



PADI open water to instructor

OPEN WATER



The Open Water Diver certification is the 1st complete PADI certification you can earn. This license is the most recognized in the dive industry and will allow you to dive anywhere in the world, independent of professional supervision, to a maximum depth of 18 metres/60 feet.

The Open Water Diver course is comprised of 5 academic modules, 5 confined water training sessions and 4 open water dives. This license is the beginning of your passport to adventure. This course can be conducted in 3 ½ to 4 ½ days and requires no previous diving experience.

You'll start your Open Water diver course by studying independently with the PADI Open Water diver manual, on day 1 our experienced and fun Instructors will review your assignments and elaborate on any areas necessary, on day 2 you'll take your first breathes underwater and enter a new world and you'll be amazed at why you never took this course earlier but be warned diving is addictive. On day 3 you will complete all of your confined water training that will have made you proficient with basic dive skills and we'll take you onboard one of our dive boats for your first dive in Open Water, if you thought confined water training was amazing, just wait till you see the beauties of our reef systems, it's a tropical paradise. The final 4th day will finish your Open Water training with your last 2 dives on our reefs and now you're a PADI Open Water diver and the adventure is just beginning!

sample Schedule

day 1 day 2 day 3 day 4 day 5

am

Blow your first Bubbles in your shallow **Confined Water Session** and learn the essentials to the underwater world with our experienced team of Instructors

Take your third **Knowledge Development** Session while relaxing by the Mango Inn Pool "The Dive Environment - Dive Planning & Problem Management"

Final **Knowledge Development** Session "Continuing your adventure" & Exam Review

An early morning rise to dive Utila at it's best for your **Open Water Dives 3 & 4**

lunch

Relax and Re-fuel in Utila Dive Center's new Funky Fat Fish SnackBar

Take lunch in the Mango Inn Restaurant and then chill by the pool before your afternoon of diving

Lunch at one of Utila's many eating establishment prior to ...

Debrief and Log those dives before being certified as **PADI OPEN WATER DIVERS**

pm

Welcome & Introduction to Staff & Classmates; What to expect of your PADI Open Water Course; Introductory Theory Video and **Knowledge Development** "The Underwater World - Buoyancy & Pressure"

Second **Knowledge Development** Session in our Air-Conditioned Classroom "Adapting to the Underwater World - Communication & Equipment"

Second **Confined Water Session**. Fun practice for the likely and unlikely happenings in Scuba-diving including hovering weightless underwater.

A quick boat ride on one of Utila's fastest dive boats to two different dive sites for your **Open Water check out dives One & Two**.

A chance this afternoon to visit Utila's fresh water caves, take one of our kayaks out into the Mangroves, or just relax sunbathing.

eve

Celebrate your first breaths underwater with a sunset drink on the UDC Dock.

Take a break from study at Utila Dive Center's now legendary BarBQ Party Night.

Debrief and fill out your dive logbook during our **Fish-ID session** on the sun-deck.

Celebratory dinner for your achievement (continuing into the night!)

ADVANCED OPEN WATER



Now you're really discovering the adventure of diving when you earn this certification which can be completed in just 2 days, this license allows you to dive anywhere in the world to a maximum depth of 30 metres/100 feet without professional supervision (where local laws allow).

This certification allows you to choose 5 dives from night, deep, navigation, naturalism, multilevel, boat, search & recovery, underwater photography, underwater videography, cavern and many many more amazing experiences. If you've always wanted to tour underwater wrecks, enjoy spotting lobster and octopus on night dives and see schools of pelagic fish or learn how to identify the hundreds of different creatures that live on a Caribbean reef system then this course is for you. You can even sample training exercises from the PADI Rescue Diver course during this program that will credit you should you continue your diver education.

sample Schedule

day 1

day 2

Take a **SCUBA Review**, and refresh your skills if it has been a while since you last dived.

am

Your third and fourth adventure dives before lunch; This time you get a choice; Perhaps a visit to the serene and awesome Halliburton wreck in your **Wreck Adventure Dive** and a chance to improve your buoyancy and play ultimate underwater Frisbee in the Peak Performance **Buoyancy Adventure Dive**, or maybe you want to improve your Fish-Identification skills or take one of our in-house cameras for some underwater photography and underwater memories. It's up to you.

Short **Theory Session** over lunch and meet your classmates

Take a bite to go and enjoy it as you sunbathe on our sundeck.
Buen provecho!

lunch

Extend your depth limits and experience with the **Deep Adventure Dive**, then move site before practicing your underwater skills in your **Navigation Adventure Dive**

An afternoon free to relax and visit some of Utila's attractions, or if you cannot stay away from the water, perhaps join a boat survey trip looking for the rare Rough-toothed Dolphins and the elusive WhaleSharks.

pm

Relax, grab a drink and take a splash in our pool at the Mango Inn.

Complete the theory and grab a snack in time for your **Night Adventure Dive**; boats leaving at dusk, the sun sets completely during your dive, so you can watch the busy day life going to bed, as the night-life comes alive, under a spectacular rain of bio-luminescence.

eve

EMERGENCY FIRST RESPONSE

A non-diving certification that teaches you basic first aid care of cardio-pulmonary resuscitation. This program has no minimum age requirements so is ideal for all family members. This certification is a prerequisite for all PADI courses beyond the Advanced Open Water Diver. In just 1/2 day build your confidence and know how to act in the event of an emergency. Build upon your CPR skills by learning how to provide secondary care to a patient when the care provided by local emergency services will be delayed. The secondary care module shows you how to assess illnesses, injuries and splint wounds. Other additional skills include an orientation to using an 'automated external defibrillator', providing oxygen and dealing with choking adults. In 1 day become a competent Emergency First Responder.

EMERGENCY FIRST RESPONSE 'CARE FOR CHILDREN' PROVIDER (OPTIONAL)

This program trains Emergency First Responders how to provide CPR/1st aid and secondary care to infants and children. The program builds upon traditional CPR/1st aid and secondary care specifically training providers the following skills; Infant Rescue Breathing, Infant CPR, Infant Choking, Infant 'Automated External Defibrillation', Child Rescue Breathing, Child CPR, Child Choking, Child 'Automated External Defibrillation'

This program is essential for anyone who comes into contact with infants or children in a working or supervisory capacity and is highly recommended for all Emergency First Responders. As Utila Dive Centre's 'Director of Professional Training' Andy Phillips stated 'Even though I have very little contact with infants and children, I know that even if I never use the training and skills of the 'Care for Children course' I'm 110% delighted I took this program because in the event I do need to provide care to an infant or child I will know exactly what steps I need to take'.

RESCUE DIVER

Build your confidence and abilities as a PADI Rescue Diver with this 4 day program which improves your diving skills and has several different academic topics that teach you about recognizing diver stress, diving first aid, emergency management and dive equipment problems.

The 10 in-water exercises will give you the ability to deal with distressed, tired, panicking and missing divers, feel your confidence and skills improve as we train you in a conducive learning environment and confined water setting where you'll receive demonstrations from our Instructors on in-water and our of water rescue techniques, this is serious fun. Once you've mastered these techniques we'll then we'll take you to an Open Water environment and you'll demonstrate your ability through 4 staged scenarios to manage an accident, organize a missing diver search, retrieve an unconscious diver to the boat or shoreline and provide CPR/1st aid, you'll also learn how to complete and activate a local emergency assistance plan, which can credit towards Divemaster training.



Family, friends and other divers will always feel more assured knowing their diving with a PADI rescue Diver. This course is required as a prerequisite to begin professional training as a PADI Divemaster.

sample Schedule

day 1 day 2 day 3 day 4 day 5

<p>am</p>	<p>Emergency First Response (CPR & First Aid) Course, for those without training or those wanting a refreshers, including AED (Automated External Defibrillator)</p>	<p>Prepare an Emergency Assistance Plan for the local area, and then your second Knowledge Development Session on Diving First Aid and Emergency Management</p>	<p>Chill out dive in the middle of your course, before continuing with responding to unconscious divers at the surface and different methods of egress with them.</p>	<p>An exercise in First Aid for Pressure-Related Accidents, and further skill development and practice responding to victims from the dock</p>	<p>Final Scenarios - Putting it all together during the unluckiest dive trip ever!!! - This is Serious Fun.</p>
<p>pm</p>	<p>Overview of the Rescue course and Self-Rescue and Diver Stress Knowledge Development Session, before a review of your self-rescue abilities in the water, and responding to Tired & Panicked Divers</p>	<p>Water session: Responding to people from land/boat, responding to distressed divers underwater, and searching for missing divers and surfacing them if unconscious.</p>	<p>Final Knowledge Development Session - Equipment Considerations & Review.</p>	<p>Final Exam & Exam Review. Further remedial water skill practice if needed.</p>	<p>Huge celebrations ... You're well on your way to becoming a Master Scuba Diver or Divemaster.</p>
<p>eve</p>	<p>You will sleep well during this course!!!! Exhausting, yet exhilarating, it is Serious Fun.</p>				

PADI SPECIALTIES



Specialty courses are means for which divers to explore interests in specific dive activities. Choose from cavern, deep, equipment, night, research, underwater hunter, search & recovery, research, navigator, photographer, wreck, boat, drift, dry suit, multilevel, naturalist, peak performance buoyancy, videography, enriched air, project aware specialty, aware fish identification. These courses improve a divers knowledge in certain fields of diving and act as a foundation for further education allowing you as a diver to learn the skills and knowledge to gain more experience independently.

Specialty programs can be conducted in 1-2 days and can credit with the Adventures in Diving certification. Please enquire to the Utila Dive Centre for information about a specific specialty program you may be interested in taking.

DIVEMASTER



The program consists of 3 separate modules, knowledge development, watermanship and practical training. During knowledge development you'll learn about supervising both students and certified divers in addition to gaining theoretical diving knowledge about physics, physiology, skills and environment, equipment and the recreational dive planner. You'll also put your practical training into developing an underwater map of a local dive site. The watermanship module will develop your strength and skills in the water and develop your confidence to a strong level of comfort. With guidance and counseling from our experienced Instructors you'll soon develop into a true dive professional. In fact many of our Divemasters go on to successfully complete PADI Instructor training.

There are 2 options for completing your Divemaster training with us, Option A 'Practical training exercises' and Option B 'Internship'. Option A is for candidates who start the program with at least 50 dives but have time constraints so the program can be completed in approximately 12 days, however independent study is required prior to arriving on Utila and starting the course. Option B 'Internship' is for candidates who have more time available as we schedule this option over 3-4 weeks, you'll need at least 20 dives to begin the program though for candidates lacking this we can offer these immediately before starting the course at no extra charge.

As part of the internship you'll be assisting our experienced team of Instructors as they conduct PADI training programs with student divers. We'll provide Instructor led class sessions to help you assimilate the most from your independent study so if Physics sounds like a foreign language then you'll soon become multi-lingual thanks to the expert tuition of our staff. You'll also get experience working as a dive guide by guiding certified divers on our dive trips to Utila's famous North Side dive sites.

At the Utila Dive Centre we put no time limit on the length of time you can stay with us so the more you put into this program the more you get out of it. We are not a factory and train all of our trainees as if they plan to go on to become Instructors. As part of the service we provide to our Divemasters you'll be offered specialty training in areas of diving where you have accumulated additional experience e.g. Fish Identification, Deep diving, Equipment maintenance, and as the only facility on Utila with the Dolphin semi closed circuit rebreather's we'll even offer you certification in this course at the amazing price of just \$150!!!

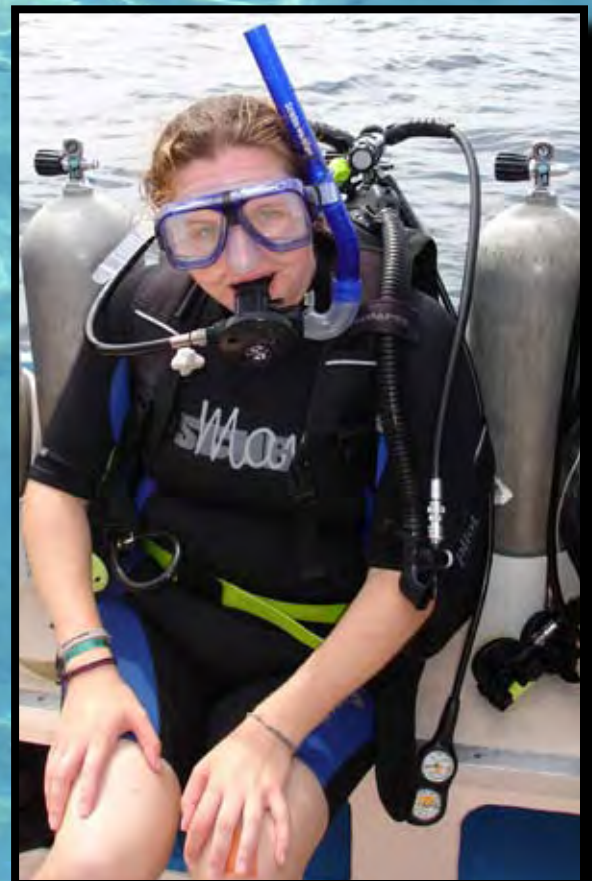
If you dream of working in exotic environments, beautiful dive experiences and meeting people from all walks of life then the PADI Divemaster course could give you the lifestyle you've always dreamed of. We've extended our Divemaster program to cover more effective teaching techniques, discuss diving in different worldwide environments, look at greater career opportunities in diving including 'diver safety' and 'technical diving' and resume preparation. As a PADI Career Development Center we receive a lot of job applications everyday so we'll show you exactly what it takes to become a successful Divemaster in today's dive industry and all this is done in a low stress, relaxed and most importantly 'fun' environment.

Our staff are available outside of regular hours for any remedial tuition or 1 to 1 coaching, remember we want you to succeed as a first rate dive professional, not just get certified.

1. To enroll in a PADI Divemaster course you must have at least 20 dives and been certified as a PADI Rescue Diver (or equivalent), you'll also need to show proof of CPR/1st Aid training in the last 24 months and submit a medical statement from the last 12 months, signed by a physician stating you are fit for diving, at the completion of your course, which can be arranged by our in house Doctor. If possible please bring with you all previous certification information (dates of courses, instructor numbers names, training agency name) and if you hold any non-PADI certifications please also bring a copy of each certification.

2. Method of payment for the Divemaster application, PADI do not accept cash, such as VISA/MasterCard/AMEX or USA Bank Cheque or US Travelers Cheques. Your payment for the course should be made prior to the start and can be done with either traveler's cheques, but preferably by bank wire into either our USA or UK accounts. You can use credit cards on Utila but there is an 8% surcharge for this.

We recommend that you purchase the Divemaster crew pack, which includes all materials you need for the course (with the exception of the RDP Wheel and Table and previous course level manuals and materials) and we can offer this at virtually cost. We do not advise borrowing or using 2nd hand IDC materials but some candidates do this in order to save costs. If you are planning on using 2nd hand materials please remember, that as of January 2006 you'll need to submit a hologram, (comes with the Divemaster manual) with your Divemaster application to be processed. Unlike many dive centers we do not try to push/sell materials to candidates in order to increase profit margins, however as of January 2006 it is a required PADI standard worldwide that all Instructor candidates have these materi-



SCHEDULE AND LOGISTICS FOR INTERNSHIP OPTION

The Divemaster course is scheduled to start on a Monday (we do advise candidates to arrive 2-3 days earlier to begin preparation), run over 4 weeks, and end on the Saturday of the last week, ready to celebrate!

In week 1 you will receive the following academic classes; Role of the Divemaster (Course Orientation), Assisting Student Divers in Training and Supervising Certified Divers. These classes will be conducted in the evenings giving you time to study independently and prepare for them, in the mornings we will conduct a training skills circuit for you to watch and then we will work with you to develop your own demonstration quality skills, you'll also complete a 400 meter swim, 800 meter snorkel, tread water for 15 minutes, an equipment exchange (whilst buddy breathing) and tow a tired diver for 100 meters, plus we'll conduct an evaluation of your rescue skills at the end of the week. You will also be assigned a dive site to make a map of and an emergency assistance plan to complete which will be done independently over the next few weeks. There will be several opportunities in week 1 for you to go out and dive for fun with the other candidates on your course and learn more about our reef systems and diving conditions.

In week 2 we will continue to develop your academic understanding of dive theory by giving classes in Physics, Physiology and Equipment. Now that we have completed week 1 and given you a strong foundation from which to progress you can now join your 1st PADI Open Water course and assist the group and learn with real students and observe other experienced Divemaster's and Assistant Instructors, as most of our PADI Open Water students take the PADI Advanced Open Water course as well you will also get the chance to assist on this course and see the real progression of students in training and get to some experience some great North side Utila diving as well.

In week 3 we'll complete your academic understanding that all Divemasters should possess and give the final theory classes in Skills/Environment and Recreational Dive Planner. Now you're comfortable working with students you'll get to team up with a more experienced Divemaster on our daily North side dive boat which normally caters specifically to certified divers. You'll learn how to brief a certified diver on a dive site and profile and understand more about the logistics of running dive trips for certified divers.

Now in week 4 it all comes together, you'll get to assist a PADI Rescue class and you'll hand in the map of the dive site and emergency assistance plan that you com-

pleted independently, in the last week of your Divemaster training you'll also have the option to enroll in 5 PADI specialty classes at cost price, these courses make you more knowledgeable and skillful, choose from: Enriched Air, Gas Blender Nitrox and Trimix, Wreck, Deep, Night, Naturalist, Photography, Search & Recovery, Dolphin Rebreather, Equipment Navigation, Videography

In week 5 (optional) you are now a certified Divemaster, so we'll train you specifically working on our resort boat, dealing with resort guests on a 7 day inclusive diving package. You'll get additional training, experience and supervised guidance, in planning dive profiles, briefings, reservations, and providing a higher level of service to our guests. This additional weeks training will really give you a 'polished' edge as a Divemaster and improve your professionalism, knowledge and skills.

Our commitment to you doesn't end at the end of the course, if you are staying on Utila looking to find work we will do our best to help you and our staff and facility have a high standing in the dive community of the Bay Islands and can try to find suitable work. Please bear in mind though in other dive centers on Utila and in resort destinations around the world, most centers use Divemaster's in training for guiding divers or have certified Divemasters who are willing to work simply in exchange for experience. We do have paid employment opportunities for our Divemasters upon certification, you'll receive payment for every scuba review you conduct, for referring students to dive with us, and also for guiding divers, though please bear in mind the pay is minimal. If you are really looking for a paid position with in the dive industry, you need to be at least a PADI Assistant Instructor or Instructor as most people that visit Utila do so for PADI certifications and we do try to provide work to all our Divemaster's who go on to become PADI Assistant Instructors. After the Divemaster program you are welcome to stay with us for as long as your time frame allows and you can assist our Instructors and certified divers in their dive experiences. This gives you valuable experience and a work reference from our PADI Career Development Center and Gold Palm Resort and will make it easier for you to find your own position. If you plan on traveling to other dive resorts in the world then it's possible our Course Director and IDC Staff Instructors, through their own experience of working all around the world, can help/advise and counsel you on teaching in differing environments and help guide you in the right direction to secure employment. As part of our commitment to you we send regular newsletters keeping you informed of changes on Utila but most importantly you become part of a professional network of divers (Divemasters/Assistant Instructors/Instructors) that have all trained at Utila Dive Centre. In addition to having our Staff who have worldwide contacts and teaching experience we can use this network to place you in touch with other professionals who are working all around the world to help you find employment or simply seek advice from.

SAMPLE SCHEDULE

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am	Fundive	Fundive	Fundive	Fundive	9am Skill Circuit	Fundive	Fundive
am	Fundive	Fundive	Fundive	Fundive	Skill Circuit	Fundive	Fundive
pm	4pm Introduction New Divemaster	4pm Chapter 3	4pm Chapter 2	4pm Chapter 2	Dolphin survey		4pm Chapter 6
pm	Chapter 1 Role of the Divemaster	Supervising Students	Supervising Certified Divers Part 1	Supervising Certified Divers Part 2	Dolphin survey and specialty	5.30pm Divemaster Counseling	Divemaster Conducted Programs

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am				Assisting Open Water Course	Leading Certified Divers		Fundive
am	11am Preparation for Course	11am Preparation for Course	11am Preparation for Course		Leading Certified Divers	11am Preparation for Course	11am Preparation for Course
pm	Assisting Open Water Course	Assisting Open Water Course	Assisting Open Water Course		Kayaking	Assisting Open Water Course	Assisting Open Water Course
pm	5pm Divemaster RDP			5pm Divemaster Physiology		5.30pm Divemaster Counseling	5pm Divemaster Equipment


WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am		Assisting Open Water Course	Assisting Advanced Course	Assisting Advanced Course	9am Scuba Tune-Up		
am	11am Preparation for Course				11am Preparation for Course	11am Preparation for Course	11am Preparation for Course
pm	Assisting Open Water Course	Emergency Plan			Assisting Open Water Course	Assisting Open Water Course	Assisting Open Water Course
pm		5.30pm Divemaster Counseling	5pm Divemaster Physics	Assisting Advanced Course		5.30pm Divemaster Counseling	

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am	Assisting Open Water Course	Time for Specialties	Time for Specialties	Time for Specialties	Time for Specialties	Graduation Dive With Your Mentor	
pm		5.30pm Divemaster Counseling	Equipment maintenance session	Map making & research	4pm EFR Care for Children	Certification Paperwork	

INSTRUCTOR DEVELOPMENT COURSE

A man in a scuba suit and mask, smiling, with his hands on a scuba tank. The background is a blue, textured wall.

The Instructor Development Course is comprised of 2 components which can be taken either separately or together in one course. The Assistant Instructor portion is the 1st component of the PADI Instructor Development Course and builds upon Divemaster training. The Assistant Instructor course is a 5-day program that introduces you to the role of an instructional assistant, both in academic teaching and in confined & open water training.

As an Assistant Instructor you immediately improve your employability within the dive industry and increase your earnings potential. This program credits towards the PADI Instructor Development Course and allows you to gain experience as an instructional assistant before deciding to commit to the IDC.

The Assistant Instructor course can be conducted as part of the PADI IDC or as a stand-alone program. The 2nd portion of the IDC is the OWSI (Open Water Scuba Instructor) program. The OWSI develops candidate's abilities to prepare academic, confined water and open water teaching presentations. As an Instructor candidate you'll also learn about business principles, teaching children, risk management and other important topics relevant for the dive professional.

Our IDC is 4 days longer than the industry standard of 7 days, that's 11 days of quality instructor training. The last 2 days of our IDC are conducted as a 'mock' Instructor Examination to give you better preparation and insight into the real IE. However from our experience as a dive centre that trains over 1500 divers a year, at all levels, we know how much more important it is to prepare a candidate for the real world of dive instruction rather than just to pass the Instructor Examinations.

We've extended our IDC program to cover more effective teaching techniques, discuss instructing in different worldwide environments, look at greater career opportunities in diving including 'diver safety' and 'technical diving' and resume preparation. At Utila Dive Centre we receive a lot of job applications everyday so we'll show you exactly what it takes to become a successful Instructor and what gives you the best chance of success as a professional in today's dive industry. As the only facility on Utila with 'rebreathers we'll spend extra time looking at future trends in diving 'rebreathers'.

All this is done in a low stress, relaxed and most importantly 'fun' environment. Although the actual number of hours per day on the IDC are about 8 we have our IDC facility open at least 12 per day so anytime our candidates need quiet study time, assignment preparation time, private discussion or career counseling they get it! Our staff are available outside of regular hours for any remedial tuition or 1 to 1 coaching, remember we want you to succeed as a first rate dive instructor, not just pass the IE!

To enroll in a PADI IDC you must have been certified as a PADI Open Water Diver (or equivalent) longer than 6 months and be at least certified as a PADI Divemaster (or equivalent from another organization). You'll also need to show proof of CPR/

1st Aid training in the last 24 months and submit a medical statement from the last 12 months, signed by a physician stating you are fit for diving, at the start of your course. You also need to be at least 18 years old with 60 dives (deep, night and navigation experience) though you need to have at least 100 dives to be certified as a PADI Instructor.

PAPERWORK

REQUIREMENTS

- 1 If possible please bring with you all previous certification information (dates of courses, instructor numbers names, training agency name) and if you hold any non-PADI certifications please also bring a copy of each certification. This will ensure prompt processing of your Instructor application and avoid unnecessary delays.
- 2 A medical statement within the last 12 months, dated and signed by a physician, stating you are fit for diving. These can be obtained on Utila for about \$15.
- 3 2 Passport sized photo's
- 4 Log book with at least 60 dives for AI/IDC and 100 to be certified as an Instructor.
- 5 Method of payment for the IE, PADI does not accept cash, such as VISA/ MasterCard/AMEX or USA Bank Cheque or US Travelers Cheques. Your payment for the course should be made prior to the start and can be done with either traveler's cheques, but preferably by bank wire into either our USA or UK accounts. You can use credit cards on Utila but there is an 8% surcharge for this.

We recommend that you purchase the IDC crewpack, which includes all materials you need for the IDC/IE (with the exception of the RDP Wheel and Table and previous course level manuals and materials) and we can offer this at virtually cost. We do not advise borrowing or using 2nd hand IDC materials but some candidates do this in order to save costs. If you are planning on using 2nd hand materials please let us know ASAP so that we can make sure you receive important changes & updates for your manuals since they were printed.

Unlike many IDC centers we do not try to push/sell materials to candidates in order to increase profit margins, however as of January 2006 it is a required PADI standard worldwide that all Instructor candidates have these materials.

For candidates that book online and in advance we offer a preparation program as part of your IDC. This will include getting you completely comfortable in the water if it's been a while and allowing you to observe our instructors as they teach PADI Open Water & Rescue diver classes, reviewing demonstration quality skills, rescue skills, retesting of Divemaster theory and preparation for the IDC. The earlier you can prepare for the IDC the easier you will find the course and the more you will get from it, much better to spend a small amount of time a day revising a few weeks before the course than cramming it all in just before the IDC starts. If there are certain areas that you are having problems or difficulty with please let us know in advance and we can arrange additional remedial sessions aside from the IDC to bring you up to speed, all part of the service.

SCHEDULE AND LOGISTICS

The IDC is scheduled to start on a Thursday (we do advise candidates to arrive 2-3 days earlier to begin preparation), run over 10 days, and end on the Saturday (the last 2 days of the IDC, Friday and Saturday are held as a mock IE to completely prepare and test you for what will happen at the PADI IE). On Sunday we schedule the EFR Instructor course which we recommend for all candidates as this will allow you to offer inclusive PADI Rescue Diver training. We recommend that on the Monday you use this day to relax as the IE orientation will be held in the evening with the full IE program on the Tuesday/Wednesday. After the IE the 'optional' Instructor Continuing Education programs begin right away and we can always customize a package for individual needs and interests. During the IDC all class-work and academic testing takes place in the mornings and after a lunch break the afternoons are usually spent in the water developing 'confined' and 'open water' teaching skills. A typical day runs from 8am to 5pm with lunch 12pm-1pm though our staff and facility are available from 7am-7pm for any consultation, counseling and remedial training. You'll have evenings where assignments need preparing but this has been carefully managed so candidates receive no more than 2 assignments, maximum, per evening with many evenings a little more relaxed with either no assignments or just 1 assignment.

The ability to pass an IE is a natural progression of sitting the IDC. You will have several opportunities during your IDC to practice these assignments and will do a mock IE before the real PADI IE. We're proud of our record at the PADI IE's and in 2007, over 60 Divemasters in 12 different programs chose to do their IDC with Utila Dive Centre (that's nearly three times as many as any other facility in the Bay Islands) and everyone passed the PADI IE. Whilst it is impossible to 'guarantee' you'll pass the IE our promise to you is that should you fail the IE we will offer a 2nd IDC for free and pay for you to re-sit the IE, no gimmicks!



AFTER THE PADI INSTRUCTOR EXAMINATION

We offer all different kinds of Instructor level continuing education programs from PADI, DAN and DSAT Tec courses. These are scheduled to be after the IE and we can arrange package deals as part of a career-training program, at our resort.

The dive industry is like any other in terms of competitiveness for employment and newly qualified Instructors often find the challenge after passing their Instructor Examination is in securing suitable employment. At Utila Dive Centre our staff, with their extensive network of contacts in the region and worldwide, will do their best to assist you find employment with their placement service but to facilitate your chances of gaining employment as a PADI Instructor, you can give yourself the best possible head start by enrolling in our 'Premium Pro Plus' program. Our 'Premium Pro Plus' program includes the PADI Instructor Development Course, Emergency First Response Instructor and Master Scuba Diver Trainer preparation program. Our 'Premium Pro Plus' program will train you beyond a regular PADI 'Open Water Scuba Instructor' and after the IDC is completed and the examinations passed we will train you as an 'Emergency First Response' Instructor and a 'Master Scuba Diver Trainer' and allow you to intern with our full time Instructors at the Utila Dive Centre on Utila, so what we taught you during the IDC you will get to put into practice under the watchful eyes of our seasoned professional staff.

The Emergency First Response Instructor course takes 1 day and trains you to become a competent 1st Aid/CPR Instructor with specific skills that focus on 'Care for Children'. The EFR Instructor rating is essential in order for you to certify PADI Rescue Divers, as prior to Module 2 of the Rescue course all candidates have to have completed a sanctioned program in 1st Aid/CPR within the last 24 months. This training will also benefit you outside of the dive industry and you can offer formal 1st Aid/CPR training to family, friends and also in the UK, USA and Australia the EFR program can be used to meet 1st Aid in the workplace requirements.

The 'Emergency First Response' Instructor course will be held on the last day of the IDC program, just before the IE, then after you've celebrated becoming an Instructor we will start with the MSDT program, this will train you in 5 PADI Specialty Instructor ratings and no other facility or Course Director in Central America can offer such an extensive range of continuing education programs, choose from;

- Enriched Air
- Gas Blender Nitrox and Trimix
- Wreck
- Deep
- Night
- Naturalist
- Photography
- Search & Recovery
- Dolphin Rebreather
- Equipment
- Navigation
- Videography



We can also include DAN O2 Instructor in our MSDT program. After the specialty Instructor training has been completed we have an optional internship (highly recommended) that allows you to assist our qualified and experienced Instructors on their PADI courses and you get the chance to take the 'micro teaching' techniques that we taught you during the IDC and apply to actual courses and gain real world experience. The internship will allow you to assist on at least 4 PADI courses from Open Water to Rescue and gain invaluable real world experience and organizational and logistical skills, by the end of our internship you will have issued 25 PADI certifications and can apply for your PADI Master Scuba Diver Trainer rating, also you will

have earned a valuable reference from our Career Development Center which is good for life, wherever you travel in the world as an Instructor. Our 'Premium Pro Plus' program offers exceptional value and costs just \$1620, this represents a saving of \$125 off the courses regular individual prices. There are additional application fees to PADI and materials are also in addition.

SAMPLE SCHEDULE

Areas in blue and shaded are where you are in the water

Areas in black are where you are in the classroom

Areas in red are additional sessions we schedule at UDC beyond the PADI IDC curriculum

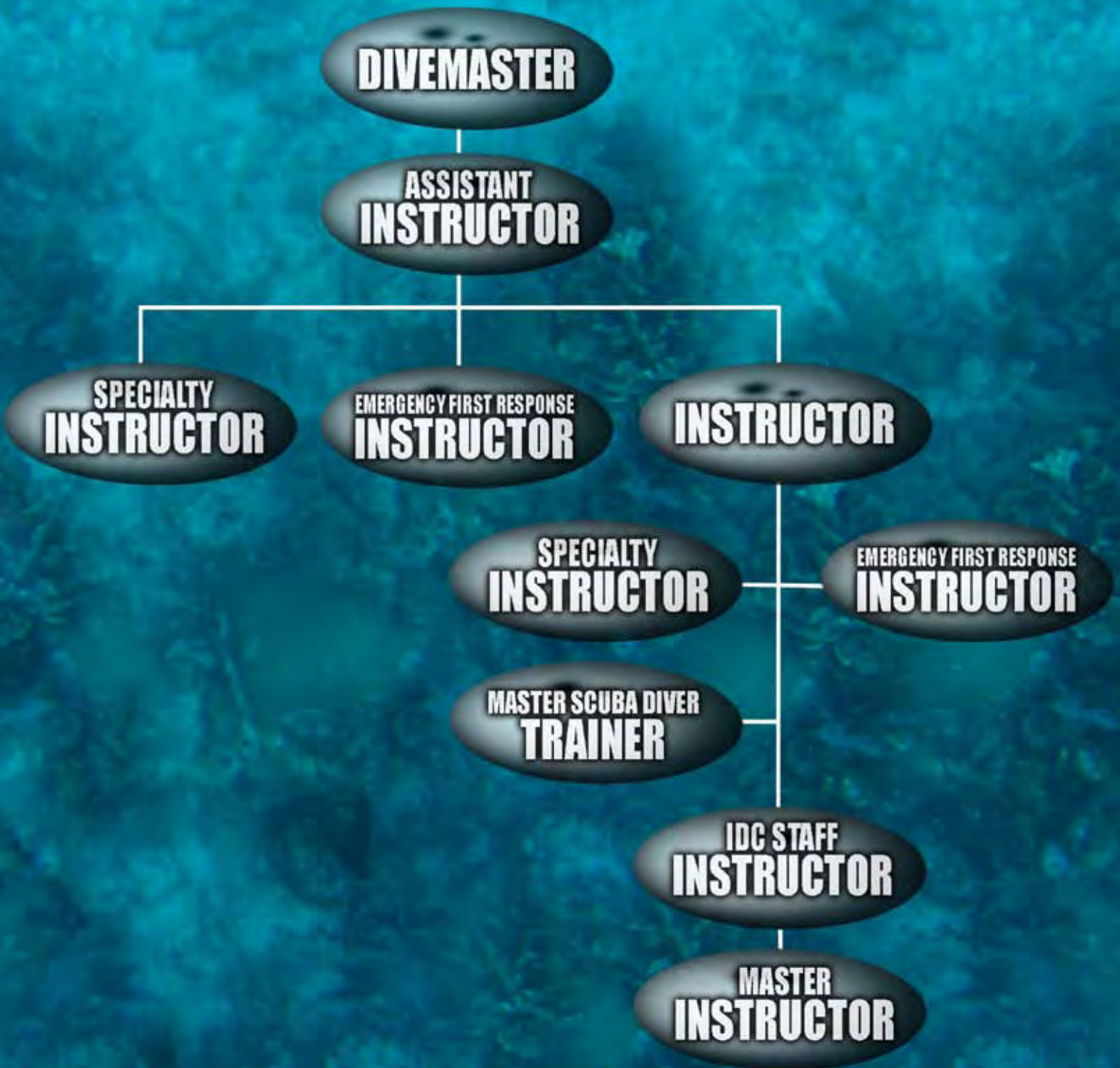
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
8:00 AM			Developing 'Knowledge Development'	Knowledge Development presentations	Knowledge Development presentations	
9:00 AM		Learning instruction & PADI system	Developing 'Knowledge Development'	Knowledge Development presentations	Knowledge Development presentations	Dive industry overview
10:00 AM		DS & Snk programs	Teaching in Confined Water	Knowledge Development presentations	Knowledge Development presentations	General Standards & Procedures
11:00 AM		DS & Snk programs	Teaching in Confined Water	Teaching Children	Conducting Open Water Training Dives	General Standards & Procedures
12:00 PM		LUNCH	LUNCH	Teaching Children	Conducting Open Water Training Dives	LUNCH
01:00 PM	Registration & Orientation	Skills development & assessment	Project Aware & PPB	LUNCH	LUNCH	O/W Presentations & Skills Assessment
02:00 PM	Dive theory exams	Skills development & assessment	E-RDP	Confined Water presentations	Mock Standards exam	O/W Presentations & Skills Assessment
03:00 PM	Dive theory exams	Skills development & assessment	Assignment preparation time	Confined Water presentations	Confined Water presentations	O/W Presentations & Skills Assessment
04:00 PM	Dive theory exams	Skills development & assessment	Assignment preparation time	Knot/Lift bag clinic	Confined Water presentations	Descent and CESA Workshop
05:00 PM					Rescue skills clinic	Rescue Practice

Time	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
8:00 AM	PADI Scuba Diver & OW course	Prescriptive presentations	Diver retention programs	Standards Exam (Mock IE)	Prescriptive presentations (Mock IE)	EFR Inst (optional)
9:00 AM	PADI Scuba Diver & OW course	Prescriptive presentations	Rescue Diver course	Dive Theory (Mock IE)	Prescriptive presentations (Mock IE)	EFR Inst (optional)
10:00 AM	Legal & Risk management	PADI Continuing Education	Divemaster course	Dive Theory (Mock IE)	Confined Water presentations (Mock IE)	EFR Inst (optional)
11:00AM	Internet resource clinic	Specialty diver & MSD program	Divemaster course	Dive Theory (Mock IE)	Confined Water presentations (Mock IE)	EFR Inst (optional)
12:00 PM	LUNCH	Diver retention programs	Resume preparation	LUNCH	Skills circuit (Mock IE)	LUNCH
01:00 PM	Media & prescriptive teaching	LUNCH	LUNCH	OW presentations (Mock IE)	LUNCH	EFR Inst (optional)
02:00 PM	Media & prescriptive teaching	OW presentations	Confined Water presentations	OW presentations (Mock IE)	Final counselling & Closing	EFR Inst (optional)
03:00 PM	Adventures in Diving	OW presentations	Confined Water presentations	OW presentations (Mock IE)		EFR Inst (optional)
04:00 PM	Business principles	Adventure Dive Workshop	Closed Circuit Rebreather try dive	Rescue (Mock IE)	EFR Inst (optional)	EFR Inst (optional)
05:00 PM		800 metre Snorkel Swim	Closed Circuit Rebreather try dive		EFR Inst (optional)	

So what more are you waiting for, if you'd really like to get a head start, gain valuable teaching experience, issue 25 certifications, qualify in 5 specialty areas as an Instructor and earn a valuable reference from one of the most awarded PADI Career Development Centers in the world contact PADI Course Director Andy Phillips today!

UTILA DIVE CENTRE

WHERE PROFESSIONALS LEARN FROM PROFESSIONALS



BEAUTIFUL OCEANS SCIENCE DIVER AND INSTRUCTOR



Beautiful Oceans is an exciting new training organization, like PADI or DAN, however they are unique, distinctive and offer coral reef marine science courses and eco tour expeditions. Prior to 2006 if a scuba diver or professional wanted to learn more about marine biology they would have to enroll in a college program or join an expedition which could be expensive, time consuming, beyond the scope of their needs with excessive information, and existing environmental programs did not fulfill their needs. The founders of Beautiful Oceans are marine biologists, from prestigious and world renowned McGill University, Canada, and have participated in numerous expeditions and conservation programs in the Caribbean, their knowledge and experience are unsurpassed and their programs reflect years of education, training and experience. Beautiful Oceans programs are designed to help dive professionals better understand marine biology, ecology, species and ecosystems, and give them new skills which will make them more employable, knowledgeable and to provide better experiences that today's diver and snorkeller seeks from their adventures.

We run Beautiful Oceans Science Diver courses through the 'Utila Centre for Marine Ecology' on Utila and were the 1st, and currently only, Beautiful Oceans Science Instructor Development Centre in Honduras, and Central America. We schedule Beautiful Oceans Science Diver/Instructor packages every month for our Divemasters and Instructors.

As a dive professional are you interested in increasing your chances of finding employment?

As a dive professional are you interested in teaching fun coral reef biology courses?

As a dive professional are you interested in adding new skills to your curriculum?

As a working dive professional are you interested in earning additional income from the job that you love?

By adding the distinctive rating 'Science Instructor' to your curriculum you will be qualified to teach coral reef biology to divers and snorkelers, issue official 'Science Diver' and 'Science Snorkeler' C-cards and significantly increase your chances of finding employment.

The costs are;

Beautiful Oceans Science Diver/Instructor course combined (per module) \$200

Beautiful Oceans Science Diver/Instructor materials per module (diver manual, diver slates, diver certification fees, Instructor manual, Instructor slates, CD Rom, Instructor application fee, Instructor membership fee) \$300

When you think that based on an average class of 4 students, earning \$25 per head, for teaching a fun 1 day course, you can earn \$100, then it only takes 5 classes to make a 'return on investment' what an opportunity to get qualified and paid for the job that you love!!!!!!!



equipment requirements FOR DIVE PROFESSIONALS

Imagine visiting the Doctor for a check up and they asked to borrow stethoscope or rubber gloves from you, or calling out an electrician to fix a problem in your house and they asked to borrow tools from you, you wouldn't think they were well prepared or professional. Now as a working dive professional in today's dive industry you need to have a complete set of scuba diving equipment to find employment, though obviously during your training at Utila Dive Centre we can include all dive equipment for your needs. We still recommend that you have at least your own mask/snorkel, wetsuit and fins, for comfort and hygiene reasons, but have put together this document to inform you of our recommendations on what type of equipment you should look into for when you make your own investment.

Snorkel

We recommend snorkels without purge valves as these cannot be used for rescue breathing, and low in drag and volume. Although not necessarily fashionable a brightly colored snorkel can be very effective to see on the surface and can allow your students to distinguish you from other students in the group.

Mask

Low profile masks are good for free divers and photographers but an Instructor should have a mask with a good field of vision and without a purge valve, as this can make skill demonstrations difficult for the majority of students in regular masks. A padded strap is more comfortable and less likely to tangle in the hair. Ideally a mask should have a black silicone frame so that the mask lens does not glare up on the inside, and to ensure a good seal to your face it should stick (without strap) when you inhale through the nose.



Regulator

There are 100's of different regulators on the market and making a choice can be difficult especially when the regulator is the most important piece of equipment you can invest in as it gives you the air that you breathe. There are basically 2 kinds of regulator, balanced and unbalanced, now from a diving perspective and for ease of breathing a balanced regulator is the best choice, however think of a balanced regulator as a high performance sports car, would you use it for a taxi? Probably not, there are so many moving parts it would not cope well with the rigors of daily teaching activities, in this case far better to get a regular unbalanced 1st stage, like the ScubaPro MK2 or the Sherwood Brut, these regulators are the proven workhorses and are also easily serviced, if however you don't expect to be so active as an Instructor then you may opt for a balanced regulator, these are good for Divemasters who are guiding certified divers on fun dives and diving deeper.

Wetsuit

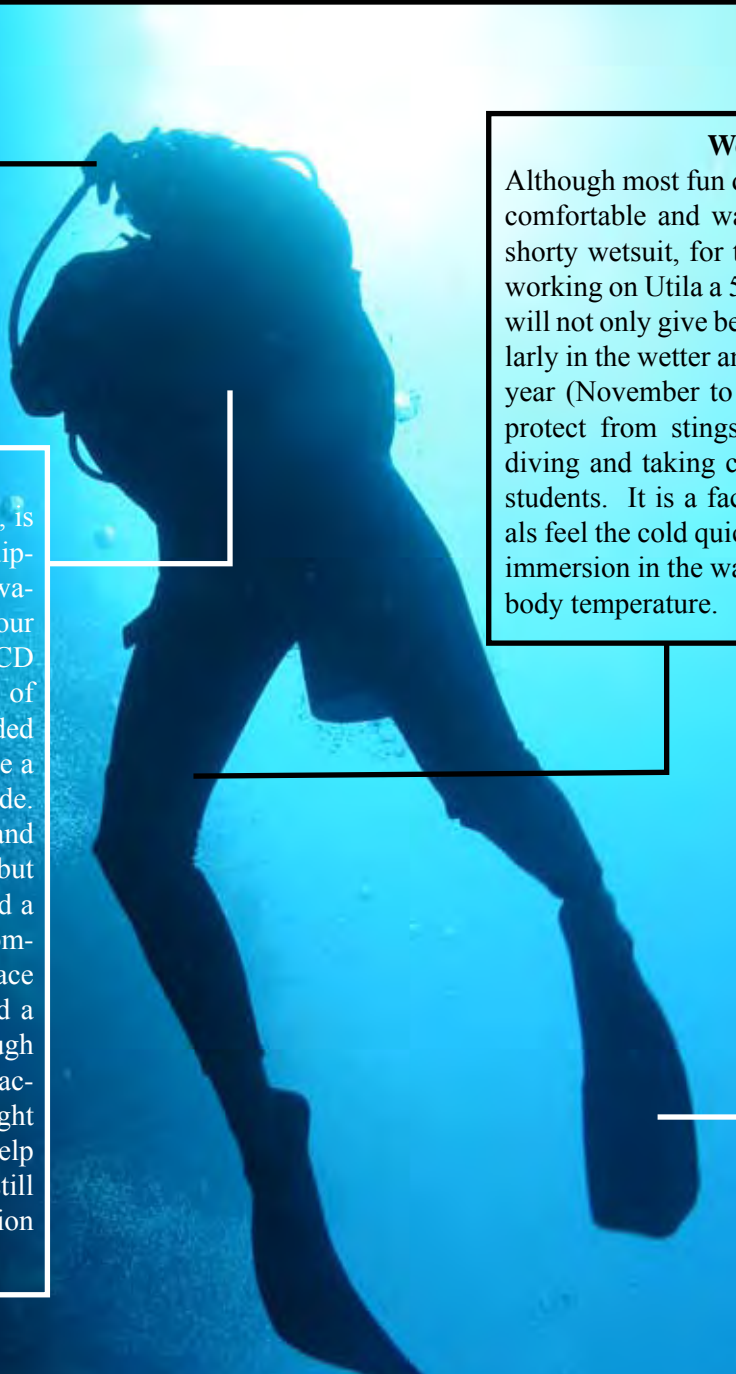
Although most fun divers visiting Utila are comfortable and warm enough in a 3mm shorty wetsuit, for the diving professional working on Utila a 5mm full length wetsuit will not only give better insulation, particularly in the wetter and colder months of the year (November to January) but will also protect from stings and abrasions whilst diving and taking care of your divers and students. It is a fact that dive professionals feel the cold quicker after accumulative immersion in the water due to a lower core body temperature.

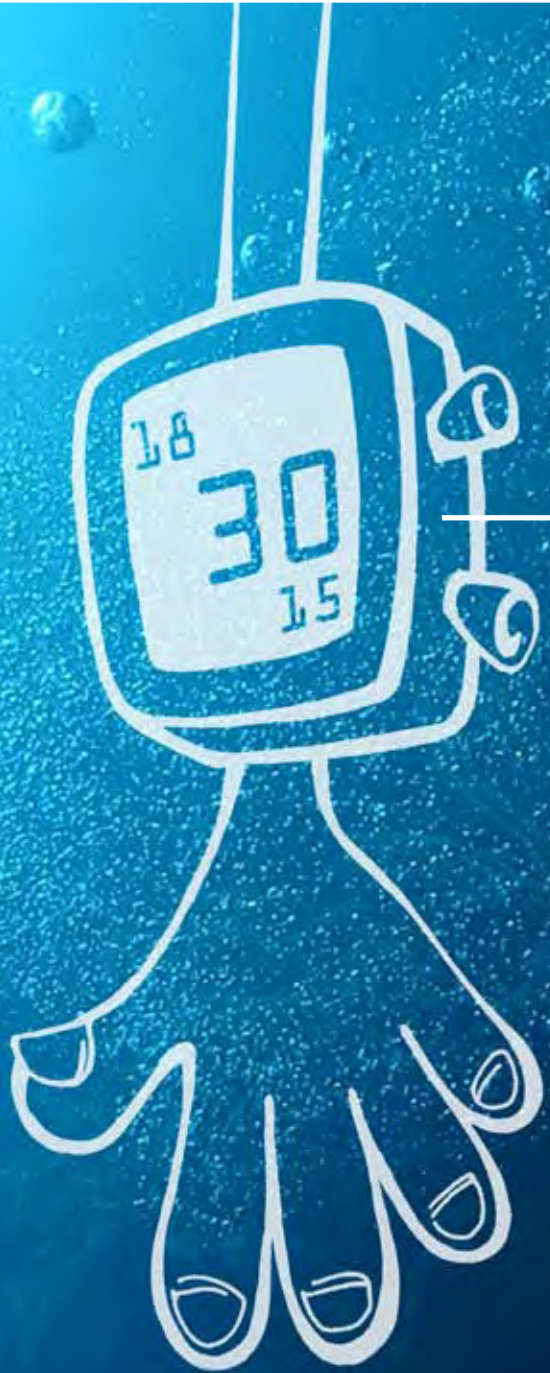
Buoyancy Control Device

The 'Buoyancy Control Device' or BCD, is probably the most important piece of equipment with regards to your comfort in the water and ability to fine tune and control your buoyancy and positioning. A good BCD should have an additional 15-30 pounds of lift beyond what would be recommended for your body type, and most BCD's have a label that states how much lift they provide. There are 2 main styles of BCD, jacket and wing, now wings style is great for divers but for Divemasters or Instructors who spend a lot of time at the surface they can be uncomfortable as they push the wearer into a face down position, so we would recommend a jacket style BCD with pockets large enough to carry a small slate 4" by 6" and diving accessories. If you have the option for weight integrated then it can be a good idea to help distribute your weight, but you will still need to use a weight belt for demonstration and training purposes.

Fins

There are 2 kinds of fins, open heel and full foot, for a snorkeller or entry level student full foot fins are adequate but they lack the strength, durability and versatility of open heel fins. A good set of open heel fins should be strong yet flexible enough to allow water to flow off easily without causing the diver leg cramps. The booties should be 5mm and zippered with a good sole, then they could be used for shore diving, or rescues off rocky shorelines.





Dive Computer

There are many different models and makes of dive computer on the market, personally I prefer wrist mounted as opposed to console based computers, they are easier to find and read and can be used with different regulators. A definite feature is to be 'Enriched Air' compatible, as most divers these days use 'Enriched Air' or 'Nitrox' and during your Divemaster training with us we will certify you in the use of 'Enriched Air'. Divecomputers can vary in price from \$99 to a \$1000, the average model tends to be in the range of \$300-\$500, and more for air integrated computers. For teaching and demonstration purposes I would avoid an air integrated (wireless transmitter on 1st stage of regulator) as these can get broken by students and are another failure point, much better to have a wrist mount and an analogue pressure gauge you can show your students. Popular models and manufacturers of dive computers are Suunto (D6, D9 & Vyper), Mares Nemo, Aladdin Pro and Oceanic, a deciding factor for those of you who plan to live and work in the tropics and may not have access to a full service/repair dive facility is whether you can change the batteries yourself? If you have to send your computer to a dealer for a battery change every year or 18 months this could be inconvenient unless you have access to a back up computer.

The most reputable manufacturers of dive equipment are ScubaPro, Aqualung, Oceanic and Sherwood. We would recommend that you never let price be a deciding factor when choosing your equipment as comfort and safety are more important in the long term and setting yourself up with a full set of scuba equipment is a considerable investment. At Utila Dive Centre we are dealers of Aqualung and Scubapro and can offer amazing price deals on used equipment from our facility, this is equipment that you will also be trained to service during your time with us. We also have a retail store and all our Divemasters and Instructors are entitled to a 20% discount on equipment, we have BCD's, regulators, wetsuits, masks, snorkels, fins (full foot) and dive computers available. If you are interested in this discount please contact us for equipment advise and our retail catalogue. In order to qualify for the discount all equipment needs to be pre-purchased online and in advance as this discount is not available on Utila.

Utila



paradise hidden but worth the journey



From the USA

There are daily international flights with American Airlines, from Miami, Continental, from Houston, and Delta, from Atlanta, to San Pedro Sula, Honduras.

From Europe

There are flights from London, Madrid, Düsseldorf, Paris, on a daily basis to Miami or Houston, from these cities the airlines will have partners and onward connections to take you to either San Pedro Sula or Tegucigalpa, we recommend arriving in San Pedro Sula.

It is possible with Iberia (from Madrid) to fly direct to Guatemala city and then take the Hedman Alas bus from Guatemala city each day (5am and \$60) to La Ceiba, Honduras, this journey takes 12 hours and is ideal for citizens who need a visa to transit through the USA.

For travel from USA/Europe to Central America, it is best to contact the airlines direct, and Continental, British Airways, Iberia, KLM, Lufthansa and American Airlines all have flights to the USA and then onward connections/partners that fly into San Pedro Sula or Tegucigalpa, Honduras.



Once in Honduras...

If you arrive in San Pedro Sula by 2pm you can usually catch the daily flight to La Ceiba with Atlantic Airlines (+5046683251 or reservahon@atlanticairlinesint.com) or SOSA (aerososa@psinet.hn) \$75 one way, tickets can be purchased at the check in desk on the day, though we can organize a reservation if needed. There is also a 4pm flight to La Ceiba with Islena airlines (www.flyislena.com) though this will mean spending a night in La Ceiba. If you get the flight at 2pm to La Ceiba then you may also be able to fly that same day at 3.30pm to Utila with SOSA, please enquire at the check in desk at the airport in San Pedro Sula for availability to Utila (\$100 one way). If you arrive in La Ceiba by 3.15pm and there are no onward flights to Utila that day then you can take a taxi from the airport (\$15) to the ferry terminal where there is a ferry, Utila Princess, which leaves La Ceiba at 4pm and arrives in Utila 5.30pm (\$20 one way).



If you arrive in San Pedro Sula late and have to spend the night there then the Microtel Inn and Suites (+5045590300 or Microtel@hotelhonduras.com) have rooms for about \$65 per night with free breakfast and internet, the Microtel is a \$12 ride from the airport, again we can organize a reservation for you.

Another option once in San Pedro Sula, is the Hedman Alas 1st class bus service (+5045531361 or info@hedmanalas.com), that departs each day at 6am, 10am, 2pm and 6pm from the Hedman Alas terminal, tickets cost \$25 and the journey takes 3 hours to La Ceiba.

If your flight takes you into the airport of Tegucigalpa, then you can also take a daily flight at 1-2pm to La Ceiba with SOSA airlines \$90 one way (aerososa@psinet.hn) or Atlantic Airlines (+5042349701 or reservahon@atlanticairlinesint.com), or if you arrive late then you can stay in the 'Hotel Paseo Miramontes' (+5042391855 or

Utila



hotel.miramontes@multivisionhn.net) which costs about \$55 per night and is 10 minutes taxi ride \$12 from the airport. There is also a Hedman Alas 1st class bus from Tegucigalpa (+5042377143 or info@hedmanalas.com) to La Ceiba costs \$40, departs daily at 05:45am, 10.00am and 1pm and takes about 6 hours.

If you arrive in La Ceiba and are unable to fly to Utila or connect with the ferry in time 9.30am and 4pm, then we would recommend staying at the Gran Hotel Paris (+5044432391 or hotelparis@psinet.hn) \$30 a night, this is a \$10 ride from the airport.



Once you arrive in Utila...

From the ferry dock crossroads, just head 5 minutes up the hill to reach the Mango Inn, or turn right and walk 10 minutes to find Utila Dive Centre on the right hand side, if you have a lot of baggage then we can arrange to meet you with a truck. If you arrive by the airport there are plenty of taxis available, just tell them the Mango Inn, or Utila Dive Centre for about \$1.5 per person.

All reservations within Honduras can be arranged by our staff at Utila Dive Centre, please feel free to let us know your requirements.

ALL INFORMATION IS CORRECT AT TIME OF PRINT BUT WE CANNOT BE HELD LIABLE FOR MISSED FLIGHTS, TRANSFERS, OR CHANGES IN PRICES AS ALL INFORMATION IS SUBJECT TO CHANGE, AND DOES CHANGE ON A REGULAR BASIS, PLEASE CHECK UP TO DATE INFORMATION PRIOR TO DEPARTING FOR UTILA.