

Dive training trip -21st, 22nd Jne2008

Lulworth Bailout plan

Where to go:

As weather is not ideal we'll be at Lulworth on Saturday which is a more enclosed dive site with a decent access to the water. You need to get there before 10am to make sure you'll be able to get your car to the beach to unload.

Maps

**Take B352 from Dorchester.
Turn off following signs to Winfrith and Newburgh.
Continue forward to West Lulworth and turn right onto B3070.
Follow signs to beach and carpark. If arriving before 10am
you can reverse down to the beach to the slipway entrance.**

**Carpark charges, £5.00 all day
7am to 7pm.
Beach access by car only before 10am
and after 6pm.
400yds walk from carpark to the beach**

CarPark X

If you get into trouble, get lost or whatever please let the dive manager know and they'll do what they can. In this case that's Chris (07808774271)

The aim for these weekends is to get as many people as possible through as much training as possible. We'll be trying to make sure that the dive sites are suitable for the maximum number of people but we need to know well in advance what kind of training people want. That means please let the Dive Managers know what your

requirements are.

For those who have new wet/ dry suits to try out make sure you get hold of a weightbelt and enough weights to make sure we can get your buoyancy right. Ideally take your suit and gear to the pool and try out weight combinations on a Friday before coming to Weymouth. If you can't do this don't worry we can probably guess the right weights and add trim if required on the day. Do remember to get weights from the Kit Store though. If you can, try to get all your diving gear into one bag - it's a lot easier to carry than loads of bits and leaving bits behind on the beach or at home can be an expensive mistake.

Happy diving....

-OWTO

Checklist for Dive Training

<p>Things to take with you: (Just suggestions and not a comprehensive list)</p> <ol style="list-style-type: none"> 1. Lunch ! – always important 2. Fresh water to drink – the sea is very salty and dehydration is a real problem for divers. 3. Flask of something warm 4. 1 bag for dry gear -> assume the worst your drysuit might leak – take a change of clothes. 5. 1 bag for dive gear (or barrel if you prefer) + 1 suit bag 6. Weight belt (surprisingly often forgotten) 7. Spare 'o' rings – they are pretty much a consumable. 8. Painkillers -diving is stressful and you can get headaches just from the excitement of it all.... 9. Mints, chewing gum, boiled sweets.... – better than tasting the seawater. 10. Sunblock – it's hot out there. 11. A hat – see above. 12. Wet wipes – there might be a toilet block accessible but is there any soap ?? 13. Waterproof coat - remember we are in the UK.... 	<p>Things to do beforehand.....</p> <ol style="list-style-type: none"> 1. Get air. 2. Fill out the diver information form. 3. Make sure the marshal or skipper knows your mobile number.... 4. Make sure you know their numbers.... 5. Pack your gear carefully – make sure it's all there. 6. Check the batteries in your torch / camera. 7. Make sure your kit works if it's not been used for a while. 8. Arrange car sharing and lifts. 9. Arrange accommodation if staying overnight.(try search on Internet or talk to a Marshall – if desperate you can sleep on the boat....) 10. Go to the dive briefing on Wednesday night!!!!
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Basic kit List: Essentials

STAB	Suit
Regulators	Boots
Weightbelt and weights	Hood
Mask	Gloves
Snorkel	Strap fins
Dive timer	Dive Bag/ kit bin
2 FULL cylinders	

Extra kit list: Useful

Reel	DSMB
Fixed SMB	Compass
Torch	Camera
Knife	Scissors