

SCUBA BUDDYS

3430 North Valley Pike | Harrisonburg Va. 22802
540.433.3337

Can I Become A Scuba Diver?

Yes, if you are 10 years or older
Yes, if you are in good health(see medical questionnaire on back)
Yes, if you can swim 200 yards and tread water for 10 minutes

How Do I Become A Certified Diver?

Take the PADI Open Water Scuba Diver Course (PADI – Professional Association of Diving Instructors)

The PADI Open Water Diver Course is divided into three parts

Classroom: You learn about equipment, technique, and proper procedures for safe diving. Can also be completed online. See option 2 below

Pool: Using scuba equipment you practice the techniques and skills discussed in the classroom. In the pool you will gain confidence in your ability to safely use the equipment.

Open Water Certification Dives: You need to complete 4 open water training dives with a PADI instructor over two days

How Much Does It Cost?

For Classroom and pool you have two options

Option 1-Do Classroom and Pool with Scuba Buddys: \$375 ... Includes tuition, Open Water Diver Manual, Dive Tables(RDP) or Dive Computer Simulator, scuba equipment for pool sessions, pool fees and instructor fees. Does not include Mask, Snorkel, Boots and Fins

Option 2-Do the classroom portion online then the pool portion with Scuba Buddys: \$180 to Scuba Buddys + \$195 to PADI for the E-Learning....Includes tuition, support material, pool fees and all the equipment needed to complete the pool sessions. Does not include Mask, Snorkel, Boots and Fins

What Equipment Do I Need?

You will need a mask, snorkel, boots, and fins.

These items may be purchased at Scuba Buddys, cost will be approx. \$225 and up

For Open Water Certification dives you have two options

Option 1 Do your Open Water Certification Dives with Scuba Buddys: \$250 ... For all four open water training dives. Includes all scuba equipment (tanks, regulators, BCDs, wetsuits, and weights) needed for participating in the open water dives, logbook and card processing. You will need to dive with us on two days. Does not include Mask, Snorkel, Boots, Fins or Entry Fees

Option 2 Do your certification dives with a PADI facility other than Scuba Buddys: \$35... Includes student referral form and Logbook

Email: scuba-buddys.com web: www.scuba-buddys.com Facebook: www.facebook.com/scubabuddys



MEDICAL STATEMENT

Participant Record (Confidential Information)

Please read carefully before signing.

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by _____ The Staff of Scuba Buddys _____ and
Instructor _____
Scuba Buddys _____ located in the
Facility _____
city of _____, state/province of _____ Virginia _____.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When

established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

Divers Medical Questionnaire

To the Participant:

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

- _____ Could you be pregnant, or are you attempting to become pregnant?
- _____ Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)
- _____ Are you over 45 years of age and can answer YES to one or more of the following?
 - currently smoke a pipe, cigars or cigarettes
 - have a high cholesterol level
 - have a family history of heart attack or stroke
 - are currently receiving medical care
 - high blood pressure
 - diabetes mellitus, even if controlled by diet alone

Have you ever had or do you currently have...

- _____ Asthma, or wheezing with breathing, or wheezing with exercise?
- _____ Frequent or severe attacks of hayfever or allergy?
- _____ Frequent colds, sinusitis or bronchitis?
- _____ Any form of lung disease?
- _____ Pneumothorax (collapsed lung)?
- _____ Other chest disease or chest surgery?
- _____ Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
- _____ Epilepsy, seizures, convulsions or take medications to prevent them?
- _____ Recurring complicated migraine headaches or take medications to prevent them?
- _____ Blackouts or fainting (full/partial loss of consciousness)?
- _____ Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

Please answer the following questions on your past or present medical history with a **YES** or **NO**. If you are not sure, answer **YES**. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with an RSTC Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to your physician.

- _____ Dysentery or dehydration requiring medical intervention?
- _____ Any dive accidents or decompression sickness?
- _____ Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
- _____ Head injury with loss of consciousness in the past five years?
- _____ Recurrent back problems?
- _____ Back or spinal surgery?
- _____ Diabetes?
- _____ Back, arm or leg problems following surgery, injury or fracture?
- _____ High blood pressure or take medicine to control blood pressure?
- _____ Heart disease?
- _____ Heart attack?
- _____ Angina, heart surgery or blood vessel surgery?
- _____ Sinus surgery?
- _____ Ear disease or surgery, hearing loss or problems with balance?
- _____ Recurrent ear problems?
- _____ Bleeding or other blood disorders?
- _____ Hernia?
- _____ Ulcers or ulcer surgery ?
- _____ A colostomy or ileostomy?
- _____ Recreational drug use or treatment for, or alcoholism in the past five years?

The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.

_____ Signature _____ Date _____ Signature of Parent or Guardian _____ Date _____

Scuba Buddys Fall 2021 Open Water Class Schedule

Jul 6,8,10,11

*Student views video prior to class

Tue	6 th	6-9:30pm	Module 1,2,3 and Quizzes
Thur	8 th	6-9:30pm	Module 4,5 Quiz & Exam
Sat	10 th	2-7pm	Pool
Sun	11 th	9:30am-2:30pm	Pool

Aug 17,19,22,23,25

* Student views video prior to class

Tue	17 th	6-9:30pm	Module 1,2,3 and Quizzes
Thur	19 th	6-9:30pm	Module 4,5 Quiz & Exam
Sun	22 nd	3-7pm	Pool
Mon	23 rd	6-9pm	Pool
Wed	25 th	6-9pm	Pool

Sept 9,12,16,18

* Student views video prior to class

Thur	9 th	6-9:30pm	Module 1,2,3 and Quizzes
Sun	12 th	9:30am-2:30pm	Pool
Thur	16 th	6-9:30pm	Module 4,5 Quiz & Exam
Sat	18 th	2-7pm	Pool

Oct 12,14,16,17

* Student views video prior to class

Tue	12 th	6-9:30pm	Module 1,2,3 and Quizzes
Thur	14 th	6-9:30pm	Module 4,5 Quiz & Exam
Sat	16 th	2-7pm	Pool
Sun	17 th	9:30am-2:30pm	Pool

2021 Open Water Training Dives at Lake Phoenix

June 12,13

July 17,18

August 28,29

September 25,26

October 23,24