



HART HOUSE UNDERWATER CLUB

Scuba, Skindiving, Snorkelling

Hart House Underwater Club – Learn to Scuba Course

The Hart House Underwater Club “Learn to Scuba” training course is designed to promote safe diving practices and prepare you for a lifetime of recreational diving! After completing the classroom and pool (“confined-water”) training portions of the course, Scuba Trainees will be required to participate in open-water dives in a lake or ocean in order to attain a Scuba Diver certification issued by the National Association of Underwater Instructors (NAUI). Your scuba certification will permit you to scuba dive within the limits of your training and at recreational dive limits anywhere in the world.

The classroom sessions will be held online using Zoom (Thursdays 7:30-9:00 pm) and the pool sessions will be held at the University of Toronto Athletic Centre on Harbord Street (Tuesdays 8:00-11:00 pm). Bring a towel, swimsuit, swimming goggles, lock and something to take notes for first pool evening of the course.

When are the Learn to Scuba courses offered?

Dates for Fall 2023: 19th Sep - 28th Nov 2023 (There will be no session during the reading week)

- The pool sessions for the Scuba Training Course are held on Tuesdays, starting at 8:00 pm at the Athletic Centre pool.
- Zoom Classroom sessions will be held on Thursday evenings from 7:30 to 9:00 pm. No classes are held on Reading Week.

Registration: The Learn to Scuba course will be announced on our website.

Website: <https://universitydivers.ca/training/course-descriptions/>



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Can I take the course?

Registration is open to all University of Toronto students, faculty, staff, as well as members of the general public. Participants must be 18 years of age or older.

Taking the course will depend on your age (over 18, otherwise discuss with the instructor), medical conditions (no contraindications to scuba diving), and in-water comfort level. You will be required to complete a confidential medical form on the first night of the course, which you will review with your instructor. Your health and medical state will be assessed for contraindications. Certain medical conditions might preclude you from scuba diving, or may require further assessment by a medical professional before continuing with the course. People who are healthy and fit generally have no issues.

Swimming assessment

A swim test will be conducted on the first night of the course, which includes laps of the deep end, an underwater swim and a treading water exercise. Participants must demonstrate these skills to the level of satisfaction of their scuba instructor in order to continue with the course. Attendance is, therefore, essential.

How much will it cost?

Prices for Learn to Scuba Course are as follows. This price includes a full year of membership for HHUC:

- \$300 in 2023 for U of T Students
- \$450 in 2023 for everyone else.

The course price includes all NAUI training materials, facility access for course activities, and the use of scuba equipment (tank, regulator, air fills and buoyancy compensator) during the confined-water portion of the course. It also includes access to our weekly skindiving fitness program.

Extras: Please note that your personal diving equipment (mask, snorkel, fins, weights and weight belt), the open-water certification activity and your scuba gear purchase or rental are **not** included in this price. More information on certification and other expenses is provided below.

Registration

Register now to show your intent to take the next HHUC Scuba Training Course.

Payment for the course will be arranged separately.

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Open-water certification options: Choose one of the following:

Note: These costs are in addition to the training fee.

- LOCAL CERTIFICATION WITH HHUC. This takes place over a weekend in June or July at a location in Southern Ontario. The dates and location will be set two to three months prior to the activities. These activities have an extra fee, approximately \$250 - \$350 range depending on the location, which includes core scuba equipment (tank, buoyancy compensator, regulator), staff and certification materials.
Note: Food, accommodation, transportation, equipment & wetsuit rental are extra.
- WARM-WATER CERTIFICATION. Dance among the coral heads, reef fish and turtles! There is a possibility of offering an opportunity to certify in the Caribbean. For example, the approximate fee for Cuba in the summer of 2019 was \$1500 for a 1-week all-inclusive trip (transportation, accommodation, meals, and boat transportation to dive sites). Equipment and certification materials are extra. More information will become available in the Feb-March timeframe.
- UNIVERSAL REFERRAL. This option allows you to obtain your certification with an instructor outside of the Club. The student is to arrange and assume all costs of the certification activity.

Personal diving equipment

Students are required to provide their own mask, fins and snorkel as well as weights and weight belt for pool training. Local dive shops will be offering information about their equipment packages at attractive prices on the first night of the course. Pool wetsuits are not required, but optional.

Scuba gear

You are responsible for renting or purchasing your own scuba equipment and wetsuit after your training.

Frequently Asked Questions

Question 1: When is the course?

Scuba Course

The next HHUC Scuba course “Learn to Scuba” will be announced on our website:

<https://universitydivers.ca/training/course-descriptions/>

The pool sessions are held on Tuesday evenings, starting at 8:00 pm at the Athletic Centre pool.

Zoom Classroom sessions will be held on Thursday evenings from 7:30 to 9:00 pm.

Exact dates and Registration will be announced later in the year on our website.

Question 2: Do I need to be a strong swimmer to take this course?

You do not have to be a competitive level swimmer, but you must demonstrate comfort and competency in the water. This is important because some of the scuba skills that we will teach you involve swim exertion, endurance, self-rescue and rescue of your dive buddy -- all of which are important safety issues for you and your future dive buddies as certified scuba divers. On the first night of the course, all Trainees will complete a swim test before continuing with the scuba training. Based on the outcome of this assessment, we might recommend that you develop your swimming abilities further before pursuing the Scuba Diver course. Hart House regularly runs introductory and intermediate swim classes, as does the City of Toronto through Adult swim programs.

Question 3: Is there any difference between the Fall and Winter Learn to Scuba Dive courses?

The semesters will likely be taught by the same Club instructors. If not, successful divers will be trained to the same NAUI standards and will be able to effectively demonstrate the same scuba diving skills.

Question 4: How do I sign up for the course?

Register now to show your serious intent to take the HHUC Scuba Training Course.

Payment for the course will be arranged separately.

Question 5: What if the scuba course I want to take is already full?

Our courses fill up quickly, so early registration is recommended. [Get on our mailing list](#) to hear about the opening of scuba training registration.

Students may withdraw for various reasons after the first night, and there may be some openings within the first week of the course. If that doesn't work out, we will be pleased to keep you on a list of interested parties for the next course.

Question 6: If I am registered on the Hart House Portal, do I need to come to the first class?

Yes – the introductory lecture, information on equipment to purchase, how to access the equipment room, and the swim test take place on the first night. To be certified, you must attend the sessions.

Question 7: How much does the course cost?

Prices for Learn to Scuba Course are as follows. This price includes a full year of membership for HHUC:

- \$300 in 2023 for U of T Students
- \$450 in 2023 for everyone else.

The course price includes all NAUI training materials, facility access for course activities, and the use of scuba equipment (tank, regulator, air fills and buoyancy compensator) during the confined-water portion of the course. It also includes access to our weekly skin diving fitness program. Please note that your personal diving equipment (mask, snorkel, fins, weights and weight belt) and the open-water certification activity are not included in this price.

Question 8: Are there any other costs associated with the course?

Yes, you need to provide your own personal diving equipment (mask, fins and snorkel, as well as weight belt and weights). Packages are available from local dive shops and cost anywhere from \$250 to \$350. Your instructor might require you to obtain additional materials. Another additional expense is your open water certification dives. Please see "Open-water certification options" in the section above.

Question 9: How does your course compare with weekend courses I have seen advertised?

The Learn to Scuba training course with Hart House Underwater Club runs over a longer timeline (10 to 12 weeks), with more staff, more attention to your personal development, and more time to practice your skills in the pool. Our goal is to give you the time and support you need to feel comfortable, safe and confident in your new skills.

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Question 10: *Where are the courses held?*

- (1) The pool sessions are held at the University of Toronto Athletic Centre Stevens Pool, located on the southeast corner of Spadina Avenue and Harbord Street.
- (2) The classroom lectures will be online via Zoom.

Question 11: *Why do you use the Athletic Centre, if you are the Hart House Underwater Club?*

The pool at the Athletic Centre is deeper than the pool at Hart House, and better suited to our needs for scuba training. We use the Hart House pool for our weekly skindiving fitness program and for underwater hockey.

Question 12: *What should I bring to the first class?*

Bring your knapsack, swimsuit, swim goggles, towel, lock, pen and paper.

Question 13: *Do I need to have my personal diving equipment for the first class?*

No, we ask that you wait to purchase your equipment until after the first class. During the first class, your instructor will let you know what to look for when purchasing your equipment.

Question 14: *Should I change into my swimsuit before the pool session?*

Yes, you will have access to the Athletic Centre change rooms before going to the pool. Bring your own padlock for the change room lockers.

Question 15: *How do I get into the Athletic Centre if I am not a member?*

Non-U of T HHUC Trainees can access the Spadina change rooms at the Athletic Centre (AC). Enter the main doors of the AC and turn right to enter the gallery to the Steven's Pool. Walk around the top of the gallery to the west side, and go down the stairs to the Spadina change rooms. Opposite the change rooms is the Scuba Equipment Room where you will meet the instructor.

Question 16: *Is there any difference between taking the course as a Hart House member or a non-member?*

Yes, if you are a Hart House member (U of T student or Full Fitness Member), the Learn to Scuba training course is less expensive because you have already paid certain fees.

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Question 17: Can you recommend a dive shop from which I can get my equipment?

The Hart House Underwater Club does not promote or endorse any one particular dive shop. The most important criteria to consider in choosing a dive shop is that it is **convenient** for you and where you feel **comfortable**. For a list of some of the dive shops around the GTA, check out our website: <https://universitydivers.ca/resources/local-dive-shops/>

Question 18: What is the difference between NAUI and PADI?

There are several diving certification agencies, including NAUI, PADI, ACUC, CMAS, BSAC, etc. Our Club has been a NAUI affiliated club for 60 years. From a student's perspective, the concepts and skills taught for the Scuba Diver certification are more or less the same for any well-recognized agency. Divers at the same certification level are qualified to do the same type of dives. Your NAUI Scuba Diver certification is recognized around the world.

Question 19: How long is the certification good for?

Your dive certification never expires. It is proof of training as of the date it is issued. We do recommend that you dive regularly and continue higher level training after completing this basic scuba course. If you have been away from scuba for a while, you will be asked by a dive operator to complete a refresher course or a refresher dive, depending on the length of time you have been away from diving. If you have any further questions, please consult our website or email us at

hhuc.training@gmail.com

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