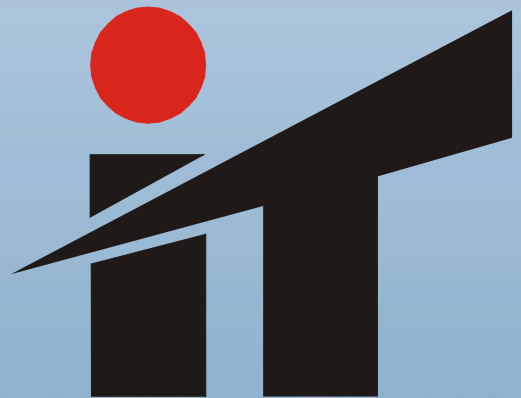


Brochure 2010

Continue Your Scuba Adventure

Course information and pricelist

The College
95 Av. du Dr Picaud
06150 Cannes la Bocca
France
**33 493 470 482
info@instructor-training.com





Welcome

Not only certified . . . but also qualified . . . We could not find any better way to express the philosophy guiding our activities. Scuba diving is a fantastic activity. There is a broad range of knowledge and skills to be learned and each of them has the potential to increase your enjoyment of the underwater realm and your confidence. Since 1986 “Villa Belle Rive” houses a diver training institution. Originally it was the pioneer instructor training center of PADI itself, but since 1994 it is the College. We teach all levels of diving courses from a first introduction up to the highest instructor levels.



Our infrastructure and our expertise are the main reasons to choose the College for your diver training. Many things which are “standard” in diver training today have been pioneered in the College and we still actively work on the innovation of both teaching and learning diving. The climate in Cannes is another plus. If you are enthusiastic about learning, we will do our best to teach you. We will invest as much effort in your training as you do yourself.

Continue the Adventure



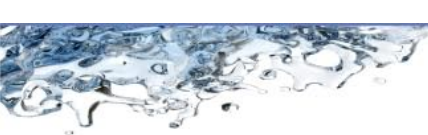
When your Open Water Diver course is finished, the Adventure is not over. There is a lot to learn about diving and just like in the entry level course, many continuing education courses follow the format of learning by doing – you learn more about diving by diving. Ultimately your goal should be to achieve the highest recognition for recreational divers – the Master Scuba Diver rating.

If you are not yet sure what you like to do most underwater, a good first step is the Adventures in Diving program. Depending on the time you have available, you can achieve either the Adventure Diver or the Advanced Open Water Diver certification. The course allows you to try-out different diving activities.

You will find that there are several courses available if you have an interest in specific underwater activities. These include photography courses, technical courses, biology or programs aimed on improving your skills. For more experienced divers we also offer courses that prepare you to take care of other divers. This includes the PADI Rescue Diver Program.

Course Hours

For courses you can opt for a morning or an afternoon session. The morning session starts at 09.00 and finishes at 12.30. The afternoon session starts at 14.00 and runs until 17.30. Most of our students take full days of training. Time absent from sessions (when you arrive late, or have to leave early) can not be credited toward future session. Morning and afternoon sessions are always charged in full, also if the participant opts to be absent for part of that session. Night-dives are charged as half a day.





Course Prices

For your convenience, the College does not charge a course fee, but a daily fee for your training. The price varies slightly depending on the level of your course. There are four groups: beginner courses, consumer courses (advanced divers, specialties and rescue), professional courses (Divemaster and Instructor) and professional continuing education courses (further training for those who are already instructor).

For Higher Level Recreational Courses (the courses in this brochure) our rates are as follows:

For participants who have their own diving equipment	
Per half day – 70 Euro	Per full day – 120 Euro
For participants who use rental equipment from the College	
Per half day – 80 Euro	Per full day – 140 Euro

The number of days needed for a course depends on your progress and preferences. In the information on specific courses, you will find an indication of the number of days needed by most of our students. If you are well prepared, you might finish faster, but when you prefer to progress step-by-step and take your time, we are happy to accommodate that wish. For some courses you will need materials such as a book or other items. This is indicated in the specific information on that course. You can order books before you arrive via our internet shop on www.scuba-courses.com, or you can buy the books when you arrive at the College. If your course gives you the right to an official certification, the fee for your card and certificate is 35 Euro.

What do you need?

Every time you come to the College, you need to bring a towel and bathing cloths. If you have your own diving equipment, please bring that as well. For certification courses, we need a passport photo which will be printed on your card. You need to be fit for diving. The preferred option is to visit a Medical Doctor before you arrive at the College and ask for an attestation that you are fit for scuba diving. For diving introductions we can also accept a medical form completed by yourself, but if that form leaves any doubt about your health in relation to scuba diving, we need you to visit an MD before we can start any in-water activities. If you do not find time to do your medical before you arrive, we can arrange for you to visit a Doctor around the College. As a certified diver we also expect you to have your logbook with you, as well as your certification cards.

The Adventures in Diving Program



After completing the Open Water Diver course, you know how to handle yourself underwater. You can observe and enjoy the underwater world. More experienced divers engage in all sorts of activities while they are underwater. The Adventures in Diving program allows you to try some of these activities to allow you to find out what you like most. A second objective is that we keep you busy with the activities – this is done with the intent to draw your attention away from general diving skills. This helps you to develop the habit of taking care of your buoyancy and staying close to your buddy as an automatism.



Adventure Diver certification

The first certification option is the Adventure Diver. The first day you start with a review of the things you have learned in the Open Water Diver course. You then participate in three dives of your choice. If you do the course immediately after the Open Water Diver course, the review is not needed. The three dives then take one and a half day. If it has been a while since you got certified, the review session will be included and you should plan two full days to become an Adventure Diver.

You can choose from the following dives. All dives are available if you are 12 years or older. If you are 10 or 11, you can opt for the dives that are marked with a star. The Enriched Air dive is only available if you are 15 years or older.

- | | |
|-----------------------------|--------------------------|
| Underwater navigation * | Fish Identification * |
| Deep diving | Naturalist * |
| Enriched Air | Underwater photography * |
| Peak Performance Buoyancy * | Multi Level diving |
| Search and Recovery | Night diving |

For each dive there is a theory part and a dive. Some dives also require some skill preparation on land. The theory for the dives is part of the PADI Adventures in Diving manual. The book contains a chapter for each activity. For your course you only complete the chapters for the dives of your choice. After you have completed three of the chapters and have done the corresponding dive, you will be certified as an Adventure Diver.

Advanced Open Water Diver certification

Adding one day to the Adventures in Diving program allows you to complete two additional dives. To become an Advanced Open Water Diver, your choice is more limited – you have to do the Deep dive and the underwater navigation dive as part of the total of five dives for this certification. The other three dives are your choice. The Advanced Open Water certification is a prerequisite to continue your diver training with the Rescue Diver course. Depending how long it has been since you did your last course, the complete Advanced Open Water Diver course takes two and a half to three days - continuing from Adventure Diver one to one and a half days.

Nitrox Diver

Most divers are certified as Nitrox diver and there are good reasons for that. During dive vacations you will want to spend as much time as possible underwater. If you make more than one dive in a day, at some point the no-decompression limit is going to limit the pleasure – Nitrox does exactly what you want in such a situation. Nitrox extends the time you have available underwater. To do this, the cylinder is filled with another mix between Nitrogen and Oxygen. It is the lower Nitrogen content that increases the available dive time.

The increased oxygen content poses some level of risk. The need for a course on Nitrox diving comes from that aspect. If you know how to handle higher oxygen content in your cylinder, you can reduce the risk to virtually zero, but without that knowledge you might make mistakes that compromise safety.

The Nitrox course has a theory part and two dives. If you do the course separately from other courses, you should plan one and a half day. We recommend that you combine your Nitrox course with another course. In that case you do the Nitrox theory in half a day and do the dives of the other course with Nitrox without investing any extra time other than the time needed to analyze the oxygen content in your cylinder. For the Nitrox course you need the Nitrox Manual.





Rebreather Diver



A rebreather is completely different from the open circuit scuba you are used to. We can offer you a full certification course for rebreathers. You can compare such a course with an Open Water Diver course – you have to learn all the same skills, but now with a different type of equipment. A rebreather course takes three days. You must be certified as a Nitrox diver before you can participate and you should have some diving

experience beyond the Open Water Diver course.

If you just want to try how it is to dive with a rebreather, we can offer you an introduction in the pool. An introduction takes half a day in which we first cover some theory and then allow you to feel what it is like to diver with a rebreather in a pool session.

Underwater Photography



Taking pictures of the things you observe underwater is a rewarding experience. It allows you to enjoy the dive you made again when you are at home, to share your experiences with other divers and to show non-divers the fascinating underwater world. It is no wonder that more than one in three divers bring a digital underwater camera with them when they go on vacation. The behavior of light underwater makes photography more challenging than taking pictures on land. Without a proper introduction, you risk that your pictures lack color and that you find white spots all over your picture. Also a correct exposure of a picture can prove difficult. To overcome these problems we offer digital underwater photography courses.

There are three levels of training. The intent is not to do one course after the other – the different levels indicate different end-points of your training. If you want to do level 3 photography, there is no need to first do level 1 and 2.

Level 1 photography is a course for people who want to use a digital underwater camera without an external light source. The course introduces you to the camera settings needed to take pictures in shallow water with a digital camera only. You learn how to set the camera to capture the natural colors of the underwater world, but due to the lack of an external light source, this level of photography will only work in limited depth. The course takes one day and is split between theory and practical application.

Level 2 photography is for those who want to equip their camera with a torch or a strobe. For this set-up there is no depth limit up to which good pictures can be taken. In level 2 we make use of mixed light – part light of the sun and part light from the external light source. What you need to learn is how to set the camera for the right mix between the two sources of light. You have to learn how to use one source to manipulate the color of the water in the background, while the other light source is used for a correct exposure of the subject in your picture. We will teach you how to do that. At this level you still take benefit of some of the automatic functions of the camera. This makes photography easier, but it also brings some limitations that can not be overcome without manually setting the camera. You should be





able to fulfill the performance requirements for level 2 in two days, but if you want some additional time to improve your skills, we are happy to provide that guidance.

Level 3 photography is intended to prepare you for complete manual settings of both the camera and the strobe. For this course you need a camera that allows manual settings (you can use your own, or rent a camera from the College). The information contained in level 2 will also be part of this course, but you have to learn rather a bit more to be ready for level 3 photography. The results you are going to achieve make it worth the effort – level 3 photography provides you with the technical skills needed to match the picture quality you find as an average in diving magazines. If you continue from level 2, you need at least two days to complete the program. If you did not yet do a photography course, you should plan four days for your training. Photography is open ended though – even if you already fulfilled to performance requirements for the course, you might want to add some additional time to improve your photography skills.

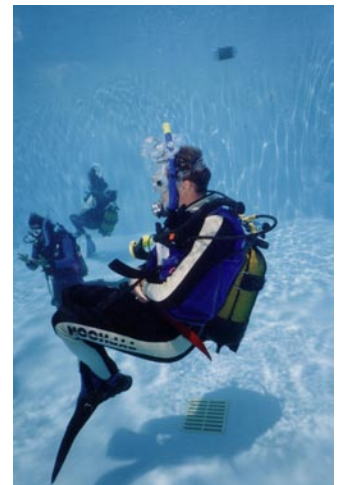
For the level one photo course you need the PADI DUP manual. For level 2 you need the book “Your First Underwater Pictures” and for level three you need the book “Digital & Traditional Underwater Photography” as well as the other two books.

Peak Performance Buoyancy

The course that can probably create the biggest change in your skill and comfort level after completing an entry level diver course is the Peak Performance Buoyancy course. You will be amazed by the differences. Your control over your position in the water, your freedom of movement and your air consumption can change dramatically.

The program starts with some explanations on the configuration of your equipment. You then participate in a long and intensive session in the pool, in which we work step-by-step you adapt your equipment configuration and in which we teach you how to move your spinal cord to get complete control over your position in the water. The course is completed with two dives in the sea where you apply the skills you have learned.

For the best results you should plan two complete days to do this specialty (although you can probably fulfill the performance requirements in one and a half day). The course is a very good preparation for activities that require good control over you position in the water. If you want to learn underwater photography, you should consider this course as a key element of your preparation for that activity.



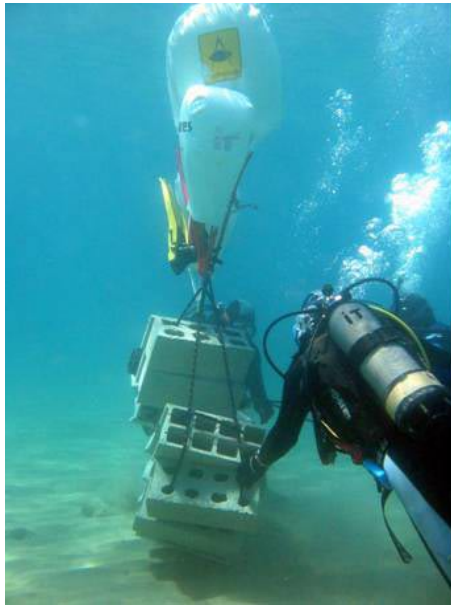
Practical Specialty Courses



Courses in which you spent far more time in the water than in the classroom are called practical specialties. Your instructor will guide you through the process of learning by doing. The skills you learn will come in handy during many of your future dives. For some of these courses, the College does not teach the “standard” program that is available on most location, but has opted for the more challenging Advanced version of the specialty.



Advanced Search & Recovery



Bringing objects you find underwater on land, or bringing stones in the water to build an artificial reef require techniques that allow you to work efficiently and to assure safety. In the search & recovery specialty you learn a variation of search patterns, the use of lift bags, different knots and many other useful things. The course also provides a good basis for the search techniques that are asked from you at the level of Rescue Diver.

Because of the many techniques to be learned, you are going to participate in four dives in the sea. This means that you should plan two and a half to three days to complete your training. If you already did a Search & Recovery dive in your Advanced Open Water diver course, you can receive credit for that. This reduces the time needed by half a day. Another option to make better use of your time is to do the theory of this course on www.specialty-courses.com before you arrive at the College. Having done the theory will also reduce the time needed by half a day. You are going to need to book "Search & Recovery for Recreational Divers".

Advanced Underwater Navigation

Navigation is part of every dive and the better you are at it, the less time is lost for swimming to reach the intended location of your dive. The course covers natural navigation and compass navigation and is based on the skills that are covered in the "Adventures in Diving Manual". The course takes two days. As part of the course we teach you the use of a tool called Scuba-Sextant (sometimes called Nav Finder). This tool allows you to swim more complicated pattern than triangles and squares and is what dive professionals use to make maps of dive sites.

Night Diver

Night diving is a fascinating activity. This course can be combined with other courses you do at the College – during the day you do one or more of your courses that require daylight and in the evening you continue your training with the Night Diver specialty. The price charged for one evening is the same as for half a day. If you already did a night dive as part of your Advanced Open Water Diver course, you need to reserve two evenings to complete the specialties. If this course is your entry in Night Diving, you are going to need three evenings.

Drysuit Diving

If you live in a temperate climate and want to dive throughout the year, then the drysuit specialty is for you. Diving in a drysuit requires some skills that are not needed for divers who use a wetsuit. In this course you learn these skills, as well as the theory needed to select the most appropriate suit for you and to take good care of it so the suit will last for many dives. The course takes one day.

Buddy for handicapped divers

Divers with a physical challenge depend on buddy's with the needed skills to dive with them. Underwater there is not much difference between you and a diver with a disability, but during the preparation of the dive and at the surface there are challenges that require some level of assistance. This course trains you in the techniques needed to provide that assistance. The course covers equipment considerations and useful in-water techniques. As part of your training you will be placed in the position of having a physical challenge – this training makes you better aware of the assistance you might be needed to provide.





Biology & Environmental Courses

Courses that bring you in close contact with the underwater-world belong to the category Biology & Environment. There is a variation of subjects. A good starting point is the Naturalist course, but that is not required as a prerequisite for the other courses.

Underwater Naturalist

The aquatic realm is fascinating. The level to which a diver appreciates the wonders of the underwater world depends highly on his understanding of what is observed. The naturalist course is therefore a “must” for all divers. The course explains the functioning of ecosystems and the role individual organisms play in the complexity of such systems. The course starts with the theory on different ways individual organisms interact and then proceeds to the system in which the species are named (the taxonomic system). You should plan two full days to complete the course.

Research Diver

Research is an activity in which you formulate a question and then observe, measure and collect data that allow you to answer that question. The question can relate to biology, physical aspects, chemistry or other characteristics of the aquatic environment. The procedures learned in this course can be applied to a wide field of interesting subjects. Training takes one and a half day.

During the practical part of the course, you are introduced to techniques to collect data - the use of grids for counting, photometric analyzers for chemical characteristics and the use of a microscope for the observation of aspects that can not be observed with the naked eye. The collected data are then assembled in computer files to allow a clear representation.

Scuba-Eco Nutrient Loading

The Scuba-Eco Nutrient Loading specialty is supported by an internet page dedicated to the project. That page was possible thanks to generous grants from Project AWARE and Scuba Publications. Take a look at the web site on www.scuba-eco.com.

The course gives you in-depth knowledge on one of the biggest challenges the aquatic environment is facing – nutrient loading. Your training will take a complete day. It includes theory, as well as a practical session in which you are introduced to the equipment and techniques used to analyze water samples you have just collected yourself.



Technical Courses



If you are interested in the technical aspects of diving, our courses on equipment, dive computers, compressors and Nitrox filling are what you're looking for. Knowing more about the equipment that is used for diving increases your confidence and allows you to take better care for it. On the next page you find the different courses that we have available for you. During technical courses we do not go diving. This makes these courses a good option in winter when you might find it a bit cold to go diving.





Electronic Diving Instruments

All divers use a diving computer, but only few know how a diving computer calculates the data that are displayed. Decompression theory is the science that provides the basis for the mathematics diving computers use. In this course we explain how decompression theory works and the implications for dive computers. You will be introduced to aspects such as RGBM, the rational behind ascend speeds and safety stops, considerations for flying after diving and many other interesting aspects.

As part of the course we simulate dives in a small recompression chamber to support the aspects you have been learning in theory. The course takes one day and you are recommended to have the book “Advanced Theory for Recreational Divers”.



Equipment Specialist

This course covers diving equipment at the level that is expected from divers with a higher certification, such as Divemasters. A big part of the course is dedicated to regulators, but also the other equipment items are covered. The course covers all aspects in theory, but the practical application is limited. After the course you know the difference between the different types of regulators (and the consequences of that difference) and know what to look for if you buy new equipment. You are recommended to have the book “Advanced Theory for Recreational Divers”. The course takes a full day.

Advanced Equipment Specialist

If you want to have more detailed knowledge of the technical features of diving equipment and if you prefer a course with more practical training, then the Advanced Equipment Specialty is for you. This course follows the content of the book “Diving Equipment Functioning & Care” and develops a high level of understanding of different equipment features and the consequences these features have for the performance and durability of your equipment. At times the course can be challenging, so you must have a real interest in the subject before you consider participation in a course at this level.

To complete this course you will need two full days. There is an option for this specialty to do the theory part of the course on www.specialty-courses.com. If you opted for e-learning, the practical part of your course can be finished in a day.

Compressor Handling

Some divers travel with their own compressor. Filling procedures are not thought as part of “normal” diving courses, but must be known before using a compressor. The compressor handling course informs you of the technical features and functioning of compressors and teaches you how to use and take care of a compressor. The course is also recommended for divers who have access to a compressor to fill their own cylinders. The course takes a full day.

Gas Blender

As an addition to a compressor handling course, we offer the Gas Blender course, which prepares you to fill Nitrox. In the course we cover the use of membranes, continuous flow installations and partial pressure blending. Another part of the course is dedicated to cleaning equipment items as a preparation to bring those items in contact with elevated oxygen content. This aspect is needed to prevent problems with combustion during the filling process (to prevent contamination of the breathing gases with carbon monoxide). The training takes a full day and you are required to have the DSAT Gas Blender Manual.





Take Care of Others

Safety Package

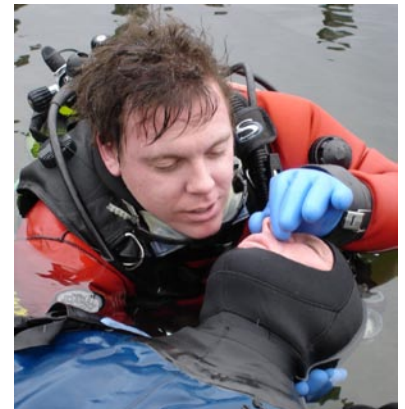


For those who really want to prepare to be able to handle all aspects of diving related emergencies, we offer the Safety Package. This program combines the PADI Rescue Diver course, Emergency First Response and the Oxygen First Aid for Divers specialty. The combined courses can be completed in four to five days, depending on your level of preparation – you can already do the theory for the Oxygen First Aid Specialty on www.specialty-courses.com and read the books for Rescue and EFR before you arrive.

During your training, every day will be filled with aspects from all three courses. This integrated approach assures that the relationships between the different aspects of helping another diver become clearer than would be the case if you did all three courses individually. The Safety Package is the recommended option to prepare yourself for your duties toward other divers.

Rescue Diver

Serious fun – that is what the Rescue Diver Course is. The subject is serious – diving emergencies, but learning the skills no need to help divers in distress is really fun. You and the other students switch roles as rescuer and victim in all the 10 skill sessions of the course. The first sessions teach you how to deal with a conscious diver in distress. After a session on finding a missing diver (skills learned in the Search & Recovery course come in handy here) you progress to dealing with an unconscious diver in the water – brining the diver to the surface, doing artificial respiration, brining the diver out of the water and so on.



The course is supported by 5 theory sessions for which you are going to need the Rescue Diver Manual or the Rescue Diver Kit, which also includes a DVD showing all the skills you are going to learn. To take most advantage of the time you spent in the College, it might be an option to study the manual and look at the DVD before you arrive. To complete the Rescue diver course, you should plan two and a half days if you already read the theory, and three days if you did not have a chance to prepare yourself. In order to complete the Rescue Diver course, you must have a recent certification in First Aid (not older than 2 years).

The Rescue Diver is completed with a series of scenarios in which you apply what you have learned to simulated emergencies. You also have to pass a theory exam, based on the information you have read in your manual.

Emergency First Response

The Emergency First Response (or in short EFR) course is not diving related. It is a general first aid course including CPR and the use of a defibrillator. A certification in first aid is required for all divers at a higher level, starting with the Rescue Diver certification. It should take you about a day to complete the Emergency First Response course. After a general introduction, we switch between theory and skill sessions. For the skill sessions we are equipped with all the needed tools, such as CPR mannequins and defibrillator simulators.





The course starts with basic life support. In this part you learn how to do artificial respiration and CPR, how to handle a person who is in shock, how to stop serious bleeding and other skills that allow you to save a life. The second part of the course concentrates on helping for illness and injury that is not directly life threatening. This part also includes bandaging techniques. It is recommended to do a refresher course for your first aid skills every two years. If it is time for you to do a refresher, you should plan half a day to complete it.

Oxygen First Aid for Divers

Most diving related incidents have hypoxia as one of the consequences. Being able to provide oxygen in an emergency is an essential skill for all divers, for boat crew and diving professionals. Basic oxygen first aid skills are taught in several courses. The Advanced Oxygen First Aid Specialty goes beyond that point. The course does not only teach when and how to give oxygen, but also goes into detail on the physiological processes that take place in the body before and after you start providing first aid. The course creates understanding rather than „just knowledge“.

Training starts with the theoretical background and then allows you to practice what you have learned in scenarios. The theory is split in a part covering the medical background and a technical part on the features and possibilities of the various types of equipment that are available for first aid with oxygen. You should be able to finish the course in a day. You can opt to do the theory for this rating www.specialty-courses.com. In that case half a day to complete the practical part of the course should be enough.

Master Scuba Diver

Master Scuba Diver is the highest certification for recreational divers. It is not a course in itself, but a recognition that is based on achieving a specified set of other certifications and your diving experience. To become a Master Scuba Diver, you must have logged at least 50 dives, be a Rescue Diver and be certified in five specialties of your choice.

Planning your Course

The College has its own pool and direct access to the sea. We also have several classrooms and an adequate number of instructors. We can offer you flexibility. Just let us know the date of your choice and chances are good that we can accommodate you. The registration for your course can be done via www.scuba-courses.com – at the bottom of each course information page you will find a link that leads you to the registration page. You can also send us an email on info@instructor-training.com. We will then get back to you with any information you need to complete your course registration.

The College

95 Av. du Dr Picaud
06150 Cannes la Bocca, France
(*33) (0) 493 470 482
info@instructor-training.com

For diver courses: www.scuba-courses.com
For professional courses: www.instructor-training.com

