

SNORKELLING & DIVE PROGRAMMES

Get the most out of your snorkelling and diving experience during your stay. As a PADI Dive Resort, a full range of programmes is available, suitable for ages 10 years and above. Whether you're a novice or a seasoned explorer, there is a programme just for you to enjoy plenty of fun and bring home wonderful memories.

EXPERIENCE PROGRAMMES

- PADI Discover Guided Snorkelling
- PADI Discover Scuba Diving
- PADI Scuba Review
- Bubblemaker

LEISURE DIVES

- 2 Dives
- 3 Dives

PADI COURSES *

- Open Water Diver
- Advanced Open Water Diver
- Rescue Diver
- Emergency First Response - EFR

PADI SPECIALITY COURSES *

- AWARE - Fish Identification
- Project AWARE - Coral Reef Conservation (Theory class, no dives involved)
- Deep Diver
- Peak Performance Buoyancy
- Project AWARE Specialist (Theory class, no dives involved)
- Underwater Naturalist

**Courses offered include certification and manual.*

PADI DISCOVER GUIDED SNORKELLING

1-DAY SNORKELLING WITH A DIFFERENCE

Embark on an interesting and safe snorkelling experience guided by PADI Professionals. Your guide will take you to the best spots to view the wide range of marine life in Tenggol Island.

Your guide will also share with you on water safety tips, such as water temperature, hand signals, entering and exiting the water and how to use your snorkelling gear. To ensure a more personalised experienced and increased safety, a maximum of 6 persons per PADI Professional is advised.

INCLUSIONS

- Guided visit to snorkelling sites by a PADI Professional.
- Optional snorkelling and/or skin diving skills session.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of snorkelling gear and towel. Cameras with underwater housing are also available for daily rental.
- Use of Personal Buoyancy Aid.

PRE-REQUISITES

To get the best experience, participants should have basic swimming skills and be comfortable in waters that are too deep to stand up in, although this may not be necessary.

PADI DISCOVER SCUBA DIVING

1-DAY TRY DIVING FOR NON-DIVERS

PADI Discover Scuba Diving (DSD) is a great choice if you want to have an enjoyable, safe and high quality try dive experience. This one-day introduction involves dive at pool or suitable dive sites in Tenggol Island.

INCLUSIONS

- A short scuba diving education session.
- Leisure dive to a maximum of 12m depth.
- Instruction from qualified PADI Instructors.
- Maximum 4 persons per PADI Instructor for personalised attention.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of diving gear, towel and shower on board. Cameras with underwater housing are also available for daily rental.

PRE-REQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the PADI Discover Scuba Diving Experience.

PADI SCUBA REVIEW

REFRESHER PROGRAMME

The PADI Scuba Review programme is just the refresher you need to brush up on your knowledge and skills. A PADI Professional will get you in the water having fun and feeling comfortable again. It's quick and easy, and a good way to prepare for your next PADI course or get ready for adventure on a diving vacation.

During PADI Scuba Review course, you will go over important dive safety concepts, dive planning essentials and problem management. Your PADI Professional will have you practice putting your gear together and doing a pre-dive safety check with your buddy. In the water, you will review all the basic scuba skills with a focus on good buoyancy control.

INCLUSIONS

- Access to review key concepts at your own pace through a friendly, interactive programme for those who register for PADI's eLearning option, Scuba Tune-up Online.
- Scuba Tune-up Guidebook, a workbook that refreshes and tests your knowledge through short quizzes for enrolment of PADI Scuba Review course at your local PADI Dive Centre or Resort.

Any certified diver who needs a refresher, pre-travel update, pre-assessment for a continuing education course or an upgrade from Junior diver can complete the PADI Scuba Review course.

PADI Scuba Review course is also great for non-certified divers who are referred to complete training or PADI Scuba Divers who are going on to Open Water Diver certification.

2 LEISURE DIVES / 3 LEISURE DIVES

1-DAY LEISURE DIVE AT TENGGOL ISLAND

Take it easy with these leisure diving trips. It's a perfect getaway for both beginners and experienced leisure divers. The 2 Leisure Dives trip involves one dive in the morning and the other in the afternoon, while the 3 Leisure Dives involve two leisure dives in the morning and one in the afternoon. Explore from over 20 dive sites around Terengganu Marine Park famous for its sandy white beaches and most of all, the untouched coral gardens and diverse marine life.

INCLUSIONS

- Full dive briefings and visit to leisure dive sites that match participants' diver certification level.
- All dives are guided by qualified PADI Instructors.
- Maximum 4 persons per PADI Instructor for personalised attention.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Participants must be certified. Please produce diver certification card or dive log book before diving.
- If participants have not dived in a while it is advised to visit a doctor for a medical check-up.

PADI BUBBLEMAKER PROGRAMME

1-DAY ON BREATHING UNDERWATER

Bubblemaker, as fun as it sounds, is a chance for kids to blow bubbles by scuba diving. Children who are at least 8 years old can use scuba gear to breathe underwater and swim around in shallow water.

PADI Bubblemaker programme allows a child to experience scuba diving under the direct care and supervision of a PADI Professional; take first breaths underwater in water shallower than 2m/6ft; learn about and use scuba diving equipment made for children; and have lots of fun underwater.

INCLUSIONS

- Bubblemaker Crew-Pak (contains mementos of the experience and is full of fun surprises, such as a kid-sized beach towel, logbook, certificate, temporary tattoo decal and including the adorable and popular Bubblemaker water toy).

PRE-REQUISITES

- Must be 8 years or older and be comfortable in the water, but no prior experience is necessary.
- Parental approval is required.

PADI OPEN WATER DIVER COURSE

3½-DAYS ON LEARNING TO DIVE

Learn how to dive in Tenggol Island with the PADI Open Water Diver Course. This course allows persons aged 15 years or older to dive with a Buddy, a PADI Professional or their qualified diving parent or guardian to a maximum depth of 18m. For children aged 10-14 years, PADI Junior Open Water Diver Course would enable children to become a certified diver with a qualification to dive up to a 12m depth; and the certification automatically converts to PADI Open Water Diver once they reach 15. Both courses cover similar sections such as pre-study activities, quizzes and a final exam, confined water/swimming sessions and water stamina tests as well as open water dives.

The PADI Open Water Diver Course will take you to suitable dive sites within Tenggol Island, part of the fabulous Terengganu Marine Park famous for its sandy white beaches and most of all, the untouched coral gardens and diverse marine life.

INCLUSIONS

- PADI Open Water Diver Manual.
- 6 – 8 hour theory lesson conducted in classroom.
- Five (5) confined skills session and four (4) open water dives.
- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.
- Junior Open Water Divers aged 10-11 years old must dive with a PADI Professional or certified parent/guardian. Dives must not exceed 12m/40ft.
- Junior Open Water Divers ages 12-14 years old must dive with a certified adult.

PADI ADVANCED OPEN WATER DIVER COURSE

2½-DAYS OF CONTINUED DIVER EDUCATION

Improve your diving skills and reach new depths down to 30m with the PADI Advanced Open Water course in just two and a half days. For those aged 14 years or less, the depth is reduced to 21m. This course covers pre-study activities and 5 ocean course dives. For the ocean course dives, two of them must be Deep Diving and Underwater Navigator. The other three dives can be chosen from a choice of PADI speciality dives:

AWARE FISH IDENTIFICATION

Identify a wide range of fish life in the tropical waters of Terengganu.

BOAT DIVE

Learn all about boat diving, entry and exits, do's and don'ts plus a bit of boat steering!

MULTILEVEL & COMPUTER DIVER

Start extending your bottom time by accurately tracking your dive profile.

PEAK PERFORMANCE BUOYANCY

A good option that helps to lower your air consumption and improve your diving skills.

WRECK DIVE

An exciting way to combine your passion for diving with a truly unusual view of history.

UNDERWATER NATURALIST

Learn more about coral reefs and the marine life they support.

UNDERWATER PHOTOGRAPHY

Start to learn the techniques for taking a good photo underwater.

The PADI AOW course will take you to suitable dive sites in Tenggol Island, part of the fabulous Terengganu Marine Park famous for its tropical jungle, sandy white beaches and most of all, the untouched coral gardens and diverse marine life.

INCLUSIONS

- PADI Advanced Open Water Diver Manual.
- Five (5) course dives.
- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Must be minimum a PADI Open Water Diver or equivalent.
- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.

PADI RESCUE DIVER COURSE

2½-DAYS TOWARDS BECOMING A MORE RESPONSIBLE DIVER & BUDDY

Become a more responsible Diver and Buddy. The PADI Rescue Diver Course helps you to not only look after people, but also to assist, reassure and prevent scuba diving incidents. This is one of the most rewarding diving courses which cover pre-study activities, ten confined water exercises and two rescue scenarios in the ocean. This course will take place at various locations beginning at the Resort Dive Centre, the swimming pool and at suitable dive sites in Tenggol Island for the rescue scenarios.

INCLUSIONS

- PADI Rescue Diver Manual.
- Confined skill sessions and rescue scenarios taught by qualified PADI Instructors.
- PADI certification upon successful completion of the course.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Must be minimum a PADI Advanced Open Water Diver or equivalent.
- Participants should possess CPR Primary Care and Basic First Aid Secondary Care qualification which are not more than two years old. For divers without it, they can combine the PADI Emergency First Response course with the PADI Rescue Diver course.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.

PADI EMERGENCY FIRST RESPONSE – EFR COURSE

HALF-DAY DRY COURSE TO ENHANCE YOUR SKILLS

The Emergency First Response (EFR) is a half-day 'dry' course at the Resort Dive Centre that equips you with primary and secondary first aid care as well as CPR skills. These essential skills and knowledge are useful for anyone involved in adventure sports and is also a prerequisite for the PADI Rescue Diver course.

During the PADI EFR Course, you will learn about Basic Life Support (BLS) CPR and rescue breathing at the layperson level; how to attend to spinal injury, serious bleeding and shock management; making use of barriers to reduce disease transmission risk; and basic first aid and first aid kit considerations.

INCLUSIONS

- Primary and Secondary Care Manual.
- Taught by qualified PADI Instructors.
- PADI EFR certification upon successful completion.

PRE-REQUISITES

The PADI EFR course is open to divers and non-divers. To enrol in the Emergency First Response courses, students must care about other people and want to be able to assist them in a medical emergency.

PADI DIVEMASTER COURSE

30 DAY COURSE TO BECOMING A DIVE LEADER

The PADI Divemaster course is your first level of professional training. Working closely with a PADI Instructor, you'll fine-tune your dive skills, like perfecting the effortless hover, and refine your rescue skills so you anticipate and easily solve common problems. You'll gain dive knowledge, management and supervision abilities so you become a role model to divers everywhere.

This course teaches you to be a leader and take charge of dive activities. Through knowledge development sessions, waterskills exercises and workshops, and hands-on practical assessment, you develop the skills to organize and direct a variety of scuba diving activities.

INCLUSIONS

- PADI Divemaster manual.
- Taught by qualified PADI Instructors.
- PADI certification upon successful completion.
- Complimentary use of towel and diving gear.

PRE-REQUISITES

- Must be a PADI Rescue Diver.
- Must be aged 18 years and above.
- Completed Emergency First Response Primary and Secondary Care (CPR and First Aid) training within the past 24 months.
- A medical statement signed by a physician within the last 12 months.
- At least 40 logged dives to begin the course and 60 dives to earn the certification.

PADI AWARE FISH IDENTIFICATION SPECIALITY COURSE

1-DAY COURSE TO ENHANCE YOUR KNOWLEDGE

Enjoy diving even more when you recognise the creatures that you see and can identify the main fish families and their characteristics. PADI AWARE Fish identification Speciality course will teach you how to identify characteristics of local fish families and species; fish survey techniques and strategies; and Project AWARE activities that can help protect aquatic life after two scuba dives sessions.

INCLUSIONS

- Taught by qualified PADI Instructors.

PRE-REQUISITES

- Must be 10 years or older and a PADI (Junior) Open Water Diver or higher.

PADI PROJECT AWARE CORAL REEF CONSERVATION SPECIALITY COURSE

4-HOUR THEORY CLASS ON CORAL REEF CONSERVATION

Everyone likes to scuba dive or snorkel in warm, clear waters on a vibrant coral reef, yet many people *know little about what they're seeing or the importance of reef ecosystems. The Project AWARE Coral Reef Conservation speciality course helps you appreciate the complexity of these habitats and teaches on how you can help conserve these vital systems.*

Through classroom discussion, you will learn about coral reefs; why coral reefs are so important; why many coral reefs are in serious trouble; what you can do to prevent further decline; and how Project AWARE unites divers and water enthusiasts to make a difference.

INCLUSIONS

- Digital manual, AWARE - Our World, Our Water, available for free download on ProjectAWARE.org website. Although this manual is not required for the course, you can read the chapter on coral reefs in preparation for meeting with your instructor.

Anyone who has an interest in the aquatic world can take this course. There are no pre-requisites or age restrictions and no water sessions are required to earn this non-diving certification.

PADI DEEP DIVER SPECIALITY COURSE

2-DAYS COURSE ON HOW TO DIVE DEEPER SAFELY

Get certified for recreational diving of up to 40m. The PADI Deep Diver course provides a safe, supervised introduction to deeper diving within the limits of recreational scuba diving at suitable dive sites in Tenggol Island.

This course covers:

- Planning, organisation, procedures, techniques, problems and hazards of deep diving.
- Risk factors and decompression tables review.
- Safety stops and emergency decompression procedures.
- Special equipment, descent lines and buoyancy control considerations.
- Procedures for flying after diving and high-altitude diving.
- Orientation to re-compression chambers.

INCLUSIONS

- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Small ratio of students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Minimum age 15 years old and at least a PADI Advanced Open Water Diver or equivalent.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.

PADI PEAK PERFORMANCE BUOYANCY SPECIALITY COURSE

1-DAY COURSE TO IMPROVE BUOYANCY SKILLS

Excellent buoyancy control is what defines skilled scuba divers. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover almost as if by thought. They can easily observe aquatic life without disturbing their surroundings.

You can achieve this too. The PADI Peak Performance Buoyancy Speciality course improves the buoyancy skills you learned as a new diver and elevates them to the next level.

During two scuba dives, you will learn how to determine the exact weight so you're not too light or too heavy; trim your weight system and scuba gear so you're perfectly balanced in the water; streamline to save energy, use air more efficiently and move more smoothly through the water; and hover effortlessly in any position either vertically or horizontally.

INCLUSIONS

- PADI Peak Performance Buoyancy Manual and Peak Performance Buoyancy video.
- Taught by qualified PADI Instructors.

PRE-REQUISITES

- Must be at least 10 years old and a PADI (Junior) Open Water Diver or higher.

PADI PROJECT AWARE SPECIALIST SPECIALITY COURSE

4-HOUR THEORY CLASS ON THE AQUATIC WORLD

Project AWARE's philosophy is to mobilise a global force of scuba divers and water enthusiasts who care about protecting the world's water resources and choose to make a difference – one dive at a time. By earning the Project AWARE Specialist certification, you'll be aware of the most pressing problems facing vulnerable aquatic environments and know what everyday actions you can take to help protect them.

Through classroom discussion, you will learn how Project AWARE unites scuba divers and water enthusiasts to make a difference; environmental issues in the ocean commons and coastal zones; fisheries challenges and sustainability problems; what's happening to coral reefs and reef inhabitants; and your role in protecting aquatic environments.

INCLUSIONS

- Digital manual, AWARE - Our World, Our Water, available for free download on ProjectAWARE.org website.
- Education session by qualified PADI Instructors.
- Project AWARE Specialist certification upon successful completion of the course.
- Small ratio of students per PADI Instructor for personalised attention.

Anyone who has an interest in the aquatic world should take this course. There are no pre-requisites, age restrictions or water sessions required for this non-diving speciality.

PADI UNDERWATER NATURALIST SPECIALITY COURSE

1-DAY COURSE ON THE UNDERWATER WORLD

Understand more about the marine environment and how to interact with it in a responsible manner. PADI Underwater Naturalist Course teaches you the major aquatic life groupings, interactions and factual information that dispel negative myths; the role of aquatic plants, food chains and predator-prey relationships as well as the underwater naturalist's view of organisms and their roles in the environment.

Put your new-found knowledge into practice in two open water course dives. Learn about the preservation of the aquatic environment by avoiding potentially destructive contact with aquatic organisms and the bottom. Open Water Dive One guides you to identify local, common aquatic organisms, while Open Water Dive Two teaches you to locate indications of impact by man on the local dive site and suggest possible causes. These dives will take place at suitable dive sites in Tenggol Island.

INCLUSIONS

- Education session and two ocean dives conducted by qualified PADI Instructors.
- PADI certification upon successful completion of the course.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Small ratio of students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

PRE-REQUISITES

- Minimum age participation is 10 years old with at least a PADI Open Water Diver or equivalent qualification.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.

PADI ENRICHED AIR DIVER SPECIALITY COURSE

8-HOUR THEORY CLASS ON DIVING WITH ENRICHED AIR NITROX

The PADI Enriched Air Diver course is PADI's most popular specialty scuba course. Why? Because scuba diving with enriched air nitrox gives you more no decompression time, especially on repetitive scuba dives. If staying down longer and getting back in the water sooner sounds appealing, then don't hesitate to become an enriched air diver.

If you are a PADI (Junior) Open Water Diver who is at least 12 years old, you can enrol in the Enriched Air Diver Specialty Course.

This course covers:

- Discuss managing oxygen exposure.
- Practice analysing oxygen content in your scuba tank.
- Set your dive computer for diving with enriched air nitrox.

INCLUSIONS

- PADI Enriched Air Diver manual
- Education session by qualified PADI Instructors.
- PADI certification upon successful completion of the course.

PRE-REQUISITES

- Minimum age participation is 12 years old with at least a PADI (Junior) Open Water Diver or equivalent qualification.

PRICING

Prices are nett inclusive of 6% SST and Dive Permit charge.

All snorkelling activities and dive programmes undertaken through Tanjong Jara Resort include sea transfer charges. Private boat charter is available for snorkelling and diving trips outside of regular schedule with a maximum of 12 persons per boat trip. A fee of RM1,590 nett is chargeable for the boat charter, on top of the regular snorkelling or diving fee for each person.

PADI SNORKELLING & DIVE PROGRAMMES	PERSONS PER TRIP (MIN)	PERSONS PER TRIP (MAX)	DURATION	PRICE PER PAX (MYR)
Experience Programmes				
PADI Discover Guided Snorkelling	4	12	1 day	320
- Inclusive of complimentary snorkelling gear and lunch				
PADI Discover Scuba Diving				
- Inclusive of complimentary dive gear and lunch				
1 Dive	2	12	1 day	650
2 Dives	2	12	1 day	760
PADI Scuba Review				
- Inclusive of complimentary snorkelling gear and lunch				
Bubblemaker	3	12	1 day	380
- Inclusive of complimentary dive gear and lunch				
Leisure Dives				
<i>(inclusive of complimentary dive gear and lunch)</i>				
2 Dives	2	12	1 day	520
3 Dives	2	12	1 day	620
PADI Courses				
<i>(inclusive of certification and manual)</i>				
Open Water Diver	2	12	3½ days	1,710
- Inclusive of PADI OWC manual, all training dives, use of dive gear and complimentary log book				
Advanced Open Water Diver	2	12	2½ days	1,600
- Inclusive of PADI OWC manual, all training dives and use of dive gear				
Rescue Diver	2	12	2½ days	1,600
- Inclusive of PADI rescue manual, all training dives and use of dive gear				
Emergency First Response – EFR	2	12	½ day	450
- Theory class, no dives involved				
- Inclusive of EFR manual				
Divemaster Course	1	4	30 days	4,500
- Inclusive of PADI dive master manual, unlimited dives and use of dive gear				
			(performance based)	

	PERSONS PER TRIP (MIN)	PERSONS PER TRIP (MAX)	DURATION	PRICE PER PAX (MYR)
PADI Specialty Courses				
<i>(inclusive of certification and manual)</i>				
AWARE Fish Identification	2	12	1 day	1,200
- Inclusive of 2 training dives with dive gear				
Project AWARE Coral Reef Conservation			4 hours	900
- Theory class, no dives involved				
Deep Diver	2	12	2 days	1,500
- Inclusive of 4 training dives with dive gear				
Peak Performance Buoyancy	2	12	1 day	1,200
- Inclusive of 2 training dives with dive gear				
Project AWARE Specialist			4 hours	900
- Theory class, no dives involved				
Underwater Naturalist	2	12	1 day	1,200
- Inclusive of 2 training dives with dive gear				
Enriched Air Diver			8 hours	900
- Theory class, no dives involved				
- Inclusive of PADI EAD manual				

TYPICAL MAXIMUM NUMBER

For some programmes, larger groups can be catered for, subject to availability.
Please specify the group size and their requirements for a customised programme.

OTHER INFORMATION

NOTES, ESSENTIAL ITEMS, SAFETY TIPS & BOOKING PROCEDURES

Please read the following important information before you make your booking for any of the programmes or courses offered by PADI 5 Star Dive Resort.

NOTES

- All loaned items must be returned at the end of the day. Charges will apply for any loss or damaged gear.
- Do not bring valuables with you on your trip to snorkelling or diving.

ESSENTIAL ITEMS

To ensure that you are well-equipped for your trip, some general items that you should bring along are appropriate swimwear, sunglasses, sunblock and a sun hat.

For divers, you will need a water-resistant torch and your PADI Manuals for the respective prerequisites

For underwater photography:

- Participants will need to have a camera with underwater housing.
- Housing must be able to operate down to a minimum of 20m in depth.
- Able to perform manual white balancing via camera housing.
- Familiar with the cameras controls and operating them via camera housing. Do bring along your manufacturer's guidelines if you are not familiar with your equipment.

SAFETY TIPS

To ensure that you have a safe, fun and high quality experience, PADI applies the following safety practices:

- It is recommended that you are fit, healthy and comfortable in waters that are too deep to stand up in.
- Any participant under 18 years must be supervised by a parent or guardian at all times.
- Personal Buoyancy Aids (vests) are available for use when snorkelling and can be requested from any of the Boat Crew on board.

For divers:

- Please note you need to have minimum 18 hours free after diving before flying on a plane.
- Some courses require you to be a certified diver. Please produce your diver certification card, or dive log book before the dive trip.
- If you have not dived in a while it is advised to visit a doctor for a medical check-up.

BOOKING PROCEDURES

PADI requires the following information in advance:

- Number of participants wishing to join in the respective programmes as well as the preferred date(s).
- Full name and nationality for each person.
- Sizes for each person that includes height, weight and shoe size (UK/USA/EUR) for correct snorkelling or diving equipment fitting.
- Any special dietary requirements.
- For divers, please provide certification level, number of logged dives and date of last dive of each diver.