

# Hart House Underwater Club

## NAUI Advanced Scuba Diver Course - Summer 2011

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HartHouse **Hh**



### Overview

The HHUC Advanced Diver course will provide divers who have already completed initial Scuba Diver certification with additional skills in self-rescue, buddy-rescue, buoyancy and navigation. Additionally, we will explore diving in different environments, including managing the challenges associated with deep diving, night diving, cold water diving and current diving.

### Schedule

The course will consist of a minimum of two classroom sessions and six open water dives, with initial plans (weather permitting) scheduled as follows.

#### Classroom

- **Date:** Tuesday, June 21, 2011  
**Location:** Hart House (University of Toronto): Meeting Room (2<sup>nd</sup> Floor)  
**Duration:** 3 hours
  - Course Introduction
  - Fitness-to-Dive Discussion (waivers / course folders)
  - Diving Skills and Equipment Refresher
  - Dive Computers
  
- **Date:** Tuesday, August 16, 2011  
**Location:** Hart House (University of Toronto): South Dining Room (2<sup>nd</sup> Floor)  
**Duration:** 2 hours
  - Dive Table Review
  - Dive Planning
  - Deep Diving
  - Knowledge Review Exam

## Confined Water Dives

- **Date:** **Sunday, June 19, 2011** (to be confirmed)  
**Location:** Hart House Pool (University of Toronto) [ [directions](#) ]  
**Duration:** 1 hour
  - Scuba skills refresher: required for those divers who have been out of the water for over a year, optional dive opportunity for everyone else

## Open Water Dives

- **Date:** **Sunday, June 26, 2011**  
**Location:** Kirkfield Quarry (Kirkfield, Ontario) [ [directions](#) ]  
**Duration:** 1 day
  - Surface / Shore Rescue
  - Navigation Dive
  - Search and Recovery Dive
- **Date:** **Saturday, August 27 – Sunday, August 28, 2011**  
**Location:** Brockville, Ontario [ [directions](#) ]  
**Duration:** 2 days
  - Dive Computer Dive
  - Diving in Currents
  - Night Dive
  - Deep Dive

**IMPORTANT:** The Brockville dive weekend will require crossing into the United States to access some dive sites; divers are responsible for ensuring they have proper identification (e.g., passport) and meet US entry requirements.

## Contingency Open Water Dates

- **Date:** **To be mutually determined, if required**  
**Location:** West Humber Bay Park (Toronto, Ontario)  
**Duration:** 6 hours
  - Surface / Shore Rescue
  - Navigation Dive
  - Search and Recovery Dive
  - Night Dive

- **Date:**           **Saturday, August 20 – Sunday, August 21, 2011**
  - Location:**   Kingston, Ontario [ [directions](#) ]
  - Duration:**   2 days
- Boat Dive
  - Non-Penetration Wreck Dive
  - Dive Computer Dive
  - Deep Dive

A [NAUI Advanced Scuba Diver](#) certification card will be issued to divers who successfully complete the six open water dives and knowledge review exam, while properly demonstrating the required diving and dive planning skills that each require.

## Costs

The cost of the course (including textbook, exam and certification card) will be \$85 for HHUC members or \$115 for non-members, plus HST. Additionally, divers are responsible for:

- **Participation costs associated with the open water dives.** The estimated dive costs are:
  - **Hart House Pool:** free (included)
  - **Kirkfield shore dive:** \$10 site fee for the day (to be confirmed)
  - **Brockville (or Kingston) boat dive:** \$100 (students), \$120 (HHUC members), or \$150 (non-members) for the two-day weekend, plus HST.
- **Transportation, accommodation and meals.** We will try to arrange car-pooling and group hotel discounts to help reduce these costs.

## Prerequisites

Students must meet the following minimum requirements:

- Divers must be at least 15 years of age, and previously certified to dive without supervision (*i.e.*, NAUI Scuba Diver, PADI Open Water Diver, etc.). Please bring your current certification card to all dives.
- Divers must either be members of HHUC (which includes OUC insurance), or must pay the current *OUC Guest Diver* fee (\$27 for individuals, plus \$7 for each additional family member) in order to receive insurance coverage.

- Divers are responsible for obtaining their own equipment, including, at minimum:
  - **BCD:** including both a whistle and some form of cutting tool (knife, shears, etc.). (Cheap “emergency shears” are available from places like MEC or Canadian Tire.)
  - **Regulators:** including pressure gauge, depth gauge, octopus. A compass is recommended, but not required.
  - **Tanks:** minimum of two standard tanks (e.g., 80-cubic-foot or equivalent).
  - **Dive Computer:** any basic model will suffice (available for rent from HHUC, if needed).
  - **Dive Lights:** one primary and one backup underwater light for the night dive.
  - **Exposure Protection:** appropriate wetsuit or drysuit, hood, gloves, boots.
  - **Misc:** mask, fins, snorkel.
  - **NAUI Dive Table:** replacements are available (\$7) if you've misplaced yours or have not previously taken a NAUI course.
  - **Log Book:** can be anything from an official NAUI logbook to your own custom-made pages in a 3-ring binder... so long as you have a place to record your dive details.

**NOTE:** In order to keep costs low, much of this equipment (BCDs, regulators, tanks and dive computers) is available for rental to HHUC members at cost that is far less than you would pay at an outside dive shop; watch the ListServ for more information on summer rentals.

Additionally, all class participants must complete a confidential medical history form.

### **What is the medical history form, and how will it be used?**

This form is used to identify some additional risks associated with diving that you and your instructor may need to discuss. Any information you provide will be held in strict confidence between you and your instructor. Where necessary, information on medical conditions that are directly relevant to ensuring dive safety or the provision of first aid may be provided, in confidence, to other course staff who are responsible for those roles.

Additionally, the information you provide may simply provide your instructor with some ways of making the class more enjoyable for you (e.g., discussing strategies for easing motion sickness on a dive boat, or reminding contact lens wearers of activities in the pool that could cause you to lose a lens underwater).

## **What are the nature of the risks the medical history form is asking about?**

There are a number of medical conditions and medication side-effects that are made worse by exercise, pressure or exposure to cold air or water. There are also a number of medical conditions that can mask or complicate the diagnosis of serious diving-related injuries. If your medical history reveals that you have any medical considerations that might be incompatible with diving activities your instructor may refer you to a physician specializing in diving medicine, in order to help determine if diving activities are safe for you. If you need to consult with a physician, there may costs associated with a doctor's visit and any tests they feel are required.

If you are unable to join the course for medical reasons, you will be provided with a full course refund (minus the cost of any course materials that you elect to keep).

## **Registration**

To reserve a place in the course, or to purchase an HHUC membership (if you wish to qualify for the reduced course fee and the opportunity for equipment rentals), please contact the Hart House Hub, either in person, on-line or by phone:

**Hart House**  
Membership Services  
University of Toronto  
7 Hart House Circle  
Toronto, Ontario M5S 3H3

**web:** [via eConnect](#)  
**telephone:** (416) 978-2447  
**e-mail:** [membership.harthouse@utoronto.ca](mailto:membership.harthouse@utoronto.ca)

## **More Information**

For more information, please contact:

**Courtney Gibson** (NAUI Instructor #51941)  
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