

Blue-Water Pursuits Open Water Training Packet

It is time to put your classroom and pool training into use in an open water environment. Prior to embarking on this exciting endeavor, it is important that you read through this document and fill out all appropriate forms and get all gear ready to ensure a safe diving experience.

Open Water I training consists of four open water dives and one skin dive. All dives must be completed at a satisfactory level to be considered applicable toward certification. All dives are geared toward assessing skill level and applying pool and classroom training in an open water environment. Upon successful completion of pool, classroom, and ocean training, students will qualify for Open Water I SCUBA certification.

Open Water II training consists of four additional dives in more advanced diving environments. This highly recommended training weekend focuses on dive planning to depths of 70 fsw (e.g., site assessment, dive table and computer no-decompression stop limits, air management) and boat diving techniques. Upon successful completion of Open Water I and II training, students will qualify for Open Water II SCUBA certification.

In addition to applying SCUBA skills in an underwater environment, you will gain valuable experience assessing ocean conditions and learn how to safely perform surf entries and exits. The ocean activities are somewhat rigorous and will leave you feeling tired at days end. Be sure to get adequate rest prior to and following your dives.

Open Water Training Preparation

RESERVE AND PREPARE

- a. Hopefully, you've already been fitted for gear at the dive shop. If not, head on down there and get fitted!
- b. On the Monday prior to your dive training weekend, call the dive shop (Any Water Sports: 408-244-4433) and *reserve your gear*. You will need:
 - i. Regulator (Primary, Alternate, Console w/ pressure gauge, depth gauge, and timing device or computer)
 - ii. Buoyancy Compensator
 - iii. Weight Belt and Weights
 - iv. Two Tanks
 - v. Wet Suit

IMPORTANT – Test your gear prior to leaving the dive shop to ensure it is working properly. Attach the regulator to a test tank, test the inflator hose of the BC and be sure it holds air, and finally, make sure your tanks are full.

If you rent from another source, please inform your instructor in advance so you can be assured the rental equipment meets the requirements.

- c. Personal Gear
 - i. Mask and Snorkel
 - ii. Fins and Dive Boots
 - iii. Gloves
- d. Other items that will increase your enjoyment and safety:
 - i. Warm jacket/windbreaker
 - ii. Knitted cap
 - iii. Water and Food to snack on between dives
 - iv. Sunscreen
 - v. Money for parking (typically \$5-\$8)
 - vi. Get a good night sleep and stay hydrated prior to diving

ARRIVE ON TIME

- a. You must arrive on time! It is possible, due to conditions that we may move to an alternate site. Please call us if you think you're going to be late.

Number to call: _____

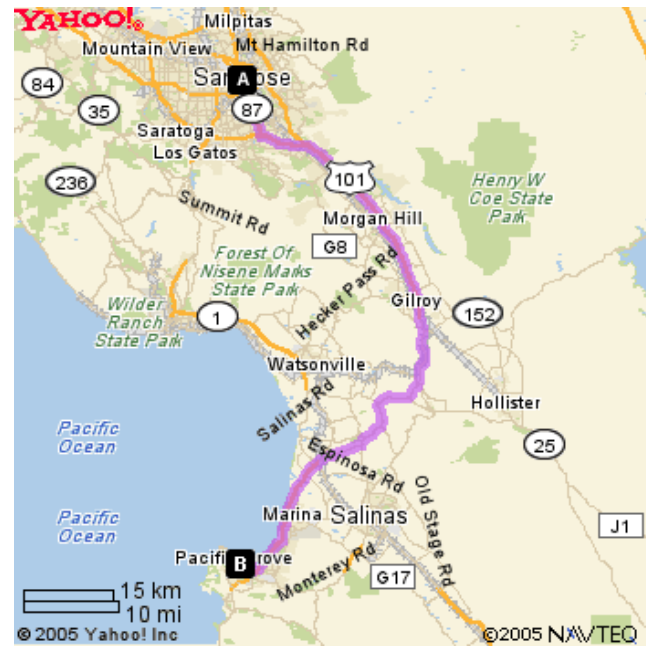
- i. Open Water I
 1. 8AM Saturday – San Carlos Beach (The Breakwater)
 2. 8AM Sunday – McAbee Beach
- ii. Open Water II
 1. 8AM Saturday – North Monastery Beach
 2. (Time varies) Sunday – Cypress Charters, Municipal Wharf

1) Getting to Monterey...



From HWY 17 South

Take the **CA-1 SOUTH** exit toward
WATSONVILLE/MONTEREY - go **39.0 mi**



From HWY 101 South

Take exit **#336** onto **CA-156 WEST** toward
MONTEREY PENINSULA - go **6.4 mi**

Merge onto **CA-1 SOUTH** - go **11.8 mi**

Hopefully you've made it to Monterey, now it's time to get to the dive sites...

2) Getting to the dive sites

From HWY 1 South...

To get to the Breakwater, McAbee Beach, and Cypress Charters:

Take exit **#402B/DEL MONTE AVE** onto **DEL MONTE AVE** toward **PACIFIC GROVE**

To Breakwater

- Continue on Del Monte Ave through the tunnel where the street turns into Lighthouse
- Get in the right-hand lane and veer right onto Foam Street
- Turn right on Cannery Row and park in the parking lot on your left
- LEAVE GEAR IN CAR and meet at the stairs leading to the beach

To McAbee

- Continue on Del Monte Ave through the tunnel where the street turns into Lighthouse
- Get in the right-hand lane and veer right onto Foam Street
- Continue on Foam Street and turn right onto Hoffman Avenue
- Turn right onto Cannery Row
- Meet in the El Torito Parking lot (you won't be able to park there though)

To Cypress Charters

- Continue on Del Monte Ave
- Turn right on Figueroa (which continues onto the wharf)
- Meet at the A-Tier Gate on the wharf

To Monastery Beach:

Continue on **HWY 1 South** through Carmel

Monastery Beach is approximately ½ mile after the last stop light in Carmel on the right hand side of the road. If you get to Pt. Lobos State Park, you've gone too far. Park on the northern end of Monastery Beach (toward Monterey).

Breakwater, McAbee, Cypress Charters:



N. Monastery:

