



Learn to dive with BSAC

bsac.com/learn

BSAC
Dive with us





“ Learning to dive has been an unforgettable experience. It’s been a real adventure and I love the fact I now have a group of people to go diving with in my club.”

Your first step to becoming a qualified diver is with BSAC’s Ocean Diver course, read on to discover everything you need to know to get started...

This is BSAC

When you join a BSAC club and sign up to learn to dive, you join a group of people who share a real passion for all things scuba. From training and safety to socialising, club trips and enjoying great dives. With BSAC you're in good hands!

Exceptional training

BSAC training is respected all over the world for being robust, person-centred and for developing excellent self-reliant scuba divers.

As Britain's largest dive club and the sport's UK governing body, we:

- Have trained 100,000s of new divers
- Develop our own training programme and safety recommendations
- Invest back into the club, our members and the development of diving

Dive with us!

Join a BSAC club and you'll join a group of people to train and go diving with. Learning to dive with a club is great fun, you will:

- Enjoy an active diving and social calendar with your club
- Get internationally-recognised diving qualifications
- Discover the wonders of the underwater world, both at home and overseas
- Get the opportunity to help marine conservation



BSAC Ocean Diver

Your entry-level Ocean Diver qualification will equip you with the core skills to dive up to 20 metres in open water, in the UK and abroad.

Who can learn to dive?

Ocean Diver is open to anyone from the age of 12 with a reasonable level of fitness and the ability to swim. Alternatively, from age 10 children can complete the Discovery Diver course (see bsac.com/DD for details). There is no upper age limit.

How do I get started?

Simply join BSAC – see page 10 for our quick how to guide.

Recommended kit

A swimsuit and towel is all you need to begin with – your club will provide you with the core scuba equipment to get you started. You may wish to buy your own mask and snorkel and some people prefer to wear a wetsuit for the pool lessons. You will then be able to purchase your own scuba kit as your training progresses. Remember to check out your BSAC membership benefits for deals with our partners when buying your own kit.

bsac.com/benefits



“ Learning to dive has been the best thing I’ve done in years. The training was really thorough (and my instructor very patient)! I liked that rescue skills and Nitrox training was included too. Great training. Great course.”

What does the Ocean Diver course involve?

Through a combination of theory lessons (either in person or eLearning), pool sessions and open water experience, you’ll learn your new diving skills progressively and at your own pace. You will develop your skills in a swimming pool or sheltered water first before progressing to your open water dives and your Ocean Diver qualification.

The skills you’ll learn... you’ll learn how to use basic dive gear, control your buoyancy and move about underwater. You’ll also learn some basic safety skills and how to plan and manage your diving.

Learn more with BSAC... Ocean Diver also introduces you to the all-important safety and rescue skills – including training for basic Nitrox – from the start. Your instructor will explain every element of Ocean Diver training to you.

Once qualified... you will be able to dive to a maximum depth of 20 metres. Qualified Ocean Divers can be ‘buddied’ with another qualified diver to go diving – so long as you stick to familiar locations and conditions you have already encountered during your training.

For more information on the Ocean Diver course, go to bsac.com/OD



After you qualify...

With your Ocean Diver qualification, your scuba adventure is only just beginning.

Go diving... with the support of your club you will be able to encounter a fascinating variety of wildlife and shipwrecks in seas, rivers, quarries, lochs and lakes. Plus, you will be able to dive anywhere in the world with your internationally-recognised qualification. You could also take part in conservation efforts such as underwater litter picks.

Progress your diver training...

- You can quickly progress to **Advanced Ocean Diver**, which is the next grade in BSAC's Diver Training Programme, allowing you to progress to 30m depths without decompression stops. More at bsac.com/AOD
- Alternatively, you can go straight to **Sports Diver**, giving you the opportunity to perform longer, deeper dives with decompression stops, as well as learning rescue skills. More at bsac.com/SD

Learn specific skills... you could also develop specific skills such as safety and rescue, wreck diving or driving a dive boat. Check out the Skill Development Courses (SDCs) below.

SDCs you can do while training to be an Ocean Diver

- ✓ Shore Surveyor
- ✓ Underwater Surveyor
- ✓ Boat Handling
- ✓ Chartwork and Position Fixing
- ✓ First Aid for Divers
- ✓ Drysuit Training
- ✓ Compressor Operation
- ✓ Automated External Defibrillator

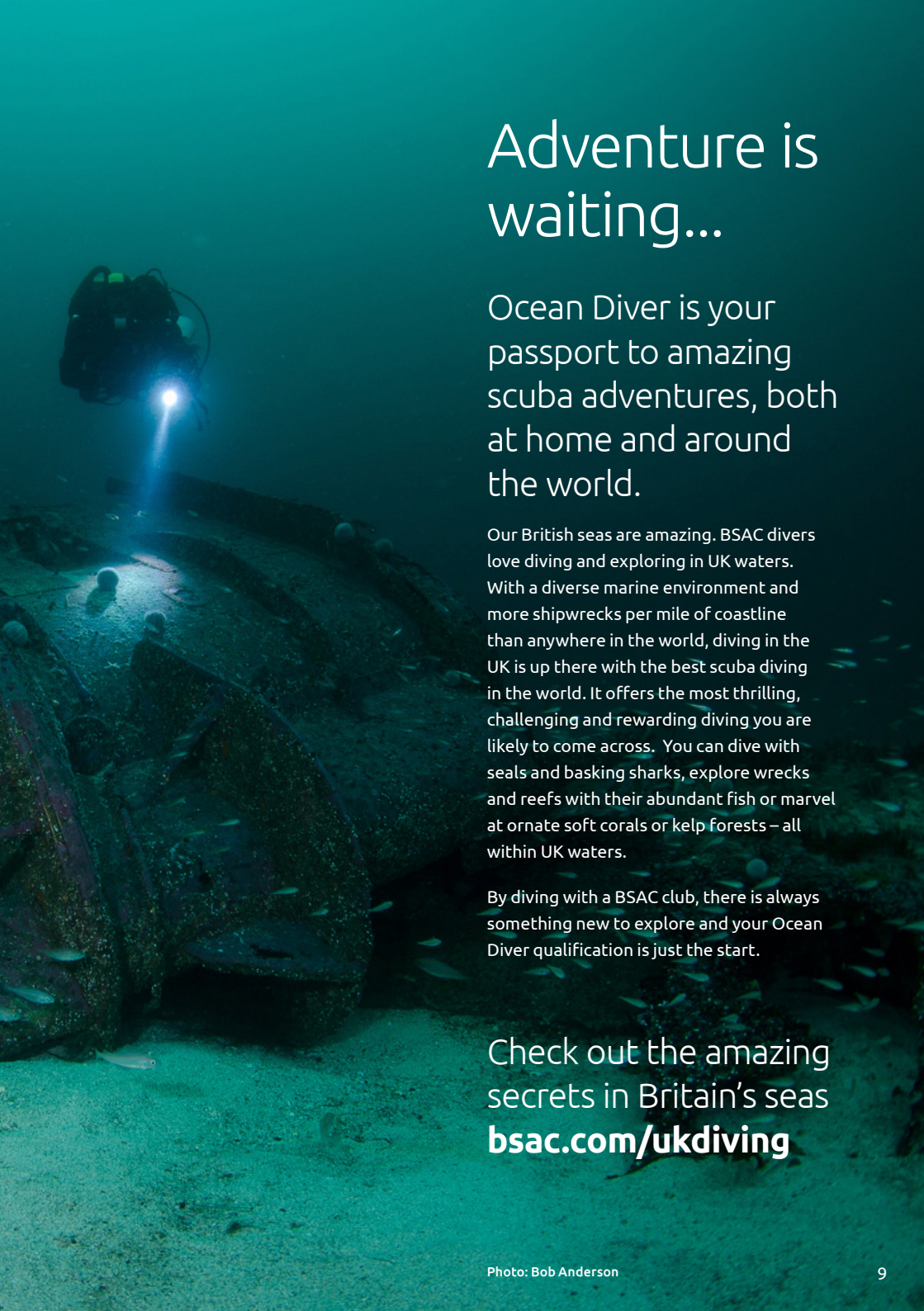
SDCs you can do after qualifying

- ✓ Buoyancy and Trim
- ✓ Lifesaver Award
- ✓ Advanced Lifesaver Award
- ✓ Wreck Appreciation
- ✓ Nitrox Gas Blender / Mixed Gas Blender
- ✓ Diving for All Dive Managers & Buddies

If your club doesn't offer the course you want to do, you could attend a course run by a BSAC region bsac.com/events or at a BSAC centre bsac.com/centres





A diver is seen from behind, illuminated by a bright headlamp, exploring a large, rusted metal structure of a shipwreck on the seabed. The water is a deep teal color, and small fish are visible swimming around the wreck.

Adventure is waiting...

Ocean Diver is your passport to amazing scuba adventures, both at home and around the world.

Our British seas are amazing. BSAC divers love diving and exploring in UK waters. With a diverse marine environment and more shipwrecks per mile of coastline than anywhere in the world, diving in the UK is up there with the best scuba diving in the world. It offers the most thrilling, challenging and rewarding diving you are likely to come across. You can dive with seals and basking sharks, explore wrecks and reefs with their abundant fish or marvel at ornate soft corals or kelp forests – all within UK waters.

By diving with a BSAC club, there is always something new to explore and your Ocean Diver qualification is just the start.

Check out the amazing secrets in Britain's seas
bsac.com/ukdiving

Sign up and get started

Your quick guide to joining BSAC

Did you enjoy your Try Dive and visiting the club? We hope so! If you are ready to get started please see the steps below. Remember, clubs come in all shapes and sizes. Sometimes it's worth visiting one or two before deciding to see which one will be right for you. All clubs are different.

bsac.com/findaclub

Step 1. Join your club

Your club will have all the details on how to join. As a member of the club you can take part in their social as well as training activities. Plus, as a member of BSAC, you will gain access to great range of diving benefits. bsac.com/benefits

Step 2. Start learning

Your new club will give you all the information you need on the BSAC Ocean Diver course, including your training pack and timetable for the pool sessions to get you started.

They will also be able to advise you on kit and provide the starter equipment needed to get you in the pool. Your instructor is fully trained with BSAC and will ensure you learn to dive progressively and safely to build your confidence while having fun.





Belong to a community

As a not-for-profit and National Governing Body, BSAC exists to support its community of divers and snorkellers.

We are one team working towards our vision to be the 'go to' community for anyone wanting to learn about, enjoy and protect the underwater world. We work to ensure diving is accessible and attractive to the most diverse audience possible. And in conservation we lead by example, promoting environmental best practice for future generations. Through underwater clean-ups, surveying, campaigning for cleaner UK waters, following sustainable diving practices, and many other initiatives, our community makes a difference.

Members always come first. They are supported and protected with:

- ✓ Diving insurance cover (up to £10m) with support team*
- ✓ Unlimited diving, safety and training support
- ✓ Access to world-class diver training
- ✓ SCUBA magazine and exclusive offers on dive kit and travel

See the full range of benefits at bsac.com/benefits

* Some overseas countries are not included within the policy, please contact BSAC for confirmation if you live overseas



bsac.com/learn

Get started with your local BSAC club...



British Sub-Aqua Club (BSAC)

+44 (0)151 350 6201 | training@bsac.com | bsac.com | [@BSACdivers](https://www.instagram.com/BSACdivers)

UK National Governing Body for scuba diving and snorkelling