



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](#)

IMPORTANT Medical Questionnaire: 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.

Session Details

Address: [York House School, Sarratt Rd, Rickmansworth WD3 4LW](#)

What3Words directions - <https://w3w.co/worry.pumps.boats>

Parking: There is plenty of free parking to the left of the school near the cricket pitch. To enter the pool simply go down the small steps to the right of the building in front of the building in front of the car park. Then once inside go up some small steps and then you will find the pool down to the corridor on your left hand side.

Approximate Timings:

10:30 to 11:00 – Registration at the pool

Please don't change or enter the pool until you have signed in.

11:00 to 11:15 – Poolside briefing

11:15 to 12:00 – In-water training

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