



<http://www.union.ic.ac.uk/rcc/underwater/>

Intro Meeting and Try Dives

Wednesday October 12th

A short introductory meeting to our scuba diving training programme for people interested in joining the club, followed by FREE try dives in the Ethos swimming pool.

Meet: Beit Quad at 7 pm

Bring: swimming suit, towel, T-shirt for use in the pool and college ID card

Training

To dive as part of ICUC, you must hold a valid scuba diving qualification. For those who are not currently qualified, we are able to offer training for British Sub Aqua Club qualifications. Our new trainees will complete Ocean Diver and Sports Diver training during their first year.

Ocean diver training consists of:

- 7 theory sessions
- 5 pool sessions
- 1 theory exam
- 5 open water sessions

Sports diver training consists of:

- 6 theory sessions
- 1 pool lesson split into 2 sessions
- 1 theory exam
- 5 open water sessions
- 1 dry practical lesson as assistant dive manager

Theory lectures take place on Tuesday evenings and pool sessions take place on Wednesday evenings over the Autumn and Spring terms.

Open water sessions are taught on the Easter trip in Cornwall, or any of numerous weekend trips planned over summer term and holidays.

Divers with non-BSAC qualifications are able to crossover and if they wish continue their training at the appropriate BSAC level.



Other courses we run are, among others:

- Advanced Nitrox
- Boat handling
- Underwater photography
- O2 administration
- First aid
- Advance lifesaver

We also offer students an opportunity to begin their instructor training through BSAC.

Diving with ICUC

The club runs trips throughout the year to top UK & international dive locations. We dive a mixture of wrecks and reefs covering all skill levels.

Recent trips have included:

- Sicily
- Scapa flow
- Red Sea
- Shetland
- Farne Islands
- Gozo
- Lake District
- South west England

ICUC Membership entitles you to use of the club's extensive range of equipment, RIB, inflatable boats and free air fills from our compressor. We meet every Tuesday at the Union for trip planning and friendly conversation with fellow divers! We also offer a large range of inexpensive courses that can be taught in-house to further your training.

Costs

Ocean Diver and Sports Diver training

- New trainee (student) - £180
- New trainee (non-student) - £230

Sports Diver training

- Crossover (student) - £145
- Crossover (non-student) - £185

These costs include membership with our club, the British Sub-Aqua Club, and buying the training packs from BSAC. Our instructors kindly donate their time free of charge.