

The Diving Club

Experience Shore Dives: Guide for Divers

May 2007 version 1.0

Location

The dives are held at Stoney Cove (<http://www.stoneycove.com/>) in Leicestershire on the first weekend of the month, to coincide with, but separate from, the Divestyle Advanced Open Water Courses. This gives us some logistical benefits but this is a Club-only activity.

Don't forget!

Your **certification cards** may be requested – have them with you.

It is VERY unlikely that weather will prevent a dive, but if you have any doubts please call the dive leader the night before the dive to check that it is still on. Phone numbers and arrival times should have been supplied by the organizer.

Dive Date: ____ / ____ / _____ First Dive (Time): ____ : ____ hrs

Leaders Mobile number: _____

Your Responsibilities

Have Fun! We want the day to be fun as well as give you some valuable experience and encouragement towards your diving career. But there are some important things we need you to remember:

Always take heed of your training and follow your own judgment. You are responsible as a qualified diver for your own safety. The dive leader is there to help and offer the benefit of his/her experience but is not responsible for your safety. **This is YOUR dive and at YOUR discretion.**

Do not exceed your level of qualification. Eg. Depth, overhead environments, no decompression times.

Equipment and Air

You are responsible for providing all of your own kit. If you don't have your own equipment, we suggest you hire it before you go. There is a good dive shop on sight that could bail you out if you need to purchase anything at the last minute but it's best not to rely on this. It's worth making a check-list so you don't have to worry about forgetting anything as you load up the night before.

You'll only need one cylinder as you will be able to get a re-fill at the site between dives, should you need to. Make sure your cylinder is full on arrival for the first dive as it can be quite busy and fills can take a couple of hours at peak times.

Please feel free to use the opportunity to practice skills for future dives, such as using a delayed surface marker buoy or getting familiar with new equipment and kit configurations. Make sure your dive leader is aware of this so he can plan appropriately.

Finally, it's always worth taking a warm hat for between dives and, if diving in a semi-dry, some warm clothing, just in case!

What to Expect

Above water

Stoney is a very well organised site with an extensive dive shop and air station. There is a pub/restaurant on site which also serves hot drinks and burgers all day.

There is a car park by the water's edge but if you get there after 7:00am then expect to park in the 'top' car park. Be prepared to carry your kit a couple of hundred meters or bring a trolley. As Divestyle will be there (for AOW courses) you may be allowed to drive down and drop your kit by the van before parking your car – no guarantees but you can ask.

Meet up by the Divestyle van. The exact ratio of divers to leader/assistant will depend on the numbers attending. Dives may be in 'shifts' to make them manageable. Check with your dive leader for the best time to arrive. In general, the earlier the better.

Water entry is via giant stride off a flat concrete platform. Exit is via ladders, slipway or a recess in the concrete platform (ie. easy!).

At time of writing entrance is £15 per diver per day. You will be asked for payment and to complete a release form on arrival. There is a membership scheme that reduces this price for subsequent visits to £10/day and costs £25 for 24 months. If this is of interest, you will need a 4cm x 5cm passport-style photo.

Below water

Visibility is usually pretty good at Stoney at 3 – 4m on an average weekend with lots of divers.

The underwater topography means that OW dives are limited to about 7m – 10m depth. AOW dives could be to 22m. Please note that actual depths will be subject to the qualifications and experience of the group as a whole - we can't guarantee 22m even if you are AOW.

There are a few underwater objects to see (check the website). Temperature will depend on the season and should be posted on the web site. Make sure your exposure suit/under suit is suitable for the conditions – please ask if you aren't sure.

Let the dive leader know if there is something you want to practice on the dive or anything you are unsure of.

A Note about your Dive Leader

Is Not

There as your instructor (but may be one)
Being paid
There to provide equipment you forgot

Is

An experienced diver and club member
Willing to help and answer questions
Able to pass on experience of UK diving
Familiar with rescue skills but doesn't want to use them!

General Advice

We want you to get the most out of the day. Ask questions - and question answers!

Remember that the dive leaders experience and practices may differ from what you have been taught (different agency, advanced training etc). Their experience and qualifications may lead them to use techniques or equipment setups not taught on you OW or AOW courses. If they do, ask them about it, why they do it and how they learnt the technique.

Always remember to be your own judge. Consider what is right for you and your level of experience and **...enjoy the day!**

Contact Information for Stoney Cove

Stoney Cove
Sapcote Road
Stoney Stanton
Leicestershire
LE9 4DW

Telephone 01455 273089
Fax: 01455 274000
email: diving@stoneycove.com
Web www.stoneycove.com

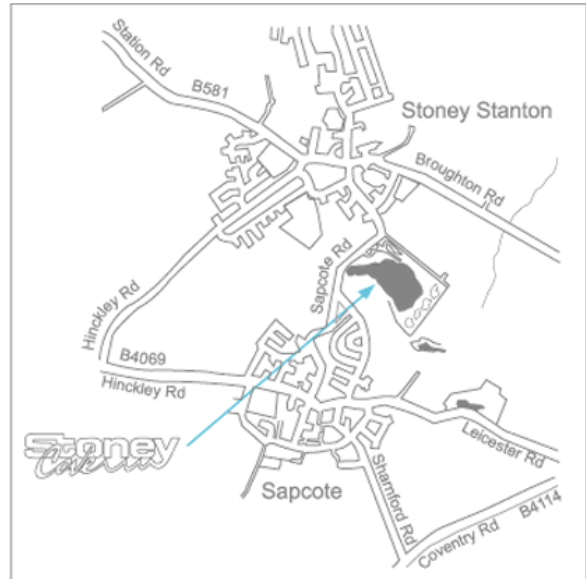
Directions (from website):

A47 Leicester to Hinckley Road, turn into the B581 to Stoney Stanton

From M1 junction 21 (Leicester) take M69 to junction 2, follow the B4069 to Sapcote

Leave the M69 North at junction 1 and follow A5 south. Turn onto B4114 to Sapcote (don't use Jnc 2 – no off ramp heading north!).

Allow 2 hours to get there from Reading



Sample Check List			
Dry Suit + Under suit / SemiDry	<input type="checkbox"/>	Dive Computer / Tables,	<input type="checkbox"/>
Weights (remember – Fresh water)	<input type="checkbox"/>	SMB and Reel	<input type="checkbox"/>
BCD	<input type="checkbox"/>	Certification Cards	<input type="checkbox"/>
Cylinder(s)	<input type="checkbox"/>	Wooly Hat	<input type="checkbox"/>
Regs	<input type="checkbox"/>	Torch	<input type="checkbox"/>
Mask	<input type="checkbox"/>	Knife	<input type="checkbox"/>
Snorkel	<input type="checkbox"/>	Log Book	<input type="checkbox"/>
Hood	<input type="checkbox"/>	Contact Numbers	<input type="checkbox"/>
Gloves	<input type="checkbox"/>	Directions	<input type="checkbox"/>
Fins	<input type="checkbox"/>	Food and Drink	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>