

**Course name:** Discover Scuba Diving at Millport

**Delivered by:** Freedom Diving Limited (Accreditation by SSI, PADI or BSAC)

This course is aimed at anyone who would like to experience scuba diving and have an enjoyable experience in a location that is full of marine life. During the course participants will be looked after by a highly trained diving professional who will show them how to experience the underwater world in a safe way.

A certificate can be provided upon completion and the dive/s logged which can count towards further qualifications and training.

**By the end of the course, you will be able to:**

- Use scuba gear (including a dry suit)
- Use hand signals to communicate underwater
- Perform basic scuba skills
- Speak from experience about the UK underwater world

**Who Should Attend?**

Take this course if you want to:

- Find out if you like scuba diving
- Connect with the underwater world
- Take your first breaths underwater
- Decide if you want to be a certified diver

**Knowledge Level**

This course is open to participants with no previous diving experience. All you need is an interest in going scuba diving.

Individuals must be at least 10 years old and be comfortable in UK water.

A medical form will need to be completed prior to in-water sessions and individuals with certain conditions may need to have the form signed by their GP. Guidance is provided on the form.

**Prior Knowledge**

None! As part of the experience participants will complete a small amount of theory to develop their knowledge of scuba diving and promote safety during the in-water experience.

### About the Instructors

During the scuba diving experience, the participants will be looked after by at least one instructor and a support diver (sometimes another instructor). Below are two of the dive team that you may meet:

**James Harman - Lead Instructor** - LANGUAGES: English & Spanish.

James is a Marine Biology graduate who learnt to dive on the Costa Brava in Spain and then fell in love with UK diving. He has now been an instructor for 8 years in the UK with over 2,000 dives across the length and breadth of the country.

His passion is exploring new dive sites; uncovering new reefs full of marine life and finding other interesting features for other divers to explore.

His experience spans recreational, technical and commercial diving as well as dive safety and expedition management. You'll often find him leading the dive trips and not getting around to the admin that the office team are constantly chasing him for.

**Rie Pors – Divemaster** - LANGUAGES: English, Danish & Spanish

Rie has always thought that all the sea creatures were weird and cool, she loves water and she got into scuba diving as soon as she could.

She completed her open water in Panama when she was 17 and finished rescue and commercial training in Denmark.

She is a biologist and she works as a marine environmental scientist, spending most of her time identifying marine life or collecting videos and samples off of ships.

Her favourite dive site is in Loch Leven but she is always up to explore new sites!

### Further detail about the course

Discover scuba diving experiences will generally include two dives which are often run back to back.

Before getting in the water the dive professionals will assist students with donning and checking their equipment including the dry suit (much warmer than wearing wetsuits!). Once everyone is happy with the equipment a dive briefing will take place before entering the water so that everyone is aware of what the plan is and can ask any questions that they may have.

The first dive is done in standing depth water where participants will get used to the equipment and put into practice some of the knowledge that they learnt previously. During this first dive instructors will also teach some basic skills to help participants be both safe and comfortable during the second dive.

Providing that participants demonstrated confidence on the first dive and were able to complete the necessary skills there will be an opportunity to dive deeper to a maximum depth of 12 metres.

The two dives normally take place over about 3-4 hours and this includes transport, getting equipped, briefings, dives and debriefs.

There will be at least two dive professionals in the water to every 4 participants and there will also be cover on the surface while participants are in the water.

If there are more than 4 participants, then up to 3 groups of 4 can be taken diving in a day providing that there is sufficient daylight and that weather conditions are appropriate. Alternatively, more professionals can be added to accommodate larger groups.

### **What's Included**

#### **The course includes:**

- All appropriate diving related equipment
- Expert guidance from HSE compliant diving instructors who are all trained in Marine Biology
- Course certificate from a recognised commercial 5 star Dive Centre (Freedom Diving Limited)
- Free Wi-Fi
- Full board ensuite single or twin room accommodation including cooked breakfast, lunch, and evening meal (evening meal if staying overnight)
- All activities and course transportation
- Hot and cold drinks
- Free parking

**Participants that successfully complete all aspects of the course will also gain credit towards the first confined water dive and first open water dive of the full Open Water Scuba Diver Certification.**

### **Before You Attend**

#### **What to bring**

- Spare change of clothing (you might get wet)
- Warm clothing (jacket, jumper and hat) for being outdoors in Scotland
- Light weight sports kit to go under the dry suit
- Water/bottle and any snacks you might want. Meals are provided at the centre
- Your phone / camera (memories last forever)
- Enthusiasm and a sense of adventure

**Opportunities to attend this course**

If you would like to book this course, please contact Freedom Diving/[complete the registration form](#).

E-mail: [info@freedom-diving.co.uk](mailto:info@freedom-diving.co.uk)

Tel: 07787 429 285

Web: <https://www.freedom-diving.co.uk>

Reference **Discover Scuba Diving at Millport**



**Location:** Field Studies Council Millport, Isle of Cumbrae, North Ayrshire, KA28 0EG, Scotland