

# BASIC SCUBA DIVING

(March 8<sup>th</sup> – 12<sup>th</sup>, 2010)

Islamabad





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The Pakistan Wetlands Programme is funded by a growing consortium of donors. By December 31<sup>st</sup>, 2007, this group included:



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The Whale and Dolphin Conservation Society



## Basic Scuba Diving Course

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## **1 Introduction**

Scuba Diving is recreational cum educational activity. Apart from fun and entertainment, one can use scuba diving experience for exploration of underwater world. This course was designed to impart basic knowledge and skills to the officials of various departments and communities of Wetlands Management for the purpose of research and exploring marine ecology and biodiversity.

## **2 Course Objectives**

The objectives of the training course were to enable the participants to:

- Dive in the water in a safest way by using appropriate Scuba Diving gear.
- Explain the relevance, purpose and importance of scuba diving in the field of Wetlands Management.
- Practically see coral reefs and sea species.

## **3 Course Outcomes**

At the end of the training course the participants were able to:

- Explain the basic concepts of scuba diving in various Wetlands related fields.
- Dive in shallow water by using appropriate scuba diving gear.
- Take advantage of practically seeing, evaluating and exploring underwater amazing world.

## **4 Training Participants**

The number of participants registered for each training course was 4. The participants from Pakistan Wetlands Programme and GIS Lab were only invited and participated in the course. The list of the enrolled participants is attached as Annexure I.

## **5 Training Team**

The services of highly skilled and experienced retired naval diving officer who was further trained abroad by PADI (Professional Association of Diving Instructor) were taken for this valued training course.

## **6 Training Program**

Training programme was split over a period of five days which included theoretical demonstrations, watching of related videos and practical diving. Details of the Training Programme are attached as Annexure II.

### **6.1 Participatory Activities**

The training course was mostly focused on practical scuba diving in the water.

## **7 Session Details**

### **7.1 Introduction of Pakistan Wetlands Programme**

Session I started with the registration of the participants. Registration forms were filled in by every participant. Then a small activity was conducted in which the participants introduced each other. This activity was done to let the participants get familiarized with each other to work in the groups at a later stage.

Afterwards a detailed introduction of Pakistan Wetlands Programme was given by Mr. Richard Garstang, National Programme Manager/CTA Pakistan Wetlands Programme. He also discussed the importance of wetlands. He further told that Pakistan Wetlands Programme has undertaken to conserve globally significant wetlands biodiversity in Pakistan while alleviating poverty.

## **7.2 Scuba Diving- An Introduction**

In this session a training video film about scuba diving was shown to participants. Thereafter, they were taken to swimming pool for conduct of knowledge based practical scuba diving sessions.

## **8 Conclusion and Way Forward**

This training proved very beneficial for the participants belonging to various conservation organisations. It enhanced the knowledge and skills of the participants to carryout scuba diving under the supervision of instructor. The Pakistan Wetlands Programme in future will organize such training activities to train the participants from various organizations for benefiting either directly or indirectly.

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## 9 Annexure I

Sr No.	Name
1	Ahmed Khan
2	Tahir Mehmood
3	Najam ul Huda
4	Waqar Jadoon

## 10 Annexure II

	1000-1045	1045-1130	1130-1145	1145-1230
DAY-1	Introduction	Equipment assembling/Donning	Refreshments	UW Breathing/swimming
DAY-2	pt. descend, Mask removal, Regulator recovery, 5 point ascend)	Weight belt/equipment removal at surface, 5 pt descend, air depletion drill, Fin pivot, emergency ascend)	Refreshments	Diving practice
DAY-3	Diving Practice	UW hovering, CESA, weight belt removal	Refreshments	Buddy Breathing and emergency procedures
DAY-4	Diving Practice	Diving practice	Refreshments	Diving practice
DAY-5	Diving Practice	Diving practice	Diving practice	Certificate ward ceremony

## 11 Glimpses

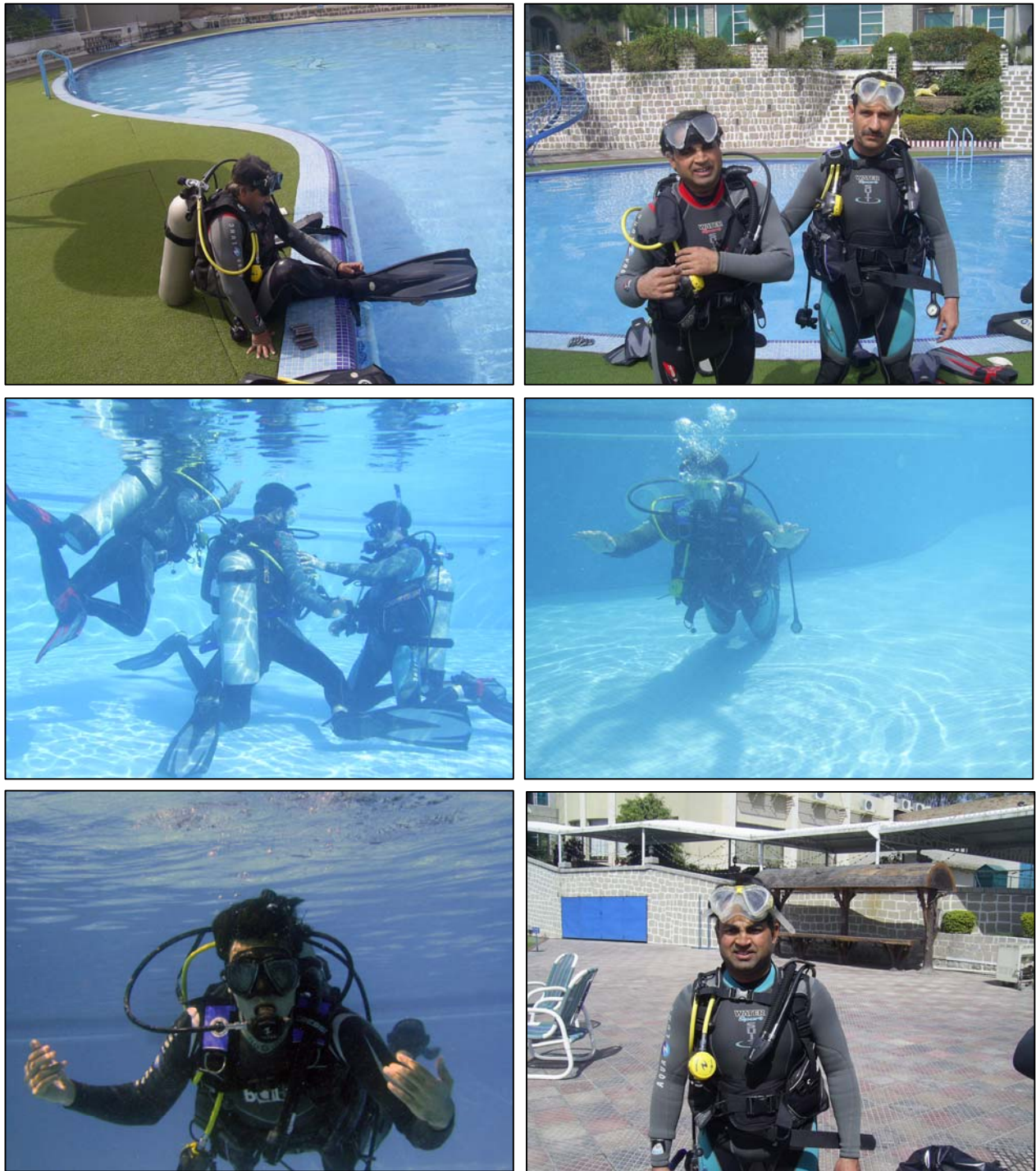


Figure 1: Overall Training Activities