



EST. 2001

529 Upper Sherman Avenue
Hamilton, Ontario L8V 3L9
905.385.0300
www.recandtekscuba.com
mitch@recandtekscuba.com

JOINING INSTRUCTIONS 2026

GENERAL

1. Congratulations on making the decision to become a sport diver of Rec & Tek SCUBA Inc. SCUBA Diving is a sport that will introduce you to the underwater world. On behalf of our professionals teaching our programs in 180 countries around the world, we serve the needs of the diver, with translations of materials that are available in at least 26 languages, we welcome you.

COURSE FEES

2. The fee for the entire course is broken into two parts, this is due to some people wish to do the classroom, and pool skills locally, then exit dives down south for example.
3. The first part of the course is **\$600.00** plus HST payable prior to the start of the program. This includes an E-Learning online code, the classroom presentations, pool rentals, air in the tanks, use of the SCUBA equipment, pool time with lifeguard on duty, and Instructor insurance liability. An E-Learning redemption code can be purchased by E-Transfer, or just by dropping in person. We will need your full name, date of birth, and a valid e-mail address of each student. One code will be assigned within 48 Hours to your email provided. *(Note: If just purchasing the code without pool skills, this will cover the classroom time ONLY, and will be subtracted from the fee of \$575.00-No manual is included in the E-Learning course, but you get full access to the E-Learning.)*

The last fee is **\$325.00** plus HST, to perform the four final open water exit dives which require equipment to complete the program, as well as your Instructor. This fee will cover the scuba equipment on the scheduled weekend for the four final open water exit dives, the certification fee and e-card (upon a passing grade) at the end of the program. If you purchase both above fees at the same time, **your total course package fees are \$900.00 plus HST.** (You will receive a \$25.00 discount)

WHAT IS THE BASIC SCUBA COURSE?

4. The course provides the student with the elementary knowledge and skills they need to safely gain experience in the diving environment and, ultimately to dive independently with another diver. The course is performance-based and designed to take students through the necessary steps and skills. All skills designed are to be logical, realistic and to apply to practical diving situations. It involves practical pool skills, a final examination, several assessed skill demonstrations and four supervised practical dives in an open water environment.

***Note* the student has one year from the time the course started to complete the program including the final dives or the course that was taught will have expired due to the training agency requirements.**

SCOPE AND CONDUCT

4. The Scope of the program will include the following:
 - a. Basic Open Water SCUBA Program qualification. The course will enable participants to conduct the Sub-AQUA Expeditions for pleasure purposes;
 - b. Swimming and watermanship capabilities test of agency standards.

WHAT DO I GET FROM THIS COURSE?

5. In addition to the online electronic certification card, you will receive E-Learning code for 10-15 hours of theory classes on-line, logbook, up to 6 hours of pool classes, 4 open water exit dives, and course handouts. You will also learn to recognize and appreciate your own limitations and gain access to a world not seen by many people.

TIMING

6. **Classes and pool sessions begin on time, so please be there at the scheduled time.** Extra fees apply for missed classes and pool time due to extra fees applied to us to make up times missed, and keeps other students waiting. Please allow time for traffic etc.

WHAT HAPPENS IN THE CLASSROOM?

7. Your student information folder has waivers, and a medical statement that you must complete in full. Please read the Instructions before making a selection. These must be returned to the Dive Centre prior to your Underwater Skills Program start date. Medicals are a very serious matter, and accurate completion of the questionnaire is expected. Any irregularities reviewed will be with the student and if necessary, the student will be referred to his or her physician for a follow up. Students are encouraged to share any concerns they may have with the Dive Centre and their physicians. **If you need a physician's note to participate, and do not have this completed you will NOT participate in the scheduled program. Fees may apply to catch up to the class.**

We have up to four classroom sessions. You will need a notebook, blank paper, pencil, eraser, pen, and a calculator.

Upon a passing grade for pool skills, there will be a final written examination. There must be at least 24 hours between re-writes. (ONLY ONE TIME) Therefore, do not write the exam the day before your open water dives, because if you need to re-write, you will not be doing the final exit dives!

WHAT HAPPENS AT THE POOL?

8. Before the pool class starts, students will need to purchase what we call "personal diving equipment". This is your mask, fins, boots for the fins, and a snorkel. This equipment is required to eliminate problems, and to get you familiar with your own equipment. E.g. Proper fit, comfort, adjustability, etc.

Each pool class students will spend a minimum of 2 hours in water. For the pool, besides appropriate swimwear, students are encouraged to have a t-shirt to help stay warm. Please note that repeated exposure to treated pool water will cause colour loss, so do not bring your favourite t-shirt. Bring a towel or two, and your personnel dive gear (mask, snorkel, fins, and 6lb weight belt that we will provide you for the course). Some people may wish to wear shorty wetsuits (thin, usually short sleeved, short-legged neoprene dive suits). Shorty suits are optional, but if a student wishes to bring one 4 additional pounds must be added to the student's weight belt.

We will be completing several skills in the pool. We will be dressed and on the deck 10 minutes before the start time in the timetable. Participants will have to assist with the placement of equipment and SCUBA gear. A briefing will take place for every pool session for the pool skills. You will need a lock for your pool locker which you cannot keep. You will be required to wash your gear less your tank with the hose at the pool. Do not carry your weight belt in your bag because it may damage your mask or rip your bag.

Procedures for each dive laid out, will be in the dive briefing. An introduction to SCUBA Rescue will be covered as part of the course, so everyone will know what to do in case of an incident even in the pool.

DEPLOYMENT CHECK OUT WEEKEND

9. Once the academics, pool skills, and the examination written with an academic passing grade, there will be four open water checkout dives that take place, with a minimum twenty-minute duration each underwater. In this rental, you will receive a wet suit, hood, gloves, tank, regulator, and a BCD. An extra tank is required for the second dive, which is also included in the course fee. You are also responsible to pick up your gear and tanks for the check out weekend, returning them on time back to the shop **clean and dry**, or late and/or cleaning fees will apply.

For the check out weekend, be prepared for extremes of weather. Check the forecast at www.weather.com the night before your weekend for an up-to-date forecast. Bring extra warm clothing and sunscreen, hats, shorts, etc. Cool breezes off the water, combined with diving will cool your body even as the sun burns your nose. Bring a lunch as well, as there are no places to buy food there, with lots of water to keep you hydrated before, in between, and after your dives.

Safety will be paramount. All regulations will be adhered to and no training dive will be below 60 feet. A Diving First Aid Kit and Oxygen Provider Kit will be on location for all dives and pool activities. All of the Instructors / Assistant instructors are fully qualified to use the oxygen (O₂) kit. All instructors will have recently completed First Aid training. A cell phone will be present at all dive sites. Decompression diving will not under any circumstances take place. Agency employs dive tables based on data due to its conservative nature and these tables along with safety divers will be used on all dives.

Description of Hazards Involved - SCUBA diving by nature can be a hazardous activity. As well as the usual hazards associated with activities near / in water, specific hazards include, decompression sickness (bends), small currents and cold water. Adherence to safety procedures, course material and basic common sense greatly reduce these hazards and make SCUBA diving a pleasurable experience.

Safety vehicle and communications equipment will be designated at all training dives. A map to the nearest medical facility and a list of all the EMS organizations and phone numbers will be in the possession of the Instructor or Divemaster.

LOCATION OF CHECK OUT WEEKEND

10. We have two locations we use. The first one is Sun Retreats (Formerly Gulliver's Lake). This is a quarry with campsites. Entry fees required for entry. We also have Welland SCUBA Park at 42.981195, -79.255851. Just search "Welland SCUBA Park". The parking spot is off of Lincoln St. on an unnamed road. There are no entry fees to go here, and is open to the public. If it is mid-summer, and the algae is bad in the quarries, we take the students to Tobermory due to better visibility. You will be required to arrange your own transport to and from the check out weekend. If you wish to car pool, you can arrange this with other participants in the program.

CERTIFICATION

11. The Underwater Skills Program will grant you an internationally recognized certification to a maximum depth of 60 feet. With a passing grade, after the final dives, you will be certified with a picture, and date certified on their world recognized "e" card.

We instruct recognized training agencies as having the highest standards in the sport diving industry. Our training agency is also part of the WRSTC. <http://wrstc.com> With our team of seven certified Instructors at Rec & Tek SCUBA Inc., we can teach up to the Instructor Level, as well as Technical Diving using different mixed gases.

CONCLUSION

12. Basic Open Water certification is the first step into recreational SCUBA diving, a journey that could lead you from basic Open Water SCUBA Diver to Specialty Diver, Rescue Diver, Master Diver, Divemaster, Instructor or even a Technical Diver. We hope you enjoy our blend of safety, instruction, skills, practice, and environment.

With our commitment to safety, education and the environment, Our Training Agencies are the civilian certifications recognized by many military, police and rescue services around the world.

EMERGENCY CONTACT NUMBERS

13. Emergency contact numbers are as follows:

CALL 911 IN THE EVENT OF AN EMERGENCY

Course Coordinator	Mitch Wilson
Rec & Tek SCUBA Inc.	905.385.0300

Thanks for your interest,

Rec & Tek SCUBA Inc.
www.recandtekscuba.com

2026 Dates Available for Open Water Instruction Class

25% OFF Anniversary Sale!!!! THIS COURSE ONLY!!! 2026 Open Water Diver Course Outline:

Saturday June 20th, 2026 Class: 2pm-4:30pm @ Rec & Tek SCUBA classroom
Saturday June 20th, 2026 Pool: 5pm-8pm

Sunday June 21st 2026 Pool: 9am- 12 noon
Sunday June 21st 2026 Class: 12:30pm-3pm (After Pool Session @ Rec & Tek SCUBA classroom)

Open Water Exit Dives: June 27th & 28th, 2026 9am both days at Sun Retreats (Formally Gullivers Lake)
(gear to be picked up Friday prior to weekend of Exit Dives)

2026 Open Water Diver Course Outline:

Saturday July 25th, 2026 Class: 2pm-4:30pm @ Rec & Tek SCUBA classroom
Saturday July 25th, 2026 Pool: 5pm-8pm

Sunday July 26th, 2026 Pool: 9am- 12 noon
Sunday July 26th, 2026 Class: 12:30pm-3pm (After Pool Session @ Rec & Tek SCUBA classroom)

Open Water Exit Dives: August 8th & 9th, 2026 9am both days
(gear to be picked up Friday prior to weekend of Exit Dives)

2026 Open Water Diver Course Outline:

Saturday August 22nd, 2026 Class: 2pm-4:30pm @ Rec & Tek SCUBA classroom
Saturday August 22nd, 2026 Pool: 5pm-8pm

Sunday August 23rd, 2026 Pool: 9am- 12 noon
Sunday August 23rd, 2026 Class: 12:30pm-3pm (After Pool Session @ Rec & Tek SCUBA classroom)

Open Water Exit Dives: August 29th & 30th, 2026 9am both days at Sun Retreats (Formally Gullivers Lake)
(gear to be picked up Friday prior to weekend of Exit Dives)