



New Member Joining Pack

SAA 1063

Welcome to Central Scotland Dive Club (C-Divers)

We are an established diving club based in Central Scotland. We are affiliated to the SAA (Sub Aqua Association) and we meet at the Dollan Sub Aqua Centre in East Kilbride at 7:00pm on Wednesdays for lectures, followed by pool training from 8.30 till 9.30pm.

As an SAA affiliated club, we can award internationally recognised diving qualifications to our members, as well as benefiting from the support of the SAA at regional and national levels. We dive in Scotland throughout the year with various expeditions to other parts of the country and abroad.

The club's objective is **To Practise Safe and Enjoyable Diving**

Training

One of the benefits of the club system is that you will be able to progress through the training at your own pace, there is never any pressure to move on to the next stage before you are ready. This allows you to build up your confidence and skills gradually and learn thoroughly.

Each qualification level typically requires a mixture of lectures and practical skills training in the pool. There will then be a written exam and some assessment dives to test your abilities. These will be carried out by our SAA-qualified Instructors. Most qualifications also require that you gain real diving experience by carrying out a range of open water dives in different conditions. Training days can be found on the club forum.



Diving

Every year we arrange a programme of dive weekends at coastal sites around Scotland. In the past few years we have been to Scapa Flow, Sound of Jura, Moray Firth, St. Abbs, The Farne Isles and Sound of Mull to name but a few. We have also dived further afield in Norway, Tenerife and the Red Sea.

Club dives are open to all club members although some trips to more demanding sites may be restricted by skill level. We try to accommodate individual preferences and usually do a mixture of reef and wreck dives. All costs such as boat, fuel, launch fees etc. for each trip are just divided evenly amongst those taking part.





Social Events

We usually organise a variety of social events during the year.

Membership

Full membership of the club is by application and is open to anyone over the age of 18 years, but the club committee has the right to vary the terms of membership or decline an application.

The benefits of club membership are:

- Annual SAA membership renewal paid
- Free diving training under the guidance of our SAA qualified instructors
- Free use of the pool for swimming/training on our Wednesday night sessions
- Free use of club equipment for pool training (some items are subject to a deposit)
- Open invitation to join us on any of our club diving weekends and social events
- Full voting rights at the club AGM (must have been a member for at least 6 months)

Full membership of C-Divers: £10 per month (payable by standing order).

Club joining fee: £50

If you are not already an SAA member: SAA joining fee £67, SAA New Student Starter Pack £30 – optional to qualified divers.

Diving Medicals

All diving members must complete an annual Self Certification form, to be kept by the club secretary.

Equipment

The club has equipment that can be loaned to members during their pool training, subject to a deposit.

Qualification Crossover Guidance Chart

If you already have a diving qualification from another organisation, here's a guide to the SAA equivalent qualifications.

SAA	PADI	BSAC	CMAS
Elementary Diver	Basic SCUBA	Novice Diver	
Open Water Diver	Open Water Diver	Ocean Diver	1 Star
Club Diver	Adv.Open Water Diver & Rescue Diver	Sports Diver	2 Star
Dive Leader		Dive Leader	2 Star
Dive Supervisor	Dive Master	Advanced Diver	3 Star
National Diver		1st Class Diver	4 Star

Please note that all crossovers are at the discretion of the Diving Officer, and your training, experience and ability may be taken into account.

If you have any questions or concerns please feel free to contact the committee.



Membership Application Form

Please complete all sections and hand to the Treasurer or Club Secretary.

First Name:	
Surname:	
Date of Birth:	
Address:	
Postcode:	
Home Phone:	
Work Phone:	
Mobile Phone:	
Email Address:	
Next of Kin 1: (Name, house number, postcode, telephone number & relationship)	
Next of Kin 2: (Name, house number, postcode, telephone number & relationship)	

Waiver

As a member of Central Scotland Dive Club ("the Club"), I understand and accept that, save and except for the provisions of the Unfair Contracts Act 1977 and its additions and amendments, the Club shall not be held responsible for any personal injury and/or loss or damage to any personal property by myself whilst in the course of any activity deemed by the Club to be a Club Activity.

Signed:

Dated:



STANDING ORDER MANDATE
FOR PAYMENT OF
CENTRAL SCOTLAND DIVE CLUB
SUBSCRIPTIONS

Please set up a Standing Order for monthly club membership in the sum of £10.00 per month using the details below & reference the payment with your first initial & surname.

Details of Organization to be paid

Central Scotland Dive Club
Bank of Scotland, 41 Princes Mall,
East Kilbride, G74 1LA
Account Number: 00353259
Sort Code: 80:06:64



Guidance on completion of the Self Certificate Medical Form

- Note a Self Certificate Medical Form is required annually for SAA membership renewal, it is also required whenever you attend a National Course.
- Please be honest as both your safety & the safety of those who train you & dive with you may be at risk.
- If you believe you may be required to answer yes to any of the questions please feel free to discuss these issues with the club Diving Officer in confidence if required.
- Please note that answering yes to any of the questions may not automatically exclude you from diving.
- Note the questions all have some relevance to possible issues whilst diving for example a minor nose bleed may happen due to a relatively simple incident but due to a diver taking blood thinning medication could end as a serious loss of blood, those with HIV may have had a lung infection which can leave them susceptible to Pulmonary Barotrauma, some may have blood disorders which may have implications in regards passing conditions onto other divers.
- Note some of these can be worked around if the diving officer is made aware, these may require a Certificate of Fitness to Dive in addition to the self certificate medical form.



Training Record of Lectures attended.

Note it is your responsibility to ensure you bring this record to all lecture sessions & have it signed by the instructor.

Elementry			
Lecture	Instructor Name	Inst Signature	Date
EL1			
EL2			
EL3			
EL4			
EL5			
EL6			
EL7			
EL8			
EL9			
EL10			
Open Water			
OWL1			
OWL2			
OWL3			
OWL4			
OWL5			
OWL6			
OWL7			
OWL8			
OWL9			
Club Diver			
CD1			
CD2			
CD3			
CD4			
CD5			
Dive Leader			
DLL1			
DLL2			
DLL3			
DLL4			

Sport Diving Medical Form - 2016

New divers should not commence diving training and existing divers should not dive until they have completed this medical declaration or had a medical examination confirming fitness to dive.

Fees for a medical examination are the responsibility of the diver.

NOTES TO DIVER:

It is necessary for members of the above organisations to complete this form annually on renewal of membership. Exceptional fitness is not essential; both men and women can dive safely provided they are reasonably fit. If you have any queries then please contact a medical referee (listed on <http://ukdmc.org>).

IMPORTANT – FAILURE TO DECLARE A MEDICAL CONDITION COULD INVALIDATE YOUR INSURANCE

CAPITALS PLEASE

Name:		Date of birth:
Address:		
Postcode:	Telephone:	Occupation:
Dive organisation:	Branch:	Membership no:

Diver Medical Health Questionnaire

1	Have you ever suffered at any time from diseases of the heart and circulation including high blood pressure (or taking tablets for high blood pressure), angina, chest pains or palpitations?	
2	Have you ever had chest or heart surgery?	
3	Have you ever had significant bleeding or blood disorders?	
4	Have you ever suffered from or had to take medication for asthma?	
5	Have you ever had collapsed lung or pneumothorax?	
6	Have you ever had any other chest or lung disease or problems?	
7	Have you ever suffered from blackouts, fainting or recurrent dizziness?	
8	Have you had regular ear problems in the past ten years?	
9	Do you have an ileostomy, colostomy, or ever had repair of a hiatus hernia?	
10	Have you ever had epilepsy or fits?	
11	Have you ever had recurrent migraines?	
12	Have you ever had any other disease of the brain or nervous system (including strokes or multiple sclerosis)?	
13	Have you had a head injury with loss of consciousness in the past 5 years?	
14	Have you ever had any back or spinal surgery? Or had any serious back problems?	
15	Have you ever had any mental or psychological illness of any kind, fear of small spaces, crowds or panic attacks?	
16	Have you had any problem with alcohol or drug abuse in the last five years?	
17	Do you have diabetes?	
18	Are you taking any prescribed medication (except the contraceptive pill)?	
19	Are you currently receiving medical care or have you consulted a doctor in the last year other than for trivial issues e.g. common cold, infection or minor injury?	
20	Have you ever been refused a diving medical certificate or life insurance or been offered special terms?	
21	Have you ever had, or been treated for, decompression illness?	

I hereby declare that I have answered 'No' to all of the questions above and that to the best of my knowledge, I am in good health and declare that I have not omitted any information which might be relevant to my fitness for diving. Any change in health must be declared as this may affect your fitness to dive. A copy of this completed certificate must be kept by the diver's Branch/Club during the period of validity.

Signed:	Date:
---------	-------

(Signature of Parent or Guardian if under the age of 18)

IF YOU THINK YOU MAY BE PREGNANT OR ARE TRYING TO GET PREGNANT PLEASE SPEAK TO A MEDICAL REFEREE FOR GUIDANCE.

IF YOU HAVE ANSWERED 'YES' TO ANY OF THE QUESTIONS ABOVE PLEASE COMPLETE THE SEPARATE MEDICAL REFEREE FORM

Available from www.bsac.com/medicalform or from <http://ukdmc.org>