Scuba Diving Participant Guide

TOYON BAY ❖ CATALINA ISLAND ❖ CALIFORNIA

33.3750° N, 118.3537° W
About Catalina Sea Camp
Catalina Sea Camp has been operated by Guided Discoveries, a 501(c)(3) educational nonprofit organization, since 1980. The mission of Guided Discoveries is to “make a difference in the lives of children through unique opportunities for discovery.”

Catalina Sea Camp offers exceptional ocean adventure and marine science experiences along with social camp activities. Located at the Catalina Island Marine Institute’s Toyon Bay campus, the coed, overnight summer camp boasts an expansive, protected waterfront and a 90 acre footprint. Specialty programming includes sailing, scuba diving, snorkeling, surfing, paddling, and marine ecology. One-week sessions are designed for campers aged 8-13 and three-week sessions are for campers aged 12-17.
About the Dive Program
The dive program at Catalina Sea Camp connects campers with the underwater world through snorkeling, freediving, and scuba diving. The program mission is to create an atmosphere of safety, accountability, and fun while students gain required knowledge, skills and experience exploring the ocean. The dive program is aligned with the National Associate of Underwater Instructors (NAUI) who’s core value of “Dive Safety Through Education” guides our operations.

One-Week Sessions (age 8-13)
All campers rotate through a schedule of various activities with their cabin group. During afternoon elective periods, 10-13 year old campers are able to individually select activities.

**Snorkeling:** Most dive programming during one-week sessions focuses on snorkel instruction and exploration, with an emphasis on fun! The objective of the program is to develop basic snorkel skills while campers gain comfort in the ocean and with their snorkel equipment. Introductory freediving skills are taught to campers who express interest and comfort. Cabin groups will snorkel in Toyon Bay, with the same instructor, two or three times over the course of the week. Older campers will have the option of participating in additional snorkels at the Avalon Dive Park during elective periods.

**Scuba Diving (age 12+):** An introductory scuba experience, ‘Try Dive,” is offered to our campers who are 12 years old while at camp (pending medical approval and paperwork submission) during afternoon elective periods. Campers will learn the basics of scuba equipment and safety and will practice basic scuba skills on the surface and underwater. Instructor to student ratio is 2:1 (max) and pace of the course is dictated by camper comfort.
Three-Week Sessions (age 12-17)
Campers select their preferred courses prior to camp. Courses are scheduled in an alternating day block format. Courses run concurrently and meet six times over the three-week session.

**Snorkeling/Skin Diving/Freediving:** A range of courses are offered for campers with varying levels snorkeling and freediving experience. Introductory, photography, and videography courses allow campers to get in the ocean at multiple dive sites on the island. The Freediver Certification course focuses on technical breath hold and freediving skills.

**Scuba Diving:** Scuba course offerings include introductory courses like ‘Try Dive’ and NAUI Open Water Certification. For divers holding an open water certification from a recognized agency, we offer a host of continuing education certifications including Rescue Diver, Master Diver, and Scuba Photography. Continuing education courses are only available for campers who are certified at the start of the camp session. Participation in scuba courses requires medical approval and paperwork submission. *A full list of course offerings and prerequisites is available in the ‘Sea Camp Activity Guide’ which can be found on our website or in your camper account.*

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**Our Staff**
The Catalina Sea Camp dive staff is composed of NAUI Instructors and Divemasters who undergo rigorous training. NAUI’s ‘loved one concept’ dictates that, “an individual should not be qualified as a NAUI Instructor unless those empowered to qualify the person would allow that person to teach their loved ones to dive.” All have current certifications for Administering Emergency Oxygen, and First Aid/CPR/AED for the Professional Rescuer and many are American Red Cross Lifeguards. Staff participate in an intensive training week focusing on risk mitigation, emergency response, and working with youth. Regular inservice training is conducted through summer.
Catalina Sea Camp
2020 Scuba Diving Participant Guide

Dive Program Medical Policies
Campers participating in scuba diving must be in excellent health, good physical condition, and show good judgment. Respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. Our medical policies are conservative due to the location of our facility and the young divers we serve.

Some scuba agencies and dive operations may allow exceptions to general medical prohibitions based on individual diving fitness evaluations by a medical specialist who is knowledgeable about diving medicine. However, this does not mean that campers will be accepted under Catalina Sea Camp’s policies. Campers, parents, dive supervisors, and physicians with questions or concerns about diving with specific medical conditions should consult the RSTC Guidelines for Recreational Scuba Diver’s Physical Examination. In addition, the Divers Alert Network (DAN) can be contacted for a consultation with medical professionals at 919-684-2948 during normal business hours, or via the contact form at diversalertnetwork.org.

Screening
All campers must complete the Recreational Scuba Training Council (RSTC) Medical Statement and be approved by a physician to dive without restriction. Honesty on health forms is required. Various risk factors on the forms may exclude a person from scuba diving, either temporarily or permanently. Risk factors include but are not limited to:

- Ear and sinus problems
- Recent surgery
- Spontaneous pneumothorax
- Asthma or reactive airway disease (RAD)
- Epilepsy
- Seizure disorders
- History of blackouts or fainting
- Diabetes
- Multiple (more than one) medication for ADD, ADHD, and depression
- Anxiety
- Panic disorders
- Active psychosis
- Narcolepsy
- Being extremely overweight
- Leukemia
- Sickle-cell disorder

Catalina Sea Camp will review the health information of each participant and evaluate risk conditions. Additional tests or physician consultations may be required to confirm fitness for diving. Final approval for participation in scuba diving at Catalina Sea Camp will be made by the Dive Director.

Absolute medical conditions that disqualify individuals from diving at Catalina Sea Camp:

- Asthma induced by exercise, cold air, or emotion (additional asthma info. below)
- Current Epilepsy/Seizures
- Diabetes
- Spontaneous pneumothorax
- Narcolepsy
- Blackouts/fainting/sudden loss of consciousness
- Severe Anxiety
- Multiple (more than one) medication for ADD, ADHD, Depression

NOTE: For additional information, read the detailed descriptions on the following pages. Not every disqualifying medical condition for diving at Catalina Sea Camp is listed. If you require further clarification regarding a listed or unlisted medical condition, contact the Dive Director at diving@gdi.org.
Asthma

Campers with current asthma induced by exercise, cold air, and or emotion will not be cleared to scuba dive at Catalina Sea Camp. There are no exceptions, exclusions or waivers to this policy.

Campers who have been prescribed an inhaler or have a history of any type of asthma, RAD, wheezing, or respiratory problems, but have been asymptomatic, and has not used medication to control asthma, for more than five years, may be cleared to dive upon submission of evidence from their treating physician (completion of the Asthma/RAD Supplemental Evaluation Form).

Campers who have been prescribed an inhaler or have a history of any type of asthma, RAD, wheezing, or respiratory problems, and have been asymptomatic, and has not used medication to control asthma, for fewer than five years, may be cleared to dive. To be considered for clearance the instructions below must be followed:

1. Find a physician who is familiar with diving medicine and respiratory health. We recommend contacting the Divers Alert Network at 1-800-446-2671 to find the nearest approved diving physician.
2. In making your appointment, let the physician know that we require the following tests:
   - A spirometry test
   - An exercise challenge pulmonary function test
3. Spirometry results must be normal before and after exercise for the camper to be considered for participation in our program. We ask that the “Asthma/RAD Supplemental Evaluation Form” be filled out by the evaluating physician.
4. Submit the form and copies of the test results to the Dive Director at diving@gdi.org.
5. The Sea Camp RSTC Medical Statement must also be filled out, signed by a physician, and submitted.
6. When the the steps above have been completed, the camper will be evaluated by the Diving Director for eligibility in our Diving Program. If you have any questions regarding asthma/RAD and SCUBA diving or our policies, contact the Dive Director at diving@gdi.org.

Epilepsy/Seizures

Campers with a history of epilepsy or seizure activity may be cleared to scuba dive if they have been asymptomatic AND medication-free for five years. Evidence from physician must be provided.

Diabetes

Diabetic campers who are under 18 years of age will not be cleared to scuba dive regardless of the type of diabetes, medications used to control it, or level of control. There are no exceptions, exclusions or waivers to this policy.
Psychological and Emotional Conditions
A psychological disorder does not necessarily exclude an individual from participation. Any condition should be well controlled. Any medication to control psychological and emotional conditions should not be stopped immediately prior to participation, and medication should be continued throughout the entire session. Several psychotropic medications are NOT COMPATIBLE with the hyperbaric stresses of scuba diving. All medications MUST be listed on the RSTC Medical Statement. Campers on multiple medications (more than one) for ADD, ADHD, depression, anxiety or any psychological condition will not be cleared for scuba diving. Campers with severe anxiety will not be cleared for scuba diving.

Illness at Camp
While at camp, campers who are ill and suffering from congestion, cold, cough or other ailments, will be restricted from diving. Campers will be sent to the nurse for appropriate care. Diving will not be allowed for 24 hours after a decongestant has been taken. If the camper is in a certification class, reasonable attempts will be made to make up missed dives and skills when/if the camper is able to dive again. In the case that missed dives and skills can not be made up, a referral will be written.

Other Dive Program Policies
The Catalina Sea Camp dive program recognizes scuba industry standards and employs conservative policies to keep our young divers as safe as possible.

Eligibility
Catalina Sea Camp reserves the right to refuse participation in our dive program. Dishonesty in any step of the eligibility process may disqualify a camper from diving in our program.

Age: Campers must be 12 years old to participate in any scuba diving activity or course while at Catalina Sea Camp.

Campers under 15 years of age will be considered junior divers and eligible for most certifications at the junior level. Junior divers will be limited to a depth of 60’ and will be accompanied at all times by a NAUI dive leader, per NAUI standards. Age prerequisites apply to some courses (outlined in the ‘Sea Camp Activity Guide’).

Insurance: Catalina Sea Camp requires all scuba divers to carry insurance that covers scuba diving incidents. While many health insurance companies cover scuba diving accidents, some deem scuba diving an extreme sport and will not cover any costs accrued from an accident.

If your health insurance company does not cover scuba diving accidents, we require that you purchase Dive Accident Insurance from the Divers Alert Network (DAN). To view options and purchase insurance, go to DiversAlertNetwork.org. If purchasing insurance, please use our member referral number (1459079). Proof of coverage is required.

Uncertified campers enrolled in Scuba Diver Certification classes are eligible for DAN’s complimentary Student Insurance program which meets our requirements for scuba diving insurance. For more information, visit diversalertnetwork.org/membership/student/.

Certification: Campers must be certified by a nationally recognized scuba training organization or be currently enrolled in a scuba diving training course.
Motivation: Campers must have personal motivation to participate in scuba diving activities. Those diving solely to please someone else will not be allowed to participate. If a campers chooses not to participate in a scuba class while at camp, they will be moved to another available activity.

Paperwork: In addition to the general paperwork required for Catalina Sea Camp, forms specific to the scuba program must be completed and submitted. These include:
- R.S.T.C. Medical Statement (must be signed by physician)
- NAUI Waiver (camper and witness signatures required)
- Scuba Form (online): Includes; Dive History, Insurance Verification, Medical Verification, Safe Diving Practices, Sea Camp Scuba Waiver
- Scuba Documentation From (if applicable)
- Asthma/RAD Supplemental Evaluation Form (if applicable)
- Personal Scuba Equipment Service Record (if applicable)

Campers will not be allowed to scuba dive unless all paperwork has been received and approved by the Dive Director. We suggest starting on the scuba paperwork as soon as possible. Forms can be accessed though your Camper Account at gdi.campintouch.com. Detailed instructions for completing required paperwork are included later in this document.
Skills Verification
All campers who arrive as certified divers will have their diving skills evaluated in a confined water environment before participating in open water diving activities. This helps to ensure that campers will be able to handle common problems that arise while diving. The skills evaluation, or “check out dive,” will be done during the first class session for each scuba course. Campers must be able to comfortably complete the following skills:

- Equipment Set Up
- Buddy Check
- Buoyancy Check
- Hello Ocean/Salute the Sea (at the surface, breathe through regulator with face in water without mask)
- Surface Weight Belt Removal and Replacement
- Surface BCD Removal and Replacement
- Descent on Line
- Regulator Clear (Blast/Breath and Purge Button)
- Regulator Removal and Recovery (Sweep and Reach methods)
- Mask Clear
- Mask Removal and Replacement
- Weight Belt Removal and Replacement
- BCD Removal and Replacement
- Alternate Air Share with Octopus as Donor and Receiver
- Free Ascent

If any skill is not able to be completed on the first dive, it may be retried on a subsequent dive. If major skill deficiencies exist, the camper may be moved to a remedial course.
Supervision
All diving activities must be directly or indirectly supervised by a member of the Catalina Sea Camp Dive Staff (NAUI Instructors and Divemasters). No diving will be conducted outside of class time without the express permission of the Dive Director.

Equipment
For all scuba classes (with the exception of Try Dive), we ask that campers provide their own mask, snorkel, fins, and booties. These items must be designed for scuba diving. If campers arrive without gear or with gear not suited for scuba diving, we will outfit them with gear from our dive store and charge the cost to their camper account. One option for purchasing suitable gear is through our online dive store, dive-store.myshopify.com. Orders will be picked up by campers at camp where staff will ensure proper fit and assist with labeling. *We are not able to ship gear orders.

Catalina Sea Camp provides wetsuits, weights, weight belts, timing devices, weight integrated BCDs, and regulators. Regulator consoles are equipped with a submersible pressure gauge, depth gauge, and compass. Some regulator sets have computers, these are assigned by class. Our equipment is serviced annually by a certified technician and inspected by daily by staff.

Campers are welcome to bring their own wetsuits, weights, weight belts, timing devices, BCDs, regulators, and computers with them to camp. We ask that campers not bring dive knives to camp. Other cutting devices (shears, line cutters) are acceptable. If personal gear is brought, the following guidelines must be followed:

• Campers must be comfortable with the gear they bring and experienced in its use.
• Regulators and BCDs must have been serviced or purchased new within one year of the end of the camp session, or as instructed by the manufacturer.
• Catalina Sea Camp’s “Service Record Form” must be submitted, with receipts or service records attached, for any BC or regulator brought to camp.
• Gear will be inspected by our gear technician to insure it meets our safety standards.
• Catalina Sea Camp reserves the right to deny use of any gear brought to camp.
• Camper’s personal scuba gear is for their use only, they may not share with other campers or allow others to borrow or use their gear.
• All gear should be labeled with the camper’s name (we find that paint pens or gear marking paint work well- see other tips here: http://dolphindiveathens.com/marking-your-dive-gear/).
• Catalina Sea Camp is not responsible for gear that is lost, damaged, or stolen.

dive-store.myshopify.com
Certification Process
Participation in a scuba certification course does not guarantee certification. Participants must meet all requirements set forth in the NAUI Standards and Policies Manual. These requirements include skills, academics, exams, and a set number of open water dives.

If a camper does not complete their certification, they will be given a referral packet, listing the skills, academics, exams, and dives they have completed and what they still need to accomplish to earn their certification. The referral packet may be taken to a dive shop or dive professional who can continue the course with them.

Catalina Sea Camp employs conservative diving policies and standards to limit the risk of injury or harm.

Safety and Risk Management
Catalina Sea Camp employs conservative diving policies and standards to limit the risk of injury or harm.

Emergency Equipment Available
Our waterfront area is equipped with multiple first aid kits, a DAN Trauma kit, DAN Emergency Oxygen Units, an Automated External Defibrillator (AED), lifeguarding supplies, backboards, and an underwater diver recall system, and a long range VHF marine radio.

Our dive boat is equipped per U.S. Coast Guard Regulations. Emergency equipment includes a first aid kit, a DAN Trauma kit, DAN Emergency Oxygen Units, an Automated External Defibrillator (AED), lifeguarding supplies, a backboard, rescue board, an underwater diver recall system, fire suppression system, fire extinguishers, and a long range VHF marine radio.

Our camp’s nurses station is equipped with additional emergency equipment, medication, and medical supplies.
Emergency Training
Catalina Sea Camp’s Dive Staff is trained in American Red Cross First Aid/CPR/AED for Professional Rescuers and Administering Emergency Oxygen.

A camp nurse and EMT are on site at all times.

Scuba rescues, emergency procedures on land and at sea, and lost diver procedures are thoroughly practiced during staff training-week. Regular rescue and first aid inservice training is conducted periodically through summer.

Emergency Response
1. In the event of an injury or emergency, appropriate first aid will be given by Catalina Sea Camp Staff trained in American Red Cross First Aid/CPR/AED for Professional Rescuers and Administering Emergency Oxygen.
2. If the injury or emergency occurs in camp, the camp nurse/EMT will provide care to their level of training.
3. If required, Emergency Medical Services will be alerted and their recommendations followed. Typical emergency response time to Catalina Sea Camp is 20 minutes.
4. If the injury or emergency involves a scuba diving, the Diver’s Alert Network (DAN) will be contacted and their recommendations will be followed.
5. If advised and necessary, the injured person may be transported, by EMS or Catalina Sea Camp Staff, to the Catalina Island Medical Center, the Catalina Island Hyperbaric Chamber, and/or to a medical facility on mainland California.
6. Parents/guardians will be contacted as soon as possible.
Safe Diving Practices

Catalina Sea Camp’s safe diving practices should be reviewed and acknowledged by all campers participating in scuba. Failure to adhere to these practices may result in the suspension of a camper’s scuba diving privileges.

Depth: Campers will generally be limited to maximum diving depths of 40 feet (12 meters). Campers enrolled in Advanced Certification and Master Diver Certification courses will participate in one deep dive to 70 to 90 feet (21-27 meters). Junior divers (under 15 years of age) will be limited to 60 feet (18 meters) for deep dives. All deep dives will be directly supervised by a dive leader.

Time: Dive times will be limited to 40 minutes or the maximum dive time for a given depth as described in the NAUI Dive Tables. Check out dives and skills training dives may be over 40 minutes if the maximum depth of the dive does not exceed 20 feet (6 meters) and dive times are within NAUI Dive Table limits.

Buddy System: Campers must employ the buddy system at all times while in the water. While snorkeling or scuba diving, buddies must remain within arm length distance.

Reserve Air: Campers must surface with a minimum of 500 psi unless needed for an emergency.

Dive Planning: Dives must be planned with a dive buddy, including communications, procedures for reuniting in case of separations, and emergency procedures. Deepest dives are to be planned first and a minimum surface interval of one hour is to be planned between dives.

Dive Briefings: Campers must listen carefully to dive briefings and directions, and respect the advice of those supervising diving activities.

Health: Campers must maintain good mental and physical fitness for diving, stay hydrated and healthy, only dive when feeling well and avoid being under the influence of alcohol and dangerous drugs while diving. Campers should give themselves plenty of time to rest between dive, avoid overexertion while in the water, and dive within their limitations.

Skills: Campers are to keep proficient in diving skills, striving to develop them through continuing education.

Ascent Rate: Campers are to ascent at a rate of no more than 30 feet (9 meters) per minute.

Safety Stops: Campers must make a mandatory ‘safety stop’ at 10 to 20 feet (3-6 meters) for three minutes or longer on any dive deeper than 20 feet (6 meters) and include that time in the total dive time.

Breathing: Campers should breath normally and continuously while on scuba. Campers should not skip breathe or hold their breath while breathing compressed air. When breath-hold diving, excessive hyperventilation must be avoided.

Equalization: Divers must equalize all airspaces early and often while scuba or breathhold diving. If any airspace is not able to be equalized, the diver should not continue to deeper depths. They should communicate with their dive leader and dive buddy and follow procedures described in their dive briefing.
Maintaining Dive Health
Campers will be allowed to dive when healthy and well rested. The leading cause of campers not earning targeted certifications is illness at camp, which is especially common in the last week of the session. The recommendations listed below may help to maintain diving health in a busy camp setting.

**Ears:** Equalize early and often. Campers should never put anything into their ears (even a Q-Tip). Drain excess water from the ears after immersion by tilting the head to one side, and gently pulling on the earlobe to release confined water.

**Hydration:** Campers should be adequately hydrated prior to diving. We recommend drinking plenty of water and 2-3 cups at the meal prior to their dive class. Campers should bring a full, reusable water bottle with them to every meeting of their dive class.

**Rest:** Campers should take advantage of rest time at camp. Sleeping at least 8 hours per night and relaxing outside of class time is recommended.

**Diet:** A well balanced, healthy diet should be maintained. Campers in our scuba classes exert significant energy in and out of the water and their food intake must support this.

**Cleanliness:** To prevent the spread of germs, campers should wash their hands prior to meals and after using the restroom. They should not share water bottles, chapstick, pillows, or anything else they put near their face, with other campers.

**Sunscreen:** Campers should wear sunscreen during all camp activities and reapply often. Sunscreen is provided at numerous locations throughout camp. We also recommend the use of UPF 30 or greater, long sleeve shirts and rash-guards as well as hats, buffs, and polarized sunglasses.

Wildlife and Toxic Organisms
Wildlife encounters at Catalina Sea Camp are often exciting and beautiful! Campers should avoid touching, harassing, or provoking marine animals. Some wildlife does pose a small threat to humans, below are the species we are often asked about.

**Sharks:** Most of the sharks in Catalina’s waters are small, shy, bottom dwelling species. Larger, open ocean sharks are rarely encountered and pose an extremely low risk to humans. If there is an aggressive shark encounter reported on the island, our waterfront will be closed for 24 hours.

**Rays:** Round Rays and Bat Rays are common near shore on Catalina Island. They often cover themselves in sand in shallow sandy areas. To avoid stepping on rays and being pierced by their barb, we encourage campers to shuffle their feet (also known as the “sting ray shuffle”) when entering and exiting the water.

**Eels:** The California Moray Eel has poor eyesight, spends most of its time in rock crevices and is active mostly at night. To avoid a mistaken bite from their sharp teeth, campers are told to not put their hand in crevices or cracks.

**Scorpionfish:** California Scorpionfish have sharp spines on their top and bottom fins that deliver toxins when touched. They are active at night and camouflage in algae on rocks, and underwater structures during the day. Campers should not touch these fish and should practice good buoyancy to avoid putting their hand down on rocks/structures.
Diving at Catalina Sea Camp

Shore Diving
Most diving at Catalina Sea Camp is done from shore at Toyon Bay. Campers may enter the water doing a shore/surf entry or from our floating dock doing a giant stride entry. Toyon Bay is mostly sandy bottomed, with rocky reef on either end. Pier pilings and reef balls add structure to the middle of the bay.

Our confined water diving area is a buoyed off section adjacent to the pier. It has a sandy bottom with depths to about 20 feet (6 meters) with multiple bottom lines and floated ascent/descent lines.

Boat Diving
Boat diving is done aboard our 38 foot dive boat, 'The Discovery', with capacity for 22 divers, a deckhand/divemaster, and the captain. The boat makes morning and afternoon trips to areas with the best diving conditions on the island. Common destinations include; Twin Rocks, Bird Rock, Ship Rock, the West End Quarry (the Crane), and Ripper's Cove. All classes, with the exception of NAUI Scuba Diver, are scheduled on The Discovery, at least once.

Dive Park Diving
Campers have the opportunity to dive at Casino Point, the oldest protected area on the island. The Dive Park is open to the public and is one of the best dive sites on Catalina. Abundant kelp forests, marine life, and frequent sightings of Black Sea Bass make it a camper favorite. Divers use cement stairs for entries and exits. Campers must stay with their class and be under the supervision of Catalina Sea Camp staff at all times. All classes, with the exception of NAUI Scuba Diver, are scheduled to go to Avalon, at least once.
Limits
Divers are limited to depths of 40 feet (12 meters) and bottom times of 40 minutes. Exceeding these limits will result in suspension of diving privileges at Catalina Sea Camp.

Courses that require a deep dive (Advanced and Master Diver) will exceed these limits under the direct supervision of a NAUI Instructor. Check Out dives and Scuba Diver training dives in confined water may exceed 40 minutes at the discretion of the instructor.

Expectations
Campers are expected to:

• Arrive on time for class. Some classes will meet during evening elective periods or early to go ‘out of the bay’ (on The Discovery or to Avalon) or to catch up on required skills. These classes will be announced at the meal prior to each class. Campers are expected to pay attention to these announcements.
• Set up, break down, and clean their scuba units per Catalina Sea Camp standards. These skills will be taught at the beginning of the session and will be supervised by the dive leaders.
• Log every dive. Dive leaders will assist with logging and issue verification stickers.
• Participate in dive briefings and debriefings.
• Lay scuba cylinders and scuba units down when they are outside of arm’s reach.
• Follow safe diving practices and rules set forth by Catalina Sea Camp Dive staff. These are designed for the safety of each diver and all participants. Failure or unwillingness to follow these rules will result in the suspension of diving privileges at Catalina Sea Camp.
Preparing for Diving at Catalina Sea Camp (Three-Week Sessions)

For campers to get the most out of their Catalina Sea Camp experience, campers must be prepared for the mental and physical demands of scuba diving. We recommend preparing in the following ways.

Water Skills
Campers participating in scuba classes must be fit, competent swimmers and comfortable in the water.

For all divers, we suggest spending time in a pool or in the ocean, refreshing and/or developing swimming and snorkel skills, prior to camp. Most aquatic facilities offer swim lessons and many dive shops will offer intro to snorkeling courses. We expect campers enrolling in the Scuba Diver Certification class to have basic snorkel skills. If they do not, they should plan to take our Try Dive or Skin Diver course. The following skills are required for the Scuba Diver Certification course and are usually done, in the ocean, on the first day:

• Swim horizontally underwater for 50 feet (15 meters) on one breath (no push off or dive in)
• Free dive to a depth of at least 10 feet (3 meters)
• Snorkel non-stop for 450 yards
• Breath through a snorkel with face submerged (without mask)

Scuba Skills
All certified campers will be required to demonstrate the basic scuba skills in a ‘Check Out Dive’ prior to open water diving activities (See the “Skills Verification” section on page 9 for a list of skills). If it has been over a year since the camper’s last scuba dive, we recommend they take a scuba refresher course prior to camp.
Divers Alert Network (DAN) Resources
DAN offers an online course called the “Prepared Diver Program.” Catalina Sea Camp can enroll campers for free prior to camp. If you would like to be enrolled in the course, email diving@gdi.org with the email address you would like the course link sent to. The course “provides greater insight into the science behind fundamental diving skills and highlights best practices. The course covers common contributing factors that lead to diver injury.”

DAN also offers several free publications and quizzes on diving health and safer diving. Explore their offerings here: https://www.diversalertnetwork.org/health/

DAN’s quarterly publication, ‘Alert Diver,’ about all things diving, can be found online, at www.alertdiver.com.

eLearning
Catalina Sea Camp offers NAUI eLearning, to be completed prior to camp, for the following courses:

- NAUI Scuba Diver- Completing eLearning for this course is optional. If completed the camper will be put in a shorter lecture period that accounts for their prior knowledge. Campers who complete eLearning will be scheduled in a 1.5 hour lecture that meets six times. Campers who do not complete eLearning will be scheduled in a 3 hour lecture that meets six times.
- NAUI Rescue Diver- Completion of eLearning for this course is required. Campers must complete both the NAUI Rescue Diver eLearning as well as the DAN Basic Life Support eLearning. If eLearning is not completed prior to camp, the camper will be dropped from the course.
- NAUI Master Diver- Completion of eLearning for this course is required. If eLearning is not completed prior to camp, the camper will be dropped from the course.

eLearning packages can be purchased at the Sea Camp Dive Store (dive-store.myshopify.com). eLearning access codes will be emailed after purchase and the accompanying textbook will be mailed via USPS Media Mail upon request.
Catalina Dive Sites and Marine Life
Orienting to Catalina's dive sites and marine life prior to camp can be fun and can make the diving at Catalina Sea Camp more comfortable and enjoyable! The following resources may be helpful.

- Franko Maps, Guide of Santa Catalina Island - Amazon
- Boat, Dive & Fish Catalina Island, by Bruce Wickland - Amazon (a Dive Staff favorite!)
- Catalina Island Dive Buddies by Mike Rivkin - Amazon
- Labeled photos of many marine species divingphotos.smugmug.com/Catalina/
- Video on diving the Channel Islands www.youtube.com/watch?v=BwIJvmBOj7s
- Channel Island’s National Park’s Marine Life Guide www.nps.gov/chis/learn/nature/marine-animals.htm
Required Paperwork
All forms can be accessed by families of registered campers in your Camper Account at gdi.campintouch.com. Paperwork must be submitted by April 1 to allow sufficient time for review and corrections.

General Paperwork Instructions

Forms marked with the computer symbol can be completed online.

Forms marked with barcodes must be printed and filled out completely. Maintain copies of all forms for your records. Submit forms using one of the following options:

- Upload to your camper account as a PDF. Click the upload arrow on the right side of the Forms & Documents screen. If the document has multiple pages, make sure they are combined into one PDF. Uploading multiple documents will delete those submitted previously.
- Fax documents to (949) 627-8084. The barcode must be visible at the bottom of each page.
- If you are unable to fax or upload the documents, mail them to the address below.

Guided Discoveries
Attn. Summer Camp Registrar
27282 Calle Arroyo
San Juan Capistrano, CA 92675

Required Scuba Paperwork
In addition to the general paperwork required for Catalina Sea Camp, forms specific to the dive program must be completed and submitted. Campers will not be allowed to scuba dive unless all necessary paperwork has been received and approved by the Dive Director. We suggest starting on the scuba paperwork as soon as possible. Scuba program forms are listed below.

FORMS REQUIRED FOR ALL CAMPERS WISHING TO SCUBA DIVE

- ☐ R.S.T.C. Medical Statement (must be signed by physician)
- ☐ NAUI Waiver (camper and witness signatures required)
- ☐ Scuba Form (online): Includes; Dive History, Insurance Verification, Medical Verification, Safe Diving Practices, Sea Camp Scuba Waiver

FORMS REQUIRED IN LISTED SITUATIONS

- ☐ Scuba Documentation From - Required for certified campers and those with DAN Insurance to show proof of certification cards and DAN cards.
- ☐ Asthma/RAD Supplemental Evaluation Form - Required for campers with a history of Asthma or Reactive Airway Disease (RAD). This form must be filled out by a physician familiar with dive medicine and respiratory health.
- ☐ Personal Scuba Equipment Service Record - Required for campers bringing their own BCD and/or Regulator to camp.
Catalina Sea Camp
2020 Scuba Diving Participant Guide

NAUI Waiver Instructions
Make sure the camper name is filled in at the top of the page. The NAUI waiver requires signatures from the camper, parent/guardian, and a witness. A witness can be anyone who is 18 years of age or older, including a friend or family member. Witnesses retain no legal responsibility or liability for witnessing your signature. Forms submitted without all signatures will be marked incomplete and will be required to be resubmitted with all lines signed. Contact the Dive Director if you have any questions about the content of the waivers.

Even though a youth is underage, and their signature may not be legally binding, there is information in the documents that they should be made aware of. By signing they are acknowledging that they have at least read the information which will increase their knowledge and make them a safer scuba diver.
R.S.T.C Medical Statement Instructions
As a member of the National Association of Underwater Instructors (NAUI), Catalina Sea Camp is required to have scuba diving and freediving participants complete the **R.S.T.C Medical Statement and Physical Examination**. This form is standard in the recreational diving industry. Instructions for completing the form for participation in scuba diving or freediving at Catalina Sea Camp are as follows:

1. Read this page and the attached pages completely.
2. Fill out the ‘R.S.T.C. Medical Statement’ packet including the Divers Medical Questionnaire and student information on pages one (1) and two (2). Complete the form honestly. It will be checked for consistency against your camper’s ‘Health History’ and ‘Physician’s Examination’ form. Inconsistencies will delay processing.
3. Examples are shown on the following pages.
4. Page one (1) must be signed by the camper/participant and their parent/guardian. Even though a youth is underage, and their signature may not be legally binding, there is information in the documents that they should be made aware of. By signing they are acknowledging that they have at least read the information which will increase their knowledge and make them a safer scuba diver.
5. Bring the entire ‘R.S.T.C. Medical Statement’ and ‘Guidelines for Recreational Scuba Diver’s Physical Examination’ packet (pages one to six [1-6]) with you to your physician. The form must be signed by a physician, regardless of the answers on the first page of the document.
6. Instructions to the physician for the physical examination start on page three (3). Ask your physician to review this information along with your camper’s medical history. It may be helpful to send these pages ahead of your appointment.
7. Discuss your camper’s medical history and risks associated with scuba diving and freediving with your physician.
8. Have your physician fill out the bottom part of page two (2), making a recommendation for or against your camper’s fitness for scuba diving or freediving. Ask them to include relevant remarks, notes and documents. Make sure they fill out this section completely, including their signature and contact information.
9. In some cases your physician may not be able to make a recommendation for or against scuba diving or freediving at the time of your visit.
   • If your physician requires more information to make an informed decision on your camper’s medical fitness for scuba diving or freediving, they should contact the physicians and other medical professionals at the Divers Alert Network (DAN), for consultation by phone. They can be reached during normal business hours, in all U.S. timezones, at 1-919-684-2984. Ask them to note the date and name of the consultant in the remarks section on page two (2).
   • Diagnostic studies and specialty consultations should be obtained as indicated in the ‘Guidelines for Recreational Scuba Diver’s Physical Examination’ and/or at your physician's discretion.
   • If your camper has a history of Asthma, the guidelines in Catalina Sea Camp’s ‘Asthma Supplement Packet’ must be followed.
9. Submit pages one (1) and two (2), along with any relevant notes or documentation, to your camper account using one of the methods described above.
10. Completion of this form does not guarantee acceptance into Catalina Sea Camp’s Scuba Program.
RSTC Medical Statement Instructions, Page 1

- Complete this form honestly. It will be checked for consistency against your camper’s ‘Health History’ and ‘Physician Examination’ forms. Inconsistency will delay processing.
- Make sure all lines are marked with a complete ‘YES’ or ‘NO’. ‘Y’ or ‘N’ will cause your document to be returned and delay your processing.
- Ensure both the camper/participant and the parent/guardian have signed the form.
- This is page one (1) of a two-page document. Both pages must be uploaded to the system. It’s best to scan both pages into one document to upload.

Divers Medical Questionnaire

In the participant:
A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a pre-existing condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in any activity.

Please present the following questions on a separate or separate medical history with YES or NO. If you answer YES, provide a physician with the RSTC Statement and guidelines for ReIntroduction Scuba Diving Physical Examination (attache to this form).

Could you be pregnant, or are you attempting to become pregnant?

Are you presently taking prescription medications? (with the exception of birth control or anti-histamines) YES, let us know.

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Any of the following?

Any of the following?

Asthma, wheezing with breathing, or wheezing with exercise?

Peptic ulcer or severe attacks of heartburn or indigestion?

Premature delivery or miscarriage?

Any of the following?

Any of the following?

Pneumonia (collapsed lung)?

Ophthalmia (closed lung) or pneumothorax?

Diabetes mellitus or psychiatric problem? (Psychotic, loss of sleep, death of a loved one or other)

Dizziness, seizures, convulsions or lactic acidosis, or metabolic disturbance?

Drug or alcohol abuse?

Any of the following?

Any of the following?

Head injury with loss of consciousness in the last five years?

Recurrent blood or alcohol abuse?

Back pain or injury?

Have you ever had or do you currently have...

Arthritis, joint or bone disease?

Pitta disease or any other bone disease?

Heart disease?

Any of the following?

Any of the following?

Angina, chest pain or shortness of breath?

Sinus surgery?

Ear disease, hearing loss or hearing problems with balance?

Hearing or ear problems?

Bleeding or other blood disorders?

Hemorrhoids?

Liver or kidney disease?

A condition or disability?

Recreational drug use or treatment for, or alcoholism in the last five years?

The information I have provided about my medical history is accurate to the best of my knowledge, I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.

Signature of Participant/Parent/ Guardian

Date

Telephone:

*See Camp Policies Page 1 and it must be completed and submitted to your camper account together at the same time to avoid page being lost or misfiled. Return copies for your records. Completion of this form does not guarantee acceptance into Catalina Sea Camps events program.
RSTC Medical Statement Instructions, Page 2

- The form must be signed by a physician, regardless of the answers on the first page of the document.
- Make sure the physician marks the ‘Physician Impression’ box and signs and dates the form.
- Incomplete forms will be sent back and will delay your processing.
- This is page two (2) of a two-page document. Both pages must be uploaded to the system. It’s best to scan both pages into one document to upload.
RSTC Medical Statement Instructions, Pages 3-6

- These pages contain important instructions and information for your physician. Bring them to the appointment for the physician to review and reference.
- It may be helpful to send these pages to your physician ahead of the appointment.
Selecting Scuba Activities
At Catalina Sea Camp, each camper selects the activities/courses they wish to take on the Activity Preference form ( ). All courses are listed in our ‘Activity Guide’ which can be found on our website and in the ‘Forms and Documents’ section of your camper account. Our courses are arranged in an alternating day block schedule, similar to a college course schedule. Each day has four 90 minute activity periods, scheduled on either a Monday/Wednesday/Friday or Tuesday/Thursday/Saturday rotation. All dive classes are three hours and take up two consecutive periods. Courses meet six times over the three-week session. All courses are offered concurrently, so campers are not able to complete one class and then take another. For example, campers may not do the Scuba Diver course followed by the Advanced Scuba Diver course in the same summer, because they will not finish their Scuba Diver certification until the last day of camp. We recommend campers take a maximum of two dive classes per session.

Sample Session Schedule

Sample Weekly Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:30</td>
<td>Seafood Cookery</td>
<td>Scuba Diver</td>
<td>Seafood Cookery</td>
<td>Scuba Diver</td>
<td>Seafood Cookery</td>
<td>Scuba Diver</td>
</tr>
<tr>
<td>10:45-12:15</td>
<td>Basic Sailing</td>
<td>Scuba Diver</td>
<td>Basic Sailing</td>
<td>Scuba Diver</td>
<td>Basic Sailing</td>
<td>Scuba Diver</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Skin Diver</td>
<td>Climb/Kayak</td>
<td>Skin Diver</td>
<td>Climb/Kayak</td>
<td>Skin Diver</td>
<td>Climb/Kayak</td>
</tr>
<tr>
<td>3:45-5:15</td>
<td>Skin Diver</td>
<td>Scuba Lecture</td>
<td>Skin Diver</td>
<td>Scuba Lecture</td>
<td>Skin Diver</td>
<td>Scuba Lecture</td>
</tr>
</tbody>
</table>
Sea Camp’s Training Progression
Outlined below are the minimum requirements to enter each course. By following our outlined dive training progression, we believe campers will be set-up for success in their current course and future courses. Full course descriptions can be found in our Activity Guide linked on our website and in the ‘Forms and Documents’ section of your camper account.

If a camper is not a certified diver prior to arrival at camp, they will only be able to take Try Dive (104) OR Scuba Diver (105/106). Campers in the Scuba Diver class will not be certified divers until the last day of camp. Please do not select any other scuba classes in the Activity Preferences if Try Dive or Scuba Diver are selected. All campers who list Scuba Diver in their activity preferences are guaranteed to be placed in that class.

If you are uncertain of what course your camper should sign up for, please contact the Dive Director at diving@gdi.org

**CORE DIVING COURSES:**

- **SEA CAMP TRY DIVE**
  - COURSE 104
  - (Not Required, but encouraged, for 105/106)

- **NAUI SCUBA DIVER**
  - COURSE 105 - 4 Periods
  - NAUI SCUBA DIVER w/ eLearning
  - COURSE 106 - 3 Periods
  - (Snorkeling experience and water comfort are required)

- **NAUI ADVANCED SCUBA DIVER**
  - COURSE 107
  - (6 logged dives, after basic certification, are required)
  - NAUI ADVANCED SCUBA DIVER PLUS
  - COURSE 108
  - (Takes up 4 class periods)

- **NAUI RESCUE SCUBA DIVER/FIRST AID & CPR**
  - COURSE 109
  - (Completion of eLearning before camp is required)

- **NAUI MASTER SCUBA DIVER**
  - COURSE 110
  - (Completion of eLearning before camp is required)

**SPECIALTY COURSES:**

- **NAUI SCUBA ECOLOGIST**
  - COURSE 111

- **SEA CAMP CATALINA DIVER**
  - COURSE 112

- **NAUI NIGHT DIVER**
  - COURSE 113

- **NAUI (JUNIOR) SCUBA PHOTO**
  - COURSE 114
  - (Advanced Certification Required)

- **NAUI SCUBA PHOTO**
  - COURSE 115
  - (Advanced Certification Required)

- **SEA CAMP ADVANCED SCUBA PHOTO**
  - COURSE 116
  - (Completion of 114/115, or equivalent, required)

- **NAUI NITROX DIVER**
  - COURSE 119
  - (Advanced Certification Required)