



## 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 Fairhill Community Centre at 7:00pm on a Friday for lectures followed by pool training at Hamilton Water Palace from 9.00 till 10.00pm.

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 clubs objective is ***To Practice Safe & 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 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 program 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 a field 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, see [www.c-divers.com/expeditions](http://www.c-divers.com/expeditions) for details.



### ***Club Boats***

The club has the use of several RIBs owned by club members. The boats will carry up to 8 divers in reasonable comfort.

### ***Social Events***

We usually organise a variety of social events during the year, Xmas Party, Bowling & Curry nights etc.



### **Membership**

Full membership of the club is by application and is open to anyone over the age of 16 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 Friday 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)

Note:- members aged 16-18 require parental/guardian approval before training commences and are restricted by SAA rules to a maximum diving depth of 30m

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

Club joining fee: £25 (payable by cheque or cash)

If you are not already an SAA member: SAA joining fee £50, SAA New Student Starter Pack £40 - optional to qualified divers. (by cheque payable to 'Sub Aqua Association').

### **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
Dive Master		1 <sup>st</sup> Class Diver	4 Star

*Please note that all crossover's are at the discretion of the Diving Officer, and he may also take into account your training, experience and ability.*

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:

Post Code:

Home Phone:

Work Phone:

Mobile Phone:

Email Address:

Next of Kin

Phone No.:

### 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:

*If under 18. Parental/Guardians consent required. If parents have any concerns about safety, please contact a member of the committee who will happily discuss any issues with you.*

Parent Signature:

Dated:



## Temporary training record.

Please use this sheet to record any training lectures you have attended. When your membership has been processed by the SAA you will receive a training record folder.

### Snorkel Diver Lectures

Lecture Code	Date	Instructor	Signature
SL1			
SL2			
SL3			
SL4			
SL5			
SL6			
SL7			
SL8			

### Elementary Diver Lectures

Lecture Code	Date	Instructor	Signature
EL1			
EL2			
EL3			
EL4			
EL5			
EL6			
EL7			
EL8			
EL9			
EL10			

### Open Water Diver Lectures

Lecture Code	Date	Instructor	Signature
OWL1			
OWL2			
OWL3			
OWL4			
OWL5			
OWL6			
OWL7			
OWL8			
OWL9			

STANDING ORDER MANDATE  
FOR PAYMENT OF  
CENTRAL SCOTLAND DIVE CLUB  
SUBSCRIPTIONS



Please complete this form in **BLOCK CAPITALS**

To \_\_\_\_\_ Bank Sort Code \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address of Bank  
\_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

**Club Member's Details (Account to be debited)**

Account Name \_\_\_\_\_ Account Number \_\_\_\_\_ Sort Code \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Tel No – Work \_\_\_\_\_ Tel No – Home \_\_\_\_\_

Please set up the following Standing Order and debit my/our account accordingly

**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

**Details of the Payment to be made**

Amount of Payment: £10.00 Amount of Payment in words: TEN POUNDS

Date of first payment: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ and thereafter MONTHLY on the 15<sup>th</sup> of every month.

To Be Paid Until Further Notice

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**Confirmation**

Club Member's Signature \_\_\_\_\_

Joint Account Holders Signature \_\_\_\_\_

(If required)

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# MEMBERSHIP APPLICATION FORM

This form should be completed and returned to your club secretary, to be forwarded to the Sub-Aqua Association head office.



**Date**

**Dive club name**

**Dive club number**

**Membership number**

**New club member**  **Student starter pack required**  **Existing club member**

*Note: It is a requirement for new members below club diver to purchase the SAA "Student Starter Pack"*

**Surname**  **First name**

**Date of birth**  **Sex-** **Male**  **Female**

**Address**

**Town**

**County**

**Postcode**

**Country**

**E-Mail**

<b>Office use only</b>	
<b>Rec'd</b>	<b>Ent'd</b>

**Telephone: Home**  **Mobile**

## Diving qualifications-

<b>Social</b> <input type="checkbox"/>	<b>Trainee</b> <input type="checkbox"/>	<b>Snorkeller</b> <input type="checkbox"/>
<b>Elementary diver</b> <input type="checkbox"/>	<b>Open water diver</b> <input type="checkbox"/>	<b>Club diver</b> <input type="checkbox"/>
<b>Dive leader</b> <input type="checkbox"/>	<b>Dive supervisor</b> <input type="checkbox"/>	<b>Dive master</b> <input type="checkbox"/>

## Instructor qualifications-

<b>Snorkel</b> <input type="checkbox"/>	<b>Assistant</b> <input type="checkbox"/>	<b>Club</b> <input type="checkbox"/>
<b>Open water</b> <input type="checkbox"/>	<b>Regional</b> <input type="checkbox"/>	<b>National</b> <input type="checkbox"/>

**How many years have you been diving?** 0-1  1-2  2-4  5+

**Are you a member of any other diving organisation/s?** Yes  No

**If yes please state**

# UK SPORT DIVER MEDICAL FORM

Any fee in respect of the medical examination is the responsibility of the person being examined.

**Diving training must not be undertaken until the candidate has completed a Medical Declaration or had a Medical Examination confirming fitness to dive.**



www.uksdmc.co.uk

### 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 providing they are reasonably fit. Sport diving can at times involve heavy physical exertion. Moreover, recreational diving in the UK is carried out in what can occasionally be a cold, dark and hostile environment and it entails responsibility for the safety of other divers. If you have any queries then please contact a medical referee (listed overleaf).

### Please read carefully before completing this Self –Declaration Form

Divers answering “No” to all questions below should complete this declaration, deleting answer b), hand the original copy to your DO and retain a copy with your Qualification Record Logbook for reference purposes.

Divers answering “Yes” to any question below or are unsure on any area should delete answer a) and sign. They then must seek advice from a Medical Referee

- From a telephone call enquiry, the Referee may only need to endorse this form on your behalf. You will need to send the form to the Referee with a written confirmation of your statements to the Referee, the fee of £10.00 and a stamped self-addressed envelope for endorsement by them and return to you. Hand the original of this form to your Diving Officer and retain a copy with your Qualification Record Logbook for reference purposes.
- The Medical Referee may require a statement from your GP and/or to see you for examination (when a fee may be payable) and if you are found fit to dive, they will give you a completed **Certificate of Fitness to Dive** with an expiry date or a statement that further medical assessment is not required. You should attach a copy of the Certificate of Fitness to Dive to this form and hand to your Diving Officer. Ensure you retain the original of the Certificate of Fitness to Dive (you may need to provide copies for future annual declarations) with a copy of this form with your Qualification Record Logbook for reference purposes.

### Diver Medical Health Questionnaire

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

Name.....

Telephone.....E-mail.....

Address.....

Occupation.....

.....

Dive Organisation.....Branch.....

.....Postcode.....

Date of birth..... Membership No.....

I authorise any doctor who has attended me to disclose my medical history if requested to a Medical Referee.

#### Delete a) or b) following as appropriate.

- a) I hereby declare that my response to all the above questions is “No” and that to the best of my knowledge, I am in good general health and declare that I have not omitted any information which might be relevant to my fitness for diving
- b) The answer to one or more of the above questions is “yes”. I have notified the Medical Referee whom I have asked to endorse this form

Signed.....

Date.....

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

#### For completion by Medical Referee if required by applicant

Please delete where applicable

- a) In light of verbal statements made to me I hereby endorse this self-declaration form on behalf of the applicant
- b) Unless there is a change in the applicant’s medical condition, they need not submit their self declaration form to a medical referee  
1) indefinitely 2) for ..... years. (Applicant should save a photocopy of this form for future years.)
- c) Having examined the applicant, I have issued a Certificate of Fitness to Dive

Signature of Medical Referee ..... Date .....

Certificate of Fitness to Dive issued/not issued Dated ..... Expiry Date .....

#### VALIDITY & STORAGE

This Form is valid for **one year only unless certified for a longer period by the medical referee**. Any changes in health must be declared as this may affect your fitness to dive. Completed forms must be kept by the diver’s Branch / Club during their period of validity.