



## [Book a Try Dive with Bradford Sub Aqua Club](#)

If you've never tried scuba diving before, a try dive will be your first step into the underwater world.

### [What will happen on your Try-Dive night?](#)

#### **Briefing**

Before getting in the water, you will be asked to sign a simple fitness declaration, then given a briefing on important safety information and about what you will be doing once in the water. You will be given the opportunity to see the equipment being assembled and then briefed on its use.

Feel free to ask questions during the briefing.

#### **In the Water**

You will enter the pool at the shallow end and once in the water you will be helped to put on the equipment. Being able to breath underwater is not a normal sensation, so for the first few minutes, you'll be getting your head just under the water and learning to breathe! When you are comfortable with this, you and your instructor will submerge. You will become acclimatised to swimming and movement underwater by taking a leisurely swim towards the deep end of the pool and back. By the end of the Try Dive, you will be at the deep end of the pool to see how a diver controls their buoyancy, and practicing your new found movement skills by doing twists and turns!

At all stages in the pool, the instructor will reiterate the briefing, telling you what you are about to do and giving you reassurance if you are a little apprehensive. It is anticipated that you will be in the water for almost 1 hour.

At the end of the Try Dive, you will be helped to de-kit. All that is left is rinse off the kit and get changed.



#### **What you will need to bring?**

You will need to bring your normal swimming kit and an old T-shirt to wear in the water. The equipment is heavy and sometimes cold which makes it not particularly comfortable right next to the skin.

All equipment for the Try Dive is provided by the club, but if you have your own set of pool fins and a mask, you may use them.

The cost of a Try Dive is £15.00

#### **What happens after my try dive?**

After your pool session and you have got changed, due to time constraints it may be difficult to get time with your instructor to discuss where you go from here so you will be given a leaflet on "what happens next"

If you were not then please contact Mick who will either send you one or discuss with you where you can go from here.

You will need to be at Eccleshill pool [Harrogate Road Bradford BD10 0QE](#) Phone : [01274 612329](tel:01274 612329)

for 19.00 on the Friday evening of your Try-Dive.

To Organise your session contact us via:

[www.bradfordsubaqua.co.uk](http://www.bradfordsubaqua.co.uk)

[info@bradfordsubaqua.co.uk](mailto:info@bradfordsubaqua.co.uk)

Tel No: 01274 812008 (Answer Machine) Mob 07575253311 (Mick)

If you have any questions please telephone and we will be happy to help

