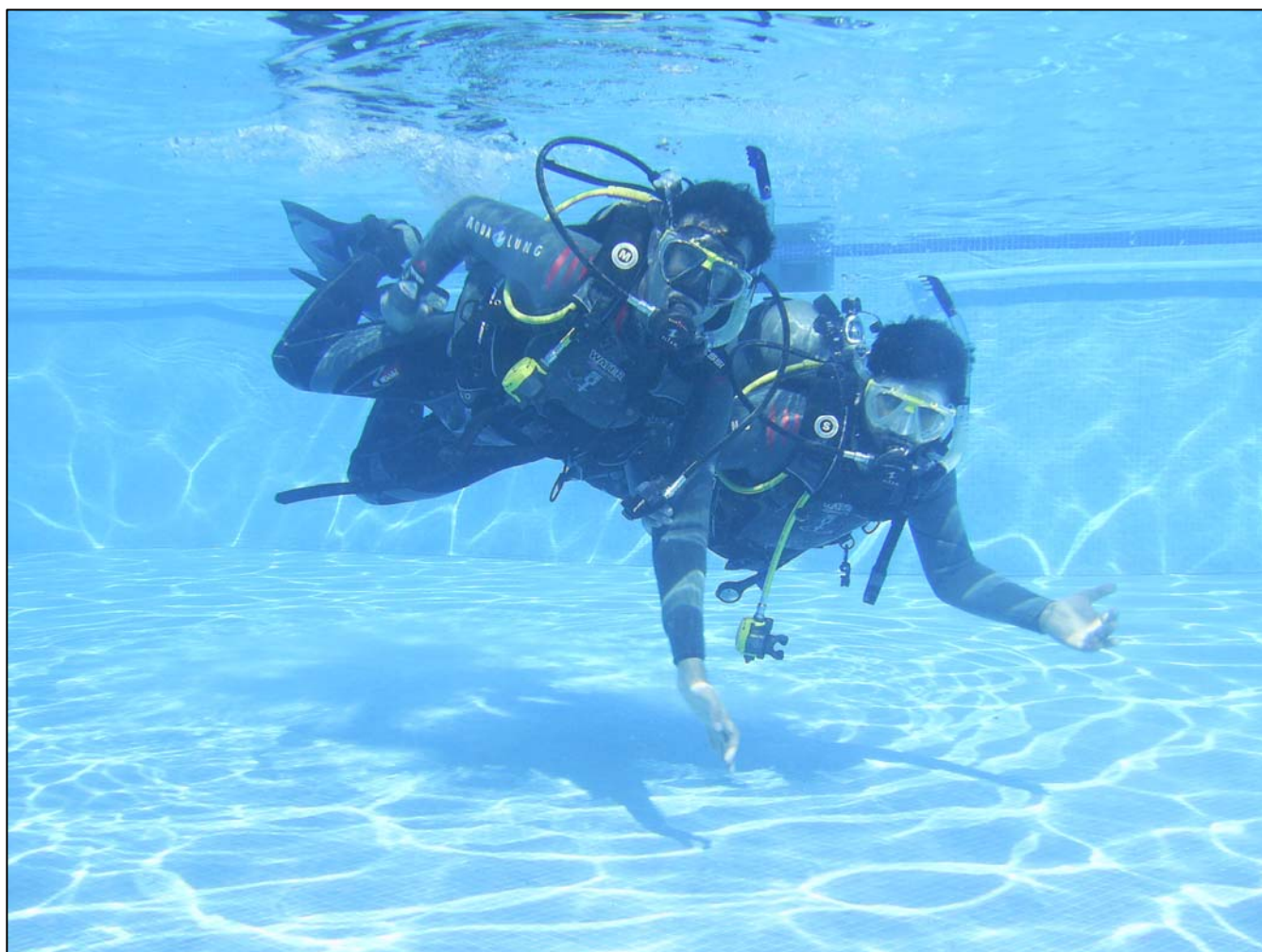


PADI OPEN WATER DIVER COURSE

(October 2010 and December-January 2011)

Islamabad, Makran Coast



Our Sponsors

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



The Global Environment Facility



The United Nations Development Programme



The Royal Netherlands Embassy



WWF-Global Network and WWF-Pakistan



The Pakistan Poverty Alleviation Fund



The Darwin Initiative



The Whale and Dolphin Conservation Society



PADI Open Water Diver Course

Table of Contents

1	Introduction.....	3
2	Course Objectives	3
3	Course Outcomes	3
4	Training Participants.....	3
5	Training Team	3
6	Training Program.....	3
6.1	Participatory Activities	4
7	Session Details.....	4
7.1	Introduction of Pakistan Wetlands Programme	4
7.2	Scuba Diving- An Introduction.....	4
8	Conclusion and Way Forward	4
9	Annexure I.....	5
10	Annexure II.....	5
11	Glimpses	5

1 Introduction

Scuba Diving is termed as an underwater activity with the help of Self Contained Underwater Breathing Apparatus. The Pakistan Wetlands Programme has deployed inventory of diving equipment to under take SCUBA diving for exploring under water nature's wealth in Pakistan and to promote it at large.

The Programme has planned a number of scuba diving courses to build capacity of stakeholders involved in coastal and marine wetland resources management. The programme has made arrangements with PADI to provide certification of various categories to trained professionals.

The Programme started its SCUBA diving classes with PADI Open Water Diver Course. This internationally recognized Diving course is a passport to the world of scuba diving which gives the freedom to dive any where in the world with a buddy independent of a professional. Upon Completion of PADI Open Water Course participants are awarded certification by PADI Asia Pacific Australia.

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 aquatic life in the sea.

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 any where in the world by using appropriate scuba diving gear.
- Take advantage of practically seeing, evaluating and exploring underwater amazing world.
- The participants were able to see coral reefs, observe aquatic life and collect appropriate samples and data for the research work.

4 Training Participants

The number of participants registered for the training course was 4. The participants from Pakistan Wetlands Programme were only invited and participated in the course. The list of the qualified 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 as Open Water Scuba Diving Instructor (OWSI) by PADI (Professional Association of Diving Instructor) were taken for this valued training course. The instructor is an active member of the PADI in Pakistan.

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 activities included; Knowledge development covering the fundamentals of scuba diving, introduction to dive equipment and techniques, 5 confined water dives and 4 open water dives at sea. The Knowledge review and swimming pool sessions were conducted in Islamabad. However, Confined water and open water dives were conducted at Ormara, Astola and Jiwani.

The education material provided to each participant was Diving Manual, DVD, Electronic Dive planner, Divers Logbook and Training Record, Keep Diving Brochure, Student Record File, Vinyl Satchel.

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.

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 Pakistan wetlands Programme. It enhanced the knowledge and skills of the participants to carryout scuba diving at sea in the area of their interest 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. These divers will also form a team to carry out under water research for the exploration of coral reefs, aquatic life and monitoring/evaluating under water sites for Marine Protected Areas (MPAs).

9 Annexure I

Table 1: List of Trainees	
Sr No.	Name
1	Najam ul Huda Khan
2	Abdul Rahim
3	Samiullah Khan

10 Annexure II

Training Session Plan				
	0930-1045	1045-1130	1200-1300	1330-1500
DAY-1	Introduction	Opening Address	Confined water session-1 in Swimming pool	Confined water session-2 in swimming pool
DAY-2	Confined water session-3 in swimming pool	Break	Confined water session-4 in swimming pool	Confined water session-5 in swimming pool
DAY-3	Confined water Dive-1 at Ormara	Break	Confined water-2 at Ormara	Knowledge Review 1&2
DAY-4	Open water Dive-1 at Jiwani	Break	Open water Dive-2 at Jiwani	Knowledge Review 4&5
DAY-5	Open water Dive-3 at Astola	Break	Open water Dive-4 at Astola	Written Quiz

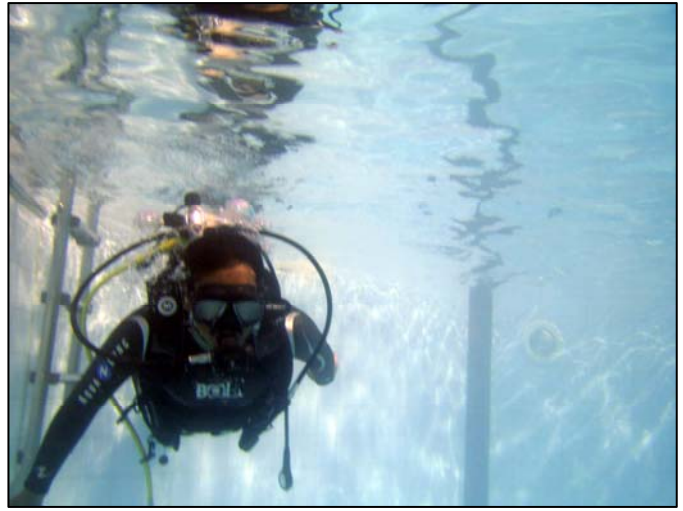


Figure 1: Overall Training Activities