

## SWELL 175 • BEGINNING SCUBA DIVING

Please refer to the welcome page for general information & exam dates:

<https://studentwellness.byu.edu>

### COURSE DESCRIPTION

This class focuses on beginning techniques of SCUBA diving. The class is taught by Dive Utah [diveutah@diveutah.com](mailto:diveutah@diveutah.com), (801)-277-3483.

### LEARNING OUTCOMES

1. Students will be able to perform the fundamental skills of SCUBA by completing the PADI Open Water Diver certification in both pool and open water.
2. Students will be able to apply knowledge of SCUBA diving theory such as diving physics and physiology, equipment, dive planning, emergency procedures, aquatic life and environment.
3. Students will value and be able to apply general principles of fitness and well-being that will encourage lifelong wellness and assist in the active pursuit of their best selves.

### ATHLETIC ATTIRE

BYU student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

***Bring a bathing suit and towel to every class. All swim attire must be specifically made for swimming pool usage. Prohibited attire includes, but it not limited to: Athletic wear not made for swimming, compression shorts, leggings, basketball shorts, jeans, cotton clothing, and undergarments.***

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

### FEES & EQUIPMENT

A \$400.00 fee paid to BYU is due with your tuition. The fee is required and will not be refunded after the add/drop deadline, even if students have their own equipment. The fee covers:

1. Pool fees \$5.00 per class (4) = \$20.00
2. Homestead Crater entry fees \$40 plus tax per class (2) = \$86.00
3. Certification fees = \$36.00
4. PADI Student Materials
  - a. PADI Open Water Diver Manual with skill slate = \$35.00
  - b. PADI Divers Log Book = \$20.00
  - c. PADI Electronic Dive Planner (Multi-Level version) = \$21.00
  - d. PADI Open Water Diver DVD. A copy is loaned to each student and must be returned prior to the Crater.
5. SCUBA Equipment
  - a. BCD \$8.00 per class (6) = \$48.00
  - b. Regulator \$8.00 per class (6) = \$48.00
  - c. SCUBA Tank \$6.00 per class (6) = \$36.00
  - d. Weight Belt with weight \$2.00 per class (6) = \$12.00
  - e. Shorty Wetsuit for pool \$8.00 per class (4) = \$32.00
6. Students are responsible for their own transportation. BYU Field Trip Insurance for two trips to the Crater at Midway = \$6.00

Students may use their own equipment if it passes inspection by Dive Utah staff. Regulators must have an alternate air source and console with SPG, depth gauge and compass. Tanks must be current on visual and hydrostatic inspections.

## **SWIMMING REQUIREMENT**

Students must be comfortable in the water and know how to swim and float. The first night of class students will demonstrate this by completing a 200-yard swim (any style/stroke, no time limit) and a 10-minute tread/float. If you cannot complete this you will be advised to drop the class.

## **GRADING**

This course is graded on CREDIT RECEIVED(CR)/NO CREDIT RECEIVED (NC). Students must meet the following criteria to receive a passing grade:

1. Attendance: must attend a minimum of 80% of all class sessions; effective the day after the add/drop date.
2. Exam: must score a 75% or better.

*NOTE: Students who do not meet these criteria will receive an "NC" grade indicating no credit was received. This will NOT impact their GPA.*

## **TO BECOME CERTIFIED, A STUDENT MUST ATTEND 100% OF THE CLASS SESSIONS, PASS THE TEST AND QUIZZES WITH 75% OR BETTER AND SHOW MASTERY OF BASIC DIVE COMPETENCIES.**

\*Note: If a student incurs an absence, he/she **cannot** participate in future pool sessions. He/she has two options:

1. Pay Dive Utah \$50 and come to our Holiday location for a makeup class at the convenience of your instructor before your next class.
2. Withdraw/petition to withdraw from the course

*If your schedule looks tight, think about taking the course at a later date. Be aware that makeup classes done outside of the normal class schedule do not qualify for Field Trip Insurance.*

## **INJURY**

Any injury occurring during scheduled class time should be immediately reported to your instructor.

## **CLASS MEETING TIMES**

Class will be held in your scheduled classroom from 6:00-8:00pm. Immediately following the class, you will do pool dives at the Provo Recreation Center Pool (8:15-10:00pm), located at 320 West 500 North in Provo. The final Open Water dives will be conducted on the last 2 nights of class at the Homestead Crater in Midway, 5:30-8:00pm. Students will furnish their own transportation.

## **SAFETY**

SCUBA diving is not a risk-free activity. Failure to pay attention to the instructor, your surroundings, your depth and your air gauge can lead to serious injury even in the pool. Surfaces near the pool or dive site can be slippery. Students must exercise caution when carrying dive gear. Horsing around will not be tolerated. Anyone doing so will be asked to leave. The dive skills are taught in progression with easier skills taught first. Please do not attempt any skills until asked to do so by a dive staff member.

## **POOL RULES**

Do not get into the pool until instructed to do so by the dive staff.

No running on the pool deck.

All SCUBA tanks need to be placed on their sides when not directly attended.  
Be careful not to drop dive weights on your toes or the pool deck.  
Our pool time is limited. Please dress and undress quickly.

### **MEDICAL STATEMENT**

Students must fill out a medical statement **BEFORE** the first class. The statement can be found at [www.diveutah.com/forms/padi\\_med1.html](http://www.diveutah.com/forms/padi_med1.html). If you answer **YES** to **ANY** question, you will need a doctor's permission **BEFORE** the first class. Contact Dive Utah for specifics.