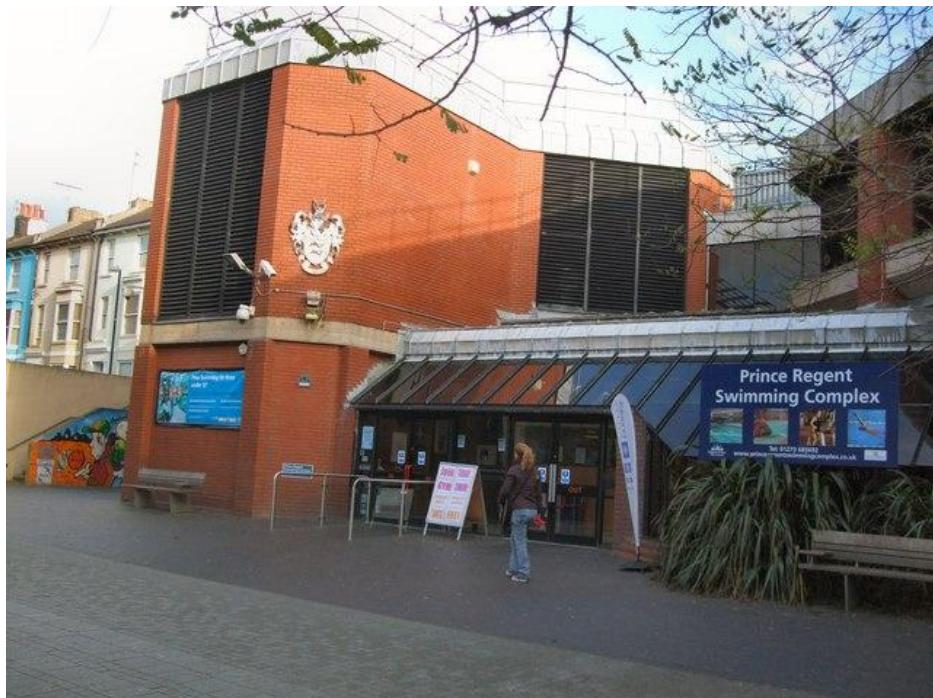


### **Brighton Pool Directions**

**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](#).