

# Learn to Dive

## BSAC Ocean Diver Course



*From the very first time you breathe underwater, scuba diving will inspire, challenge and surprise you. Many divers say that it is life-changing and, with the sense of achievement that comes from learning to dive, it is easy to see why. Scuba diving will appeal to anyone who is reasonably fit and has a spirit of adventure. With the right training and support, it is also easy and fun to learn, which you can do locally, as a member of Totnes Sub-Aqua Club. Our British Sub-Aqua Club (BSAC) qualifications are recognised all over the world.*

<p>The Ocean Diver Course</p> <p>The course will teach you to use SCUBA equipment competently and safely in a swimming pool and then introduce you to diving in the sea, initially from the shore and then from the club boat. This will all be under the supervision of our BSAC Qualified Instructors.</p> <p>The course involves some 6 hours of theory modules and 8 hours of pool modules. This is followed by a number of dives in the sea to complete your qualification. Once fully qualified, you can then dive to a depth of 20m and enjoy some of our fantastic local dive sites.</p> <p>In the practical sessions you will usually be working with an instructor and one other trainee, as we try and work at a pace which feels comfortable to you and allows you to gain confidence.</p>	
Medical form	<p>You will need to complete the medical form prior to any training taking place. Just to note that if you do need to see a diving medical referee it can sometimes take a month to book an appointment, but we are lucky in the south west as there are a number around. <a href="#">UKDMC-Recreational-Diver-Medical-Declaration-Form-LATEST.pdf</a> The contact details of the diving medical referees can be found at <a href="#">Medical Referees - UKDMC</a></p>
Course Dates and Location	<p>The course will start later in 2026. The theory sessions maybe by e-learning, with any face-to-face sessions held at Meadowbrook, Dartington. Pool sessions will be held on Wednesday evenings, at Totnes Leisure Centre pool between 7.30-8.45pm.</p> <p>Training will generally take a few months, depending on your level of commitment and the weather. Open water training, in the sea, usually takes place at weekends and some weekday evenings. Sites vary but typically include the Torbay and Plymouth areas.</p>
Codes of conduct	<p>The club has a constitution, policies and codes of conduct which we ask all members to read and abide by. These are based on mutual respect for each other, regardless of age, gender, race, religion, sexual orientation, or ability. This includes our safeguarding policy to ensure the wellbeing of our junior members and our Club Welfare Officer is available should you have questions or specific concerns.</p>
Young People	<p>Young people 12- 18 are welcome to train with us but we do require that a parent/ guardian is present during all training and diving and is subject to the Diving Officer's discretion. Prior to the young person joining the course a 'Welcome Pack' will be sent to parents/guardian and student and the Diving Officer, Training Co-ordinator and Club Welfare Officer will meet with the parent/guardian and young person to discuss the training plan and Safeguarding procedures.</p>
Ocean Diver Costs	<p>The Ocean Diver course will cost:</p> <ul style="list-style-type: none"> <li>• £507.50 for adults</li> <li>• £385.50 for juniors, or full-time students under 21 years</li> </ul> <p>These fees include: 8 hours pool work, 6 hours theory lessons, open water dives, e-learning course materials, use of club equipment, air fills; 12 months membership of TSAC; and 12 months membership of BSAC. Membership of the Branch and BSAC gives you access to the club equipment; cheap diving; free use of the pool during our Wednesday evening "wet" session; monthly copies of BSAC Scuba either digital or paper; and BSAC Public Liability Insurance cover up to £2 million. Payments can be spread if required.</p>
Equipment costs	<p>You will need to purchase some equipment as we cannot cater for everyone's individual sizes. There are various local dive shops who will do deals and we often have equipment donated to the club which we sell on. You will need to have your own mask, snorkel, 7mm wetsuit, neoprene hood, gloves and a pair of fins when you start diving in the sea. Typical costs for brand new equipment: mask £50-60, snorkel £20-25, wetsuit £250-350, hood £30-50, gloves £30-50, fins £75-150.</p>
For more details	<p>Email: <a href="mailto:sarah.dashfield@btinternet.com">sarah.dashfield@btinternet.com</a> Website: <a href="#">Totnes Sub-Aqua Club - Dive with friends</a>          Club email address: <a href="mailto:totnes.diveclub@gmail.com">totnes.diveclub@gmail.com</a></p>