



Leisure Dive (LD)



Scuba Diving around Sabah has recently become popular among the diving community. If you're a certified diver and looking for some leisure diving, come dive with us at Sapi Island! Sapi Island is one of the islands of Tunku Abdul Rahman Park and it's only 20-25minutes away from Jesselton Point Jetty Terminal.

Before you register...

Prerequisites

What you must bring? - Please bring along your Dive Certification Card and Log Book!

Liability Release Form

Scuba Diving participants must be in reasonable health to attend the course. All divers must fill up and sign the JSK Scuba Diving

Kindly take note that divers are not allowed to take any flight for minimum of 24 hours from their last dive. We advice you to get one day rest before flying to your next destination.

Tour Code	Dive	Package Price/Pax
LD1/DV/IM	1 Dive	RM 240
LD2/DV/IM	2 Dive	RM 260
LD3/DV/IM	3 Dive	RM 390

Packages Includes:

- Jetty fee
- Island conservation fee
- Return boat transfer
- Sabah park dive permit
- Use of equipment
- 1 bottle of 500ml drinking water per dive





Diving Pre-Requisite

The high pressure a diver experiences underwater affects how his body functions in a variety of ways. Physical conditions that may not be bothersome, or even noticeable, in everyday life may be dangerous underwater.

Lung problems (such as a collapsed lung or asthma), ear issues (such as problems with ear equalization), allergies, and certain diseases are all potentially dangerous underwater. Some medications are contraindicated for diving.

Divers should carefully read, and then honestly answer the diving medical questionnaire distributed by your diving company/guide before beginning to dive, do ensure that you are fit to participate in the diving activity you've booked yourself in.

Do you fulfill the minimum requirements for scuba diving? The below are the common points in your check list before you book for any diving activities:-

1. You do not have any ear infection.
2. You do not have a history of ear disease, hearing loss or problems with balance.
3. You do not have a history of ear or sinus injury.
4. You are not currently suffering from a cold, congestion, sinusitis or bronchitis.
5. You do not have a history of respiratory problems, severe attacks of hayfever or allergies, or lung disease.
6. You do not have a collapsed lung (pneumothorax) or any history of chest surgery.
7. You do not have active asthma or history of emphysema or tuberculosis.
8. You are not taking medications which carries a warning about any impairment to your physical or mental abilities.
9. You do not have a history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them.
10. You do not have a history of fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia).
11. You do not have behavioural health, mental or psychological problems or nervous system disorder.
12. You are not pregnant.
13. You do not have a history of colostomy.
14. You do not have a history of heart disease or heart attack, heart surgery or blood vessel surgery.
15. You do not have a history of blood pressure, angina or take any medications to control blood pressure.
16. You are not over 45 years old, and do not have a family history of heart attacks or strokes, and do not smoke pipe, cigars or cigarettes.
17. You do not have a history of bleeding or other blood disorders.
18. You do not have a history of diabetes.
19. You do not have a history of back, arm, or leg problems following an injury, fracture, or surgery.

Anyone experiencing any of the above mentioned symptoms might still be able to dive; provided you have consulted your doctor and being declared fit to dive.