




Why Choose Us...?



- ✓ **Accommodation** included & catering can be added if desired
- ✓ All **PADI** Recreational Dive Courses available to suit your dates
- ✓ Based in a **UNESCO World Heritage Site**
- ✓ Authorised **PADI 5 STAR Dive Center & Dive Resort**
- ✓ On-site **Heated Pool & Air-conditioned** classrooms
- ✓ **World Class Diving** in a Marine Protected Area

ASK ABOUT OUR GROUP RATE 4 GROUPS OF 8 OR MORE...

2022 Low Season:
PADI Rescue Diver...R3820.00
Includes 4 Nights/ 3 Dives, Full Equipment & PADI Certification

Check in to
CORAL DIVERS
& checkout as a
 **PADI**
Rescue Diver
SODWANA BAY • SOUTH AFRICA

PADI RESCUE DIVER

PADI RESCUE DIVER COURSES INCLUDE:

- ✓ **4 Nights Tent Accommodation** - cabin upgrades & meal packages are available for extra charge
- ✓ **Training Dives, PADI Digital Materials & Certification** - all dives conducted in the ocean
- ✓ **Full Equipment** - no need to purchase anything

EXCLUDES:

- ✗ **Park Entrance & KZN Fees** - payable at entry

**Contact
US Now!**

email bookings@coraldivers.co.za
visit www.coraldivers.co.za





Enjoy the Experience

On the PADI Rescue Diver Course, you enter the stage in recreational diving where your focus broadens further to include other divers. The program prepares you to help prevent and if necessary, manage dive emergencies, minor and major, with a variety of different techniques. What you learn in the Rescue Diver Course, will improve your skill and confidence as a diver and prepare you to move on to the higher levels of training in the PADI System of Education.

Keen to become a PADI Pro? The PADI Rescue Diver course takes you one step closer to your dream...



COURSE INFORMATION

The PADI Rescue Diver certification:

The course is run over 3 days and you will need a valid CPR & First Aid certificate to start the course. The program covers theory, as well as pool training sessions and rescue scenarios:

- Self-rescue
- Recognize and manage stress in other divers
- Emergency management and equipment
- Rescue panicked divers
- Rescue unconscious divers
- Continue your training to a professional level with entry to the PADI Divemaster course

There is no better location for becoming a Rescue Diver!





Course Structure

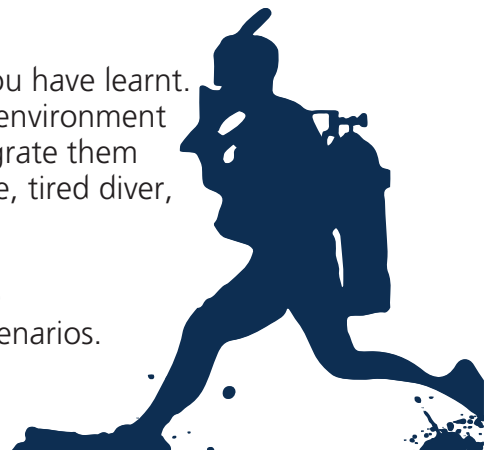
The PADI Rescue Diver program is divided into knowledge development training, rescue training sessions and rescue 'scenarios'.

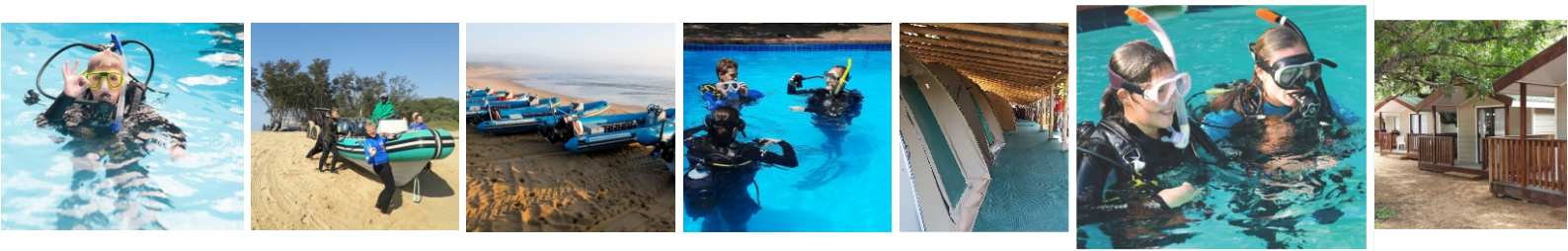
The knowledge development training is divided into 5 sections, covered by independently studying your digital PADI Rescue Diver Manual and PADI Rescue Diver videos. You'll gain the skills and knowledge you need for preventing and handling dive emergencies, with topics covering the psychology of rescue, being prepared for an emergency, accident management and responding to diver emergencies. Your instructor will go over the knowledge reviews with you, discussing what's been covered and helping to explain anything you may have missed. A comprehensive final exam will test your knowledge and understanding. You will also formulate an emergency action plan based on the facilities of your local environment. PADI manuals are digital & accessed via the PADI Library app. Why not get a head start on your studies before you arrive? This could help reduce the length of the course - ask our reservations staff for more details.

***For an additional cost, you can purchase a PADI Premium Product and complete your knowledge reviews and your exam online.

The rescue training sessions introduce you to new skills and apply what you have learnt. You can practice and master the more difficult skills in a controlled, calm environment such as the pool. Once you have mastered a skill, your instructor will integrate them into practice drills, simulating different situations. These include self rescue, tired diver, panicked diver, missing diver and surfacing with an unresponsive diver.

This teaches you to think before you act. After completing the knowledge development and rescue training session, you'll be ready for the rescue scenarios. The scenarios take place over two open water dives, at sites typical of the local dive environment. The situations will be as realistic as possible, meaning your reactions will also be realistic.





IMPORTANT INFORMATION

To qualify for the PADI Advanced Diver course, you must:

- Be certified as a PADI (junior) Open Water Diver or have equivalent rating. "Equivalent" is defined as proof of an entry – level scuba certification with a minimum of four scuba – training dives.
- Be 12 years of age or older. Students under the age of 15 may obtain a PADI Junior Advanced Open Water certification. Anyone aged under 18 will require a parent/guardian to complete and sign some paperwork.
- Complete the PADI Medical Statement on this document (pages 6-8) and if you answer "yes" to any of the questions acquire a clearance for diving signed by a physician attesting to fitness to dive. The medical clearance must be current within the previous 12 months. The physician signing the form cannot be the individual.

INCLUDES

Free accommodation for 4 nights in a safari tent. Our Safari Tents are basic budget accommodation and you need to bring your own bedding. You may upgrade to a Standard Cabin or Ensuite Cabin if you prefer. *Please enquire as to the surcharge for this. Full equipment hire is included in the course price, as well as the digital PADI Advanced Diver e-manual and your PADI certification.

Catering is not included, but can be provided on a dinner and breakfast basis if you wish to add this. Please note that our course price does not include the iSimangaliso Park Gate Entry fee, the daily KZN Wildlife fee, or the MPA permit for divers. Our Reservations staff can assist you with a quote covering these fees.

EXTRA OPTIONS

Once you have completed your Advanced Diver course, you are eligible to continue directly on to your **Rescue Diver** course if you like. This will provide you with an increased skill set and increase your competence as a diver. However, the course takes 3 days, so if you are looking for shorter alternatives, we recommend the PADI Specialty courses available.

Your best options are:

PADI Enriched Air Diver (Nitrox)

Once you have completed your Open Water Diver course, you can look at becoming Nitrox qualified with PADI's most popular specialty course. As you learn in the Open Water Diver course, nitrogen absorption is one of the things that limits our ability to explore underwater. Enriched Air Nitrox allows you to:

- Extend your bottom time (how much time you can spend underwater)
- Shorten surface intervals (time you wait between dives)
- Dive deeper on repetitive dives (when doing more than one dive a day)

If you are planning on doing a Liveaboard Holiday, then this is definitely the specialty course for you! Duration is 1 day.

PADI Underwater Naturalist

This 1 day course is a great option for learning more about the underwater environment. If you are fascinated by what you'll see, then you'll love this course which includes 2 nights and 2 dives.

FREQUENTLY ASKED QUESTIONS

Where is Coral Divers?

We are situated inside the iSimangaliso Wetland Park in northern KwaZulu-Natal. We are about a 4,5hr drive north of Durban and a 9hr drive from Johannesburg. Maps and directions are to be found on our website. **NB: The only tarred road route is via the town of Hluhluwe on the R22.** Many GPS and Google Maps show that turning off the N2 towards Jozini, as the route to take. Please **DO NOT** take this route, as it is heavily congested in Jozini and the road is in a bad state.

Do we get time off?

The first two days are pretty full, but you will have short breaks in between. The last days are less busy. Diving takes place in the morning, so you would have the afternoons off on the day you dive.

What is the accommodation like?

Your course includes FREE tent accommodation for 5 nights. You are most welcome to extend this, or upgrade to one of our cabins if you prefer. The rate for the upgrade is the difference in price between a tent and cabin depending on which season you book in. Extra nights are charged at the full current room rate. Each tent has twin beds with mattresses, but you will need to either bring your own bedding, or pay R100 refundable deposit for bedding. You will be able to collect this at our reception. There is an electric light, but no plug points in the tent. **NB: If you prefer not to take the offer of a FREE tent, the course price will remain the same.**

What is the restaurant menu like?

Diving can leave you with an appetite, so we are sure you will enjoy the varied menu available at our licensed restaurant. You can opt for our daily buffet if you would like to have dinner & breakfast included. **Please advise us of any special dietary requirement before you arrive.

What shops are in the area?

There is a small Spar Superette within the park (1km from Coral) where you can buy groceries, snacks and amenities. There is an ATM to draw money here too. Alternatively, Mbazwana (15km from Coral) has a large Spar & PEP. There is also a doctor, hardware store and Post Office.

Can I use a 2x4 vehicle to get there?

Most cars make it to Sodwana easily (from a 4x4 to a Chevy Spark). However, please note that you are in a marine reserve with sandy roads inside the park, so avoid really low suspensions or very hard tyres.

How old must I be?

Anyone over the age of 10 years may do the course. The junior rating is for ages 10-14 and from 15 and up, the full PADI rating is given.

Do I need a medical?

Diving is about having fun safely, so we need to ensure that everyone will run no risks. You are required to fill in the Dive Medical form, truthfully selecting the answers to questions on your health. If your answer raises concerns, you will need to do the PADI medical check-up at your doctor. The doctor must sign and state that you are 'fit to scuba dive'. Please bring the signed medical with you.





Diver Medical | Participant Questionnaire

Recreational scuba diving and freediving requires good physical and mental health. There are a few medical conditions which can be hazardous while diving, listed below. Those who have, or are predisposed to, any of these conditions, should be evaluated by a physician. This Diver Medical Participant Questionnaire provides a basis to determine if you should seek out that evaluation. If you have any concerns about your diving fitness not represented on this form, consult with your physician before diving. If you are feeling ill, avoid diving. If you think you may have a contagious disease, protect yourself and others by not participating in dive training and/or dive activities. References to "diving" on this form encompass both recreational scuba diving and freediving. This form is principally designed as an initial medical screen for new divers, but is also appropriate for divers taking continuing education. For your safety, and that of others who may dive with you, answer all questions honestly.

Directions

Complete this questionnaire as a prerequisite to a recreational scuba diving or freediving course.

Note to women: If you are pregnant, or attempting to become pregnant, do not dive.

1	I have had problems with my lungs, breathing, heart and/or blood affecting my normal physical or mental performance.	Yes <input type="checkbox"/> Go to box A	No <input type="checkbox"/>
2	I am over 45 years of age.	Yes <input type="checkbox"/> Go to box B	No <input type="checkbox"/>
3	I struggle to perform moderate exercise (for example, walk 1.6 kilometer/one mile in 14 minutes or swim 200 meters/yards without resting), OR I have been unable to participate in a normal physical activity due to fitness or health reasons within the past 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
4	I have had problems with my eyes, ears, or nasal passages/sinuses.	Yes <input type="checkbox"/> Go to box C	No <input type="checkbox"/>
5	I have had surgery within the last 12 months, OR I have ongoing problems related to past surgery.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
6	I have lost consciousness, had migraine headaches, seizures, stroke, significant head injury, or suffer from persistent neurologic injury or disease.	Yes <input type="checkbox"/> Go to box D	No <input type="checkbox"/>
7	I am currently undergoing treatment (or have required treatment within the last five years) for psychological problems, personality disorder, panic attacks, or an addiction to drugs or alcohol; or, I have been diagnosed with a learning or developmental disability.	Yes <input type="checkbox"/> Go to box E	No <input type="checkbox"/>
8	I have had back problems, hernia, ulcers, or diabetes.	Yes <input type="checkbox"/> Go to box F	No <input type="checkbox"/>
9	I have had stomach or intestine problems, including recent diarrhea.	Yes <input type="checkbox"/> Go to box G	No <input type="checkbox"/>
10	I am taking prescription medications (with the exception of birth control or or anti-malarial drugs other than mefloquine (Lariam).	Yes <input type="checkbox"/> *	No <input type="checkbox"/>

Participant Signature

If you answered **NO** to all 10 questions above, a medical evaluation is not required. Please read and agree to the participant statement below by signing and dating it.

Participant Statement: I have answered all questions honestly, and understand that I accept responsibility for any consequences resulting from any questions I may have answered inaccurately or for my failure to disclose any existing or past health conditions.

Participant Signature (or, if a minor, participant's parent/guardian signature required).

Date (dd/mm/yyyy)

Participant Name (Print)

Birthdate (dd/mm/yyyy)

Instructor Name (Print)

Facility Name (Print)

* If you answered **YES** to questions 3, 5 or 10 above **OR** to any of the questions on page 2, please read and agree to the statement above by signing and dating it **AND take all three pages of this form (Participant Questionnaire and the Physician's Evaluation Form) to your physician** for a medical evaluation. Participation in a diving course requires your physician's approval.

Diver Medical | Participant Questionnaire Continued

BOX A – I HAVE/HAVE HAD:		
Chest surgery, heart surgery, heart valve surgery, an implantable medical device (eg, stent, pacemaker, neurostimulator), pneumothorax, and/or chronic lung disease.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Asthma, wheezing, severe allergies, hay fever or congested airways within the last 12 months that limits my physical activity/exercise.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
A problem or illness involving my heart such as: angina, chest pain on exertion, heart failure, immersion pulmonary edema, heart attack or stroke, OR am taking medication for any heart condition.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Recurrent bronchitis and currently coughing within the past 12 months, OR have been diagnosed with emphysema.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Symptoms affecting my lungs, breathing, heart and/or blood in the last 30 days that impair my physical or mental performance.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX B – I AM OVER 45 YEARS OF AGE AND:		
I currently smoke or inhale nicotine by other means.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
I have a high cholesterol level.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
I have high blood pressure.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
I have had a close blood relative die suddenly or of cardiac disease or stroke before the age of 50, OR have a family history of heart disease before age 50 (including abnormal heart rhythms, coronary artery disease or cardiomyopathy).	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX C – I HAVE/HAVE HAD:		
Sinus surgery within the last 6 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Ear disease or ear surgery, hearing loss, or problems with balance.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Recurrent sinusitis within the past 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Eye surgery within the past 3 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX D – I HAVE/HAVE HAD:		
Head injury with loss of consciousness within the past 5 years.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Persistent neurologic injury or disease.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Recurring migraine headaches within the past 12 months, or take medications to prevent them.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Blackouts or fainting (full/partial loss of consciousness) within the last 5 years.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Epilepsy, seizures, or convulsions, OR take medications to prevent them.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX E – I HAVE/HAVE HAD:		
Behavioral health, mental or psychological problems requiring medical/psychiatric treatment.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Major depression, suicidal ideation, panic attacks, uncontrolled bipolar disorder requiring medication/psychiatric treatment.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Been diagnosed with a mental health condition or a learning/developmental disorder that requires ongoing care or special accommodation.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
An addiction to drugs or alcohol requiring treatment within the last 5 years.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX F – I HAVE/HAVE HAD:		
Recurrent back problems in the last 6 months that limit my everyday activity.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Back or spinal surgery within the last 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Diabetes, either drug or diet controlled, OR gestational diabetes within the last 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
An uncorrected hernia that limits my physical abilities.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Active or untreated ulcers, problem wounds, or ulcer surgery within the last 6 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
BOX G – I HAVE HAD:		
Ostomy surgery and do not have medical clearance to swim or engage in physical activity.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Dehydration requiring medical intervention within the last 7 days.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Active or untreated stomach or intestinal ulcers or ulcer surgery within the last 6 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Frequent heartburn, regurgitation, or gastroesophageal reflux disease (GERD).	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Active or uncontrolled ulcerative colitis or Crohn's disease.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
Bariatric surgery within the last 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>

Diver Medical | Medical Examiner's Evaluation Form

Participant Name

Birthdate

(Print)

Date (dd/mm/yyyy)

The above-named person requests your opinion of his/her medical suitability to participate in recreational scuba diving or freediving ~~training activity. Please review~~ fair medical conditions as they relate to diving. Review the areas relevant to your patient as part of your evaluation.

Evaluation Result

Approved – I find no conditions that I consider incompatible with recreational scuba diving or freediving.

Not approved – I find conditions that I consider incompatible with recreational scuba diving or freediving.

Signature of certified medical doctor or other legally certified medical provider

Date (dd/mm/yyyy)

Medical Examiner's Name

(Print)

Clinical Degrees/Credentials

Clinic/Hospital

Address

Phone

Email

Physician/Clinic Stamp (optional)

Created by the [Diver Medical Screen Committee](#) in association with the following bodies:

The Undersea & Hyperbaric Medical Society

DAN (US)

DAN Europe

Hyperbaric Medicine Division, University of California, San Diego