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# *Discover Scuba Diving*

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PADI Discover Scuba Diving  
Instructor Guide

International PADI, Inc. 2003

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## Overview

The PADI Discover Scuba Diving program introduces people to scuba diving in a highly supervised and relaxed manner. It dispels common misconceptions about scuba by letting individuals try it for themselves. Under the guidance of a PADI professional, new divers learn basic safety concepts, put on equipment and swim around underwater in a closely supervised environment. The PADI Discover Scuba Diving program can take place in a swimming pool, protected confined open water area and at an open water dive site — anywhere an appropriate, positive introduction to scuba diving is possible.

After trying scuba, many new divers may decide to repeat the experience. If not immediately, then on other occasions or in different areas. Others will choose to pursue certification by enrolling in a PADI Scuba Diver or Open Water Diver course. The desired result is to excite people about scuba diving and encourage additional participation.

When certain requirements are met, new divers may earn credit toward PADI Scuba Diver and Open Water Diver certification.



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## Standards

### Prerequisites

**To participate in the PADI Discover Scuba Diving program, an individual must:**

- 1. Be 10 years or older.**

**NOTE:**

*Standards relevant to children 10-11 years old are found in the Children segment of this guide.*

- 2. Review, complete and sign the PADI Discover Scuba Diving affirmation of risk and medical history screen (as found in the PADI Discover Scuba Diving brochure or other documents as specified by your PADI Office) before entering the water.**
  - a. Parent or guardian signature required for new divers younger than legal age.**
  - b. If the new diver answers “yes” to any condition on the form's medical history section, the diver must receive medical approval prior to any in-water activities.**

### Location, Depth and PADI Member Qualifications

**Pool or confined open water environment — Maximum depth: 6 metres/20 feet.**

**To conduct the PADI Discover Scuba Diving program in a pool or confined open water environment, a PADI Member must be a Teaching**

**status PADI Instructor or Assistant Instructor (new or upgraded since 1995), or a Discover-Scuba-Diving-qualified PADI Divemaster in Active status (and with insurance where required).**

**NOTE:** 

*To qualify, a PADI Divemaster must complete a Discover Scuba Diving internship. This includes conducting four separate PADI Discover Scuba Diving programs in a pool or confined open water environment under the direct supervision of a PADI Instructor. PADI Divemasters who complete the internship submit an authorization form to their PADI Office signed by the supervising instructor.*

## **Supervision and Ratios**

**The PADI Member conducting the Discover Scuba Diving program must be in the water directly supervising.**

### **Pool — Ratios**

**Participant-to-instructor/assistant instructor – 8:1**

**Participant-to-divemaster – 4:1**

### **Confined open water environment — Ratios**

**Participant-to-instructor/assistant instructor – 4:1**

**Participant-to-instructor/assistant instructor with certified assistant(s) – 6:1**

**Participant-to-divemaster – 2:1**

**NOTE:** 

*Ratios relevant to children 10-11 years old are found in the Children segment of this guide.*

## **Equipment**

**Each new diver must have a mask, fins, scuba cylinder, buoyancy control device with low-pressure inflator, regulator and submersible pressure gauge.** Provide appropriate exposure protection and weight systems based on the individual and environment.

## **Materials**

### **Required**

1. **PADI Discover Scuba Diving Instructor Guide** – contains standards and program overview.
2. **PADI Discover Scuba Diving brochure** – introduces program to new divers, encouraging them to continue their education, and includes required administrative documentation, registration information and recognition card.
3. **Use at least one of the following materials, which overview essential safety information, basic scuba skills and emphasizes respect for aquatic life:**
  - PADI Discover Scuba Diving Cue Card
  - or**
  - PADI Discover Scuba Diving Flip Chart


## Recommended

- *Scuba: Experience Your First Breath* video – shows new divers what to expect from the real experience.
- *Discover Scuba/Discover Scuba Diving Diving Skills Presentation* video

## Registration and Recognition

**PADI Members must register each Discover Scuba Diving diver with their PADI Office within 30 days of their pool/confined open water or open water dive.** This allows members to earn credit for teaching efforts and documents professional activities. It's also important to maintain program quality and helps PADI Offices track consumer interest in diving.

### NOTE:



*One measure of participant enjoyment from your Discover Scuba Diving Program is the number of DSD participants that move on (or convert) to certification either through the PADI Scuba Diver or the PADI Open Water Diver courses. One of your most important roles as a PADI Professional is to encourage this conversion. Conversion of experience program participants to certified divers retains them in the industry, aiding industry growth as well as increasing their enjoyment. In many areas, PADI is offering special incentives to do this. Check with your PADI Office for details.*

Divers may be registered at PADI by various means: Use of the registration portion of the Discover Scuba Diving brochure, registering on-line, use of the Discover Scuba Diving Program Registration Form, or other prearranged method of registering. There is no charge for this service.

New divers receive instant recognition via the card in the Discover Scuba Diving brochure.

### **PADI Member Credits and Points**

Five Discover Scuba Diving registrations earn a PADI Member credit for one PADI Open Water Diver certification. Credits accrue via registration. Registration is submitted to PADI upon completion of the pool/confined water session, and/or the first open water dive.

These credits may apply toward PADI Specialty Instructor, Master Scuba Diver Trainer, IDC Staff Instructor and Master Instructor ratings. Specific to the Master Instructor rating, a maximum of 75 certification credits may come from the Discover Scuba Diving program. Divemasters and Assistant Instructors conducting Discover Scuba Diving will also receive this credit and may use it toward their continuing education.

Incentives are available to PADI Members who register their participants. Points accrued via Discover Scuba Diving registrations (one point per registration) are redeemable through your PADI Office. For specifics, check with your PADI Office.



## Overview

### Pool or confined open water dive

PADI Members may conduct the Discover Scuba Diving program in a pool or confined open water environment as follows:

- **New divers complete and sign the PADI Discover Scuba Diving brochure**
- **Conduct briefing: Introduce and explain the use of a mask, fins, BCD, regulator and pressure gauge. Briefly go over any other equipment new divers will wear - exposure protection, weight system, alternate air source, etc. Review breathing rules and equalization techniques. Overview regulator and mask clearing.**
- **Help new divers put on and adjust their scuba equipment.**
- **Directly supervise new divers as they breathe underwater and swim around in shallow water.** When comfortable, take them on tours in deeper water as appropriate.
- **Debrief divers: Remind them that they need additional training to dive without professional supervision. Encourage them to move on to certification programs. Recognize new divers for their accomplishments. Complete registration procedures. Encourage divers to log their dive.**

### Children

You may take children ages 10-11 on Discover Scuba Diving experiences, which is especially valuable when families want to dive together. When taking children ages 10 and 11 on Discover Scuba Diving programs, follow the Discover Scuba Diving standards, including these amendments:

#### **Before they begin**

**You must have both a parent (legal guardian) and the 10 or 11-year old child watch the Youth Diving: Responsibility and Risks video or thoroughly review the Youth Diving: Responsibility and Risks flip chart before the child enters the water. Both parent and child must read and sign the Youth Diving: Responsibility and Risks Acknowledgment form.** This does not apply to swimming pool only experiences.

#### **Ratios for Confined Open Water and Open Water**

**When taking 10 or 11-year-olds on a confined open water or open water dive, the maximum instructor-to-participant ratio is four to one (4:1). However no more than two 10 or 11-year-old children may be included in a group of four participants.**

***Reminder: Divemaster-to-participant ratio in confined open water is 2:1 maximum, regardless of participant age.***



## Optional Open Water Dive

### Depth, Supervision and Ratios

**Open water dive — Maximum depth: 12 metres/40 feet.**

**Only Teaching status PADI Instructors may conduct the PADI Discover Scuba Diving program in an open water environment—including all portions of the program leading to and including the open water dive.**

**The instructor must also maintain direct supervision during the dive and not engage in any other activities, such as video or photography.** An accompanying certified diver or certified assistant may take video or photos.

### Open water environment — Ratios

**Participant-to-instructor – 4:1**

**Participant-to-instructor with certified assistant(s) – 6:1**

#### NOTE:

*Ratios relevant to children 10-11 years old are found in the Children segment of this guide. The ratios listed are maximums. Reduce them as appropriate based on being able to maintain adequate control in the prevailing conditions, perform required evaluations, meet required standards and provide a positive experience for new divers. Although additional assistants may be used, you cannot increase ratios more than the maximums listed.*

### Subsequent Open Water Dives

After new divers complete a PADI Discover Scuba Diving open water dive with a PADI Instructor, they may participate in additional dives supervised by certified assistants. **For subsequent Discover Scuba Diving open water dives, the maximum ratio is two participants to one certified assistant (2:1). A Teaching status PADI Instructor must indirectly supervise all subsequent dives.**

### Skills for Open Water Dive

**When Discover Scuba Diving divers will go on an open water dive, a PADI Instructor must introduce and have them practice the following skills in shallow water:**

- **Breathing underwater**
- **Regulator clearing**
- **Regulator recovery**
- **Mask clearing**
- **Equalization techniques**

The instructor should introduce breathing techniques and skills to divers in a pool or confined open water environment whenever possible. When neither of these environments are available, the required skills may be conducted using a descent line, horizontal bar or platform that is near the surface (see below). **When practicing skills, new divers must be in shallow water and able to easily reach the surface.** This may include simply standing up or ascending a bit on a line.

When new divers are comfortable in shallow water, they may progress to the open water dive.

### **Descent Lines, Hang Bars and Platforms**

If conducting the Discover Scuba Diving program in a location where shallow water is not accessible (e.g. off a boat, dock or other surface support station), new divers may learn and practice skills by using a descent line, horizontal bar or platform that is within 2 metres/6 feet of the surface. **If using a vertical descent line, the ratio during skill practice is one participant to one PADI Instructor (1:1).**



## **Overview**

### **Open Water Dive**

**To conduct the open water dive, a PADI Instructor must:**

- **Have new divers sign and complete the PADI Discover Scuba Diving brochure.**
- **Brief new divers on the following topics:**
  - **Limitations of the program**
  - **Value of further training and where to obtain it**
  - **Risks of scuba diving**
  - **Breathing rules**
  - **Equalization techniques**
  - **Respect for aquatic life and avoiding potentially hazardous creatures**
  - **Hand signals.**
- **Introduce and explain the use of a mask, fins, BCD, regulator, pressure gauge and alternate air source. Briefly go over any other equipment will wear – exposure protection, weight system, etc.**
- **In shallow water or water that allows new divers to easily reach the surface, help new divers put on and adjust their scuba equipment. Introduce and have new divers practice the following skills underwater:**
  - **Breathing underwater**
  - **Regulator clearing**
  - **Regulator recovery**
  - **Mask clearing**
  - **Equalization techniques**
  - **Hand signals and underwater communication**
  - **Relaxation techniques**

**Allow them to gain confidence with basic skills. Monitor comfort levels and their pressure gauges.**

- **Conduct the open water dive, directly supervising new divers and guiding them on a tour of the dive site. Monitor participant comfort levels and watch their pressure gauges.**

- **Debrief divers: Remind them that they need additional training to dive without professional supervision. Encourage them to move on to certification programs. Recognize new divers for their accomplishments. Complete registration procedures. Encourage divers to log their dive.**

## Reminders

- Evaluate conditions carefully when deciding whether to conduct the Discover Scuba Diving program and when determining appropriate ratios. Good environmental conditions can enhance the experience, while marginal conditions may detract from new diver enjoyment and safety. It's important to make conservative decisions and use good judgment.
- Watch for anxiety in new divers and also consider diver age and ability. Consider reducing ratios when new divers are apprehensive or need lots of assistance prior to the dive. Use additional PADI certified assistants during the dive, if possible, to provide an extra measure of control.
- For new diver comfort, minimize time wearing equipment out of water before or after the dive. Make entries and exits as efficiently as possible to minimize time floating at the surface.
- Because new divers have not been trained in underwater buoyancy control, make necessary buoyancy adjustments for them while underwater. Make descents onto a bottom free of sensitive organisms.
- Although new divers learn basic hand signals, carry the Discover Scuba Diving instructor cue card to point to phrases or write notes as necessary.
- Check each diver's air frequently. Plan to end the dive with sufficient air for them to exit the water while continuing to breathe from their tanks.
- After the experience, provide new divers with recognition materials and/or documentation of training. Explain how and where they may continue their dive education and make additional scuba dives.

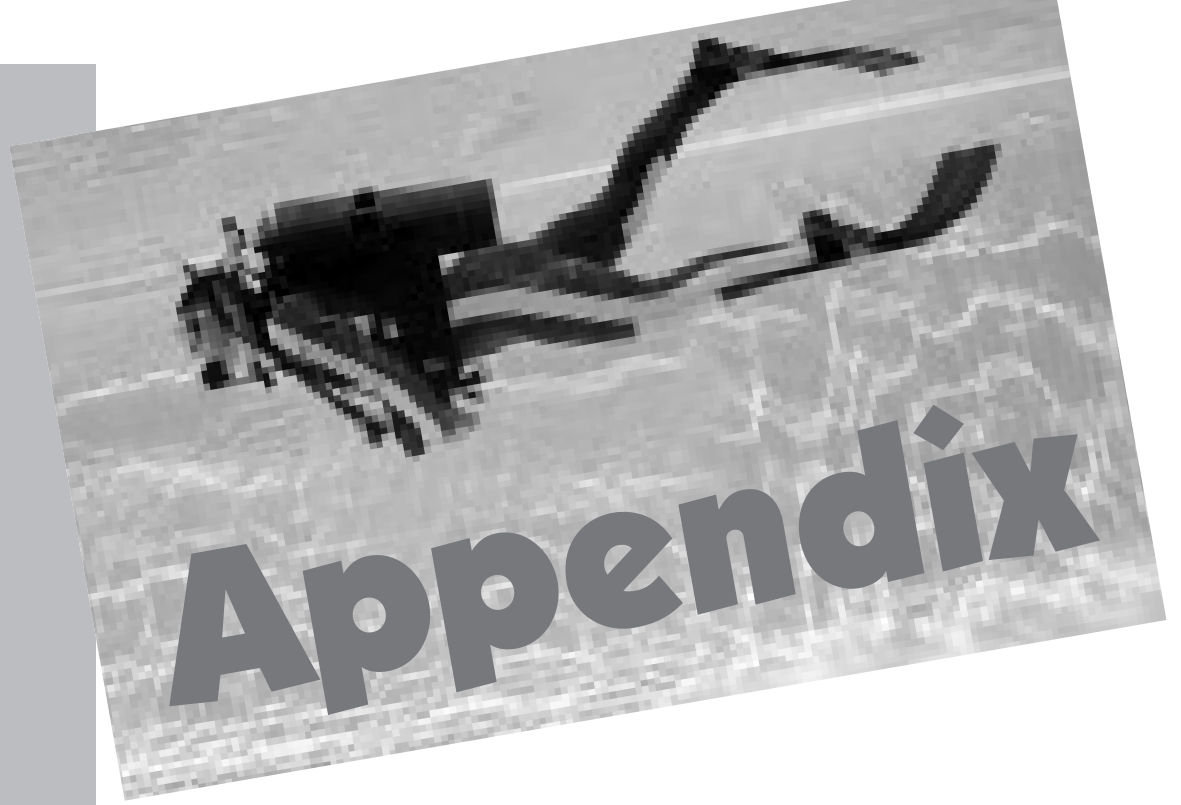
### **Linking to the PADI Scuba Diver and Open Water Diver Course**

PADI Instructors may, at their discretion, introduce skills from the PADI Scuba Diver/Open Water Diver course Confined Water Dive One. Skills mastered during the Discover Scuba Diving program may be credited toward PADI Scuba Diver or Open Water Diver course requirements. Additionally, new divers completing the open water dive may be credited for completing Open Water Dive 1 in the PADI Scuba Diver and Open Water Diver Course. This link to further training can be an important promotional tool for motivating new divers to continue their education.

**To credit skills, a Teaching status PADI Instructor must introduce the skills, evaluate participant mastery, and document the training.** Use of the PADI Discover Scuba Diving Log or Open Water Diver Course Referral Record to document training is recommended. PADI Assistant Instructors and Divemasters are not qualified to independently teach skills; thus Discover Scuba Diving experiences conducted by PADI Assistant Instructors and Divemasters are not eligible for credit.

**Before introducing skills, evaluate comfort levels and interest.** Introducing skills too soon may task load new divers and make the experience less enjoyable.





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# *Appendix*

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- A-4 Youth Diving: Responsibility and Risks Flipchart**
- A-14 PADI Divemaster Discover Scuba Diving Internship Completion Form**



# Youth Diving: Responsibility and Risks Acknowledgment

(Please read carefully, fill in all blanks, and sign and date below.)

I/we, \_\_\_\_\_, and my/our child, \_\_\_\_\_, have viewed and understand the Youth Diving: Responsibility and Risks video or flip chart. We affirm we have been advised and thoroughly informed that diving is an adventure sport with inherent risks to the participant. These risks may include, but are not limited to, pressure related injuries affecting the lungs, sinuses and ears, drowning, panic and other serious injury or death. We also understand our responsibilities, as parent and participant (child), in participating in scuba activities and agree to accept those responsibilities.

As the parent/guardian of the minor child, I/we understand and agree it is solely my/our responsibility to evaluate whether my/our child should participate in scuba activities. Our decision is based upon our knowledge of the mental, physical and emotional abilities of our child, as well as his/her medical history. I/we understand and agree it is my/our responsibility to discuss with a physician any questions I/we have regarding my/our child's medical history and participation in this activity.

I/we understand and agree that it is my/our responsibility to continue to monitor the abilities and health of my/our child to determine whether he/she should continue in this program and continue to dive after the program.

I/we agree to abide by all supervisory and depth limitations that may accompany my/our child's PADI certification.

I/we understand that PADI certifies instructors/dive centers and provides materials for programs developed by PADI.

I/we understand that the dive center/resort and the instructor are responsible for the conduct and supervision of this activity

I/we understand my responsibilities and those of my child as set forth in the *Youth Diving Responsibilities and Risk* video or flip chart.

I/we have read this Acknowledgment, understand and agree to the terms and conditions, and understand and agree that this Acknowledgment is a binding contract between us, the dive professional, the dive facility and PADI.

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
(Day/Month/Year)

\_\_\_\_\_  
Participant/Minor Name

\_\_\_\_\_  
Participant/Minor Signature

\_\_\_\_\_  
(Day/Month/Year)

# Welcome –

Exploring the underwater world is both fun and serious.

Scuba diving is enjoyed by millions of people all over the world.

Scuba Diving requires:

- Some physical fitness
- Ability to solve problems that come up
- Emotional maturity

You should have good general health and be comfortable in and around the water to scuba dive.

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**Like any adventurous activity, there are potential risks in scuba diving. However, these are well known and easy to avoid by following some simple rules.**

**Possible risks specific to scuba diving include:**

- **Problems with your ears**
- **Drowning and breathing-in water**
- **Getting cold in the water**
- **Lung over-expansion injury**

**It is important to follow some simple rules to avoid injury, which, although unlikely, could be serious, even fatal.**

**You will learn these rules during your scuba diving program.**

**When you follow these rules and suggestions, scuba diving is a reasonably safe and fun activity.**

## Roles and Responsibilities

**PADI's Role:** to provide the best training materials and educational support possible.

**PADI Instructor's Role:** to supervise your training, follow PADI's guidelines and provide as safe a diving experience as possible.

**Parent's Responsibility:** to help evaluate your medical, physical and emotional readiness to participate in scuba diving.

- If you or your parents know of any medical problems you may have, you'll need to see a medical doctor before scuba diving.
- The PADI Medical Statement will help you, your parents and the doctor review your medical fitness to participate.

**Your Responsibility:** to understand and put to use the following six **ACTION** steps during your scuba diving adventure.

# A ATTENTION

- Pay attention, listen and follow the rules.
- Diving is exciting and you can become distracted, but stay focused on your instructor and the assistants.
- Be sure to follow the rules covered by your instructor to help lower your risks and increase your fun.
- Failure to follow these rules can lead to serious injury, even fatality.



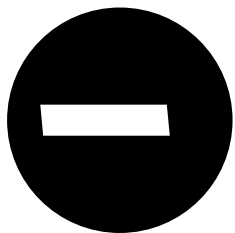
# COMMUNICATION

- If you don't understand something, or get confused, ask your instructor.
- Your instructor is there to help and to answer your questions.
- Don't be shy, it's important for you to understand.
- You may find that other people have the same questions you have!

**T**

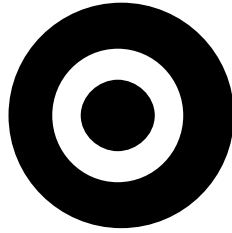
## **TAKE CARE OF YOUR EQUIPMENT**

- **We were not born to live underwater. That's why we have to use scuba equipment.**
- **Without properly cared for equipment, you increase your risks and make it harder to dive safely and comfortably.**
- **It's very important that all your equipment is designed for scuba diving and fits you properly.**
- **Be sure to take care of your equipment every time you use it.**



# INFORM

- Inform your instructor of how you feel.
- Tell your instructor if you're cold, tired, having a problem or don't understand something.
- You'll learn hand signals so you can "talk" with your instructor underwater.



# **OBSERVE**

- **Observe how your instructor does things and follow the example.**
- **Watch where your instructor is and be sure to watch for signals and direction.**



# NOW HAVE FUN!

- Don't forget to have fun!
- Scuba diving is a serious activity and there are risks involved. But you can manage these risks and avoid injury by following the simple ACTION steps.
- Paying careful attention to proper training and instruction will teach you how to avoid injury and reduce the risk of hurting yourself.
- So take ACTION and have a great time. The fun has just begun!



# PADI DIVEMASTER

## Discover Scuba Diving Internship Completion Form

PADI Divemasters in Active Status (and with insurance, where required) may conduct PADI Discover Scuba Diving programs in a pool or confined open water environment after successfully completing a Discover Scuba Diving Internship. The internship consists of conducting four separate PADI Discover Scuba Diving programs in a pool or confined open water environment under the direct supervision of a PADI Instructor. After completing the internship, submit this form, signed by the instructor, to your PADI Office for processing and authorization.

**PLEASE PRINT OR TYPE** (Authorization will be returned to the Divemaster.)

Name \_\_\_\_\_ PADI No. \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

Country \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Business Phone (\_\_\_\_\_) \_\_\_\_\_

FAX (\_\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ Sex: M F

Email \_\_\_\_\_ Preferred Language \_\_\_\_\_

INTERNSHIP VERIFICATION – PADI DISCOVER SCUBA DIVING PROGRAMS		
Date _____	Supervising Instructor _____	PADI Number _____
Date _____	Supervising Instructor _____	PADI Number _____
Date _____	Supervising Instructor _____	PADI Number _____
Date _____	Supervising Instructor _____	PADI Number _____

I verify that this PADI Divemaster has completed four required Discover Scuba Diving programs under the direct supervision of a PADI Instructor

Verifying Instructor \_\_\_\_\_ PADI No. \_\_\_\_\_ Date \_\_\_\_\_

Verifying Instructor Signature

**PAYMENT METHOD** (See current price list for processing fee and if applicable, replacement card fees.)

Check     Switch / Solo issue no \_\_\_\_\_ (UK only)

Master Card     Visa     American Express     Discover Card

Card Number \_\_\_\_\_

Expiration date \_\_\_\_\_

Cardholder Name \_\_\_\_\_  
(please print)

Cardholder Address \_\_\_\_\_  
(If different from applicant)

Authorized Signature \_\_\_\_\_

**CHECKLIST**

Application filled out completely

Signature – Verifying Instructor

Fee Enclosed – Total Amount \_\_\_\_\_

Photo – head and shoulders  
*(Include only if requesting a replacement certification card.)*

**(Use for Replacement Certification Card Only)**

Attach a  
1 3/4" X 2 1/4"  
Head-and-Shoulders Photo  
PRINT NAME ON  
BACK OF PHOTO  
Coin machine  
photo OK — do not  
send old cards.  
NO DARK GLASSES

**REPLACEMENT CERTIFICATION CARD (Check card type below.)**

If you want to receive a new card (which includes a Discover Scuba Diving designation), please attach a 1 3/4" x 2 1/4" photo and include additional processing fee.

**Project AWARE Card** a portion of processing fee will be donated to the Project AWARE Foundation for environmental programs.

**Standard "Member Since" PADI card**

**MAIL TO YOUR PADI OFFICE.** For mailing information, see your price list or visit padi.com.

**FOR OFFICE USE ONLY**

Rec'd \_\_\_\_\_

Ent \_\_\_\_\_

Ship'd \_\_\_\_\_