



PADI Open Water Dive Course



PADI Open Water Dive course will teach you basic dive theory about dive equipment, underwater environment and marine life.

With this license, you are able to explore more dive destinations around the globe. This certification card will be recognized worldwide and allows you to dive to a maximum depth of 18m/60ft.

Prerequisites

Age of Participants

Junior Open Water: Minimum 10 years old requires parent's or guardian's consent

Open Water Certification: 15 years old and above

Medical and Release of Liability for Open Water Students – student record file attached.

Scuba Diving participants must be in reasonable health to attend the course. All student divers must fill up and sign the Medical and Release of Liability.

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: OW/DV/ITM

Packages Includes:

Duration : 3 Days

- Jetty fee
- Island conservation fee
- Return boat transfer
- Sabah park dive permit
- Use of diving equipment
- Instructor and diving fee
- Lunch with 1 bottle of drinking water per day
- 1 bottle of drinking water per dive
- JSK Scuba log book
- PADI certification card





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.