

GUE Fundamentals with Living Seas



The GUE Fundamentals course is designed to cultivate the essential skills required by all sound diving practice, irrespective of level or environment. A prerequisite for all GUE classes, save the Recreational Diver level 1 course, GUE Fundamentals performs a three-fold function:

- It provides the recreational diver, who does not desire further diver training, with an opportunity to advance his/her basic diving skills, thereby developing more comfort, confidence, and competence in the water;
- It provides the diver with aspirations of more advanced diver training with the tools that will contribute to a greater likelihood of success;
- It provides non-GUE trained divers with a gateway to GUE training.

Introduction

This document contains information pertinent to a prospective GUE Fundamentals student with Living Seas.

Please read the document carefully, especially the prerequisites, the required equipment and the application procedures.

Note also that the GUE Fundamentals course is a Pass/Fail program, and a certification may or may not be earned by participating in the course. The course is intended to introduce divers to the GUE system, and it is the onus of the student to practice these skills after the course in order to gain competency.

The GUE Fundamentals certification is available with either a Recreational or Technical pass. Students who wish to proceed with a Technical or Cave Certification will need to obtain a Tech pass in order to proceed to the Technical Diver Level 1 or Cave Diver Level 1 course.



Course Pricing

GUE Fundamentals course pricing consists of three components, a GUE registration fee paid directly to GUE online at www.gue.com, the instructor's course fee, and the cost of the diving and accommodation.

There are three locations at which we now offer the Fundamentals course, and all three courses involve full days of diving and classroom sessions.

GUE Fundamentals Course at Cocotinos, Manado, Indonesia

Course Fee: S\$800

Trip Fee: S\$1350

Total: S\$ 2150

Included:

- accommodation twin sharing with air-con, attached bathroom with hot water
- transfers to and from the Manado airport
- all meals at the resort
- tanks, gases and diving costs

Excluded:

- personal airfare
- instructor's airfare
- alcohol
- any other items not mentioned above

GUE Fundamentals Course at Tulamben, Bali, Indonesia

Course Fee: S\$800

Trip Fee: S\$800

Total: S\$1600

Included:

- airport transfers
- all transfers hotels to dive sites & return
- lunch & soft drinks on 4 days
- tanks, gases and diving costs

- Sindhu Mertha Guest House & Paradise Tulamben accommodation (twin / double / triple) with air-con, hot water attached bathroom, breakfast.

Excluded:

- personal airfare
- instructor's airfare
- alcohol
- any other items not mentioned above

GUE Fundamentals Course at Salang Beach, Tioman, Malaysia

Course Fee: S\$800

Trip Fee: S\$700

Total: S\$1500

Included:

- accommodation quad sharing with air-con, attached bathroom
- transfers to and from Singapore
- tanks, gases and diving costs

Excluded:

- alcohol
- meals
- soft drinks
- any other items not mentioned above

Please Note:

- *Take note that your slot will not be confirmed unless a deposit is received.*
- *Course fee is not inclusive of GUE registration fee, which is payable on the GUE website.*
- *Students are expected to cover the instructor's expenses, including airfare to and from the class location, accommodation and living expenses.*
- *Classes can be planned with a minimum of 2 students and a maximum of 4 students. A 3 student class is recommended.*
- *The pricing shown above is representative and classes can be arranged at any appropriate dive location. Please contact your instructor to arrange a schedule and a location that suits all participants*

Application Procedures

- Register with GUE at <http://www.gue.com/?q=en/user/register>.
- To apply for a GUE class all applicants must have a completed GUE Student Profile. If you have not already completed the Student Profile you will be prompted to complete the form before applying for a GUE course. Your completed Student Profile must also be less than one year old.
- Look at the class schedule and pick out a class that you want to take that has spots open. A class can have a maximum of 3 registered students (or 6 if there are two instructors teaching).
- Pay the GUE course registration fee at <http://www.gue.com/?q=en/node/81>.
- When the course registration is paid you will find your course materials as a downloadable ZIP archive under your My Files menu item.
- Return to the GUE class schedule and again find the class you want to take. You will now be able to apply for the class.
- Please confirm with your GUE Instructor that your application was received. The Instructor will contact you regarding acceptance into the course and communicate any pertinent details.

Before the Course

- Please ensure that you are registered for the course on the GUE website.
- Download and read the materials provided on the GUE website once you register.
- Please ensure all equipment requirements are met before the course, ask your instructor if unsure.
- Practicing in-water skills such as buoyancy and trim are highly recommended to get the most out of the course. Consider attending a Fundamentals Primer or Doubles workshop before the Fundamentals course.
- Ensure that all required fees are paid before the course.
- Contact your instructor to find out about course details and any other pertinent information.

Course Prerequisites

All prospective GUE Fundamentals students must:

- Submit a completed registration form, complete with medical history, and liability release to GUE Headquarters.
- Be physically and mentally fit.
- Hold insurance that will cover diving emergencies such as hyperbaric treatment e.g. DAN Master-level insurance or equivalent.
- Be a nonsmoker.
- Obtain a physician's prior written authorization for the use of prescription drugs, except for birth control, or for a prior medical condition that may pose a risk while diving. A partial list of such conditions may be found on GUE's medical history form. Conditions that pose a risk to students while diving require a physician's written approval to dive; this information must be disclosed to their GUE instructor before the onset of training. Physician clearance for a specific condition is valid for one year from the date it is given, assuming there are no further changes to the student's medical conditions. Physician clearance to dive under a specific medical condition does not obligate GUE or a GUE representative to clear a trainee for diving; this remains at the sole discretion of the instructor.
- Be a minimum of 16 years of age.
- Be a certified open water diver from a recognized training agency.

Course Limits

- General Training Limits as outlined in Section 1.4
- Student-to-instructor ratio is not to exceed 4:1 during any in-water training and should be adjusted downward to account for bad conditions and/or poor visibility
- Maximum depth 60 feet/18 meters
- No decompression
- No overhead environment diving

Course Content

Combining lecture and in-water sessions, this course focuses on cultivating the basic skills required for all sound diving practice. It is focused on increasing diving fun by reducing stress and increasing diver proficiency through proper control of buoyancy, trim, propulsion, teamwork, and other GUE principles. Course requirements include a minimum of ten hours of academics and five in-water sessions; at least two of these dives must include a depth of at least 25 feet.

Course requirements include a minimum of eight (8) hours of academics and four (4) in-water sessions.

Required Training Materials

- Doing it Right: The Fundamentals of Better Diving. Jarrod Jablonski, GUE, 2001, High Springs, Florida.
- GUE Fundamentals Workbook.

Academic Topics

- GUE organization
- Why GUE Fundamentals?
- Diving proficiency
- Buoyancy and trim
- Streamlining and equipment configuration
- Propulsion techniques
- Situational awareness
- Communication
- Breathing gas overview
- Dive planning and gas management
- Diver preparedness

Land Drills and Topics

- Dive team protocols
- S-drill and valve-drill
- Equipment fit and function
- Propulsion techniques
- Pre-dive drills
- Surface marker deployment
- Unconscious diver recovery

Required Dive Skills and Drills

1. Demonstrate proficiency in safe diving techniques; this would include pre-dive preparations, in-water activity, and post-dive assessment.
2. Must be able to swim at least 300 yards/275 meters in under fourteen minutes without stopping. This test should be conducted in a swimsuit and, where necessary, appropriate thermal protection.
3. Must be able to swim a distance of at least 16 yards/15 meters on a breath hold
4. Demonstrate awareness of team-member location and a concern for safety, responding quickly to visual cues and dive-partner needs.
5. Efficiently and comfortably demonstrate how to donate gas to an out-of-gas diver.
6. Efficiently and comfortably demonstrate how to donate gas to an out-of-gas diver followed by an ascent to the surface, utilizing minimum decompression.
7. Comfortably demonstrate at least three propulsion techniques that would be appropriate in delicate and/or silty environments; students should demonstrate comprehension of the components necessary for a successful backward kick.
8. Demonstrate a safe and responsible demeanor throughout all training.
9. Demonstrate proficiency in the ability to deploy a surface marker while using a spool.
10. Demonstrate proficiency in underwater communication.
11. Demonstrate basic equipment proficiency and an understanding of the GUE equipment configuration.
12. Demonstrate dive-rescue techniques, including effective management of an unconscious diver. Differences between the management of an unconscious diver and a convulsing diver should be noted.
13. Demonstrate a comfortable demeanor while swimming without a mask, in touch contact.
14. Demonstrate good buoyancy and trim, i.e. approximate reference maximum of 30 degrees off horizontal while remaining within 5 feet/1.5 meters of a target depth. Frequency of buoyancy variation and the diver's control of their buoyancy and trim are important evaluation criteria.
15. Demonstrate aptitude in the following open-water skills: mask clearing, mask removal and replacement, regulator removal and exchange, long-hose deployment.
16. Demonstrate safe ascent and descent procedures.
17. Demonstrate proficiency in executing a valve drill.
18. Demonstrate proficiency with a primary light by using it during all skills except SMB deployment.*
19. Demonstrate efficient deployment and stowage of a reserve light.*
20. Demonstrate an efficient valve drill with double tanks.*
21. Demonstrate good buoyancy and trim, i.e. approximate reference maximum of 20 degrees off horizontal while remaining within 3 feet/1.0 meters of a target depth. Frequency of buoyancy variation and the diver's control of their buoyancy and trim are important evaluation criteria.*

*Skills and drills 16-19 apply only to students seeking admittance into Tech or Cave training. These students must perform skills 16-19 at a grade of 4 or above to qualify for registration into the Tech or Cave curriculum (see 1.3.1 Outline of Diver Training).

Equipment Requirements

Each student should have, and be familiar with, all of the following required equipment.

1. Tanks/Cylinders: Students may use dual tanks/cylinders connected with a dual outlet isolator manifold, which allows for the use of two first-stages. Students may also use a single tank/cylinder with a K, H, or Y-valve.
2. Regulators: One of the second-stages must be on a 5- to 7-foot/1.5- to 2-meter hose. One of the first-stages must supply a pressure gauge and provide inflation for a dry suit (where applicable).
3. Backplate System: A rigid and flat platform, of metal construction with minimal padding, held to a diver by one continuous piece of nylon webbing. This webbing should be adjustable through the plate and should use a buckle to secure the system at the waist. A crotch strap attached to the lower end of this platform and looped through the waistband would prevent the system from riding up a diver's back. A knife should be secured to the waist on the left webbing tab. This webbing should support five D-rings; the first should be placed at the left hip, the second should be placed in line with a diver's right collarbone, the third should be placed in line with the diver's left collarbone, the fourth and fifth should be affixed to the crotch strap to use while scootering or towing/stowing gear. The harness below the diver's arms should have small restrictive bands to allow for the placement of reserve light powered by three in-line c-cell batteries (where necessary). The system should retain a minimalist approach with no unnecessary components.
4. Buoyancy Compensation Device: A diver's buoyancy compensation device should be back-mounted and minimalist in nature. It should come free of extraneous strings, tabs, or other material. There should be no restrictive bands or "bungee" of any sort affixed to the buoyancy cell. In addition, diver lift should not exceed 50lbs for a single tank and 80lbs for double tanks. Wing size and shape should be appropriate to the cylinder size(s) employed for training.
5. At least one depth-measuring device
6. At least one timekeeping device
7. Mask and fins: Mask should be low volume; fins should be rigid, non-split
8. At least one cutting device
9. Wet Notes
10. One spool with 100 feet/30 meters of line per diver
11. Exposure suit appropriate for the duration of exposure
12. Double cylinders with isolation manifold, and appropriately sized double-tank buoyancy compensation device.*
13. One primary light: A primary light should be minimalist in design; its power source should consist of a rechargeable battery pack residing in a canister powering an external light head via a light cord. Primary lights should produce the equivalent output of 50-watt halogen/10-watt HID lighting or greater.*
14. Two reserve lights: Reserve lights should be powered by two or three in-line non-rechargeable C-cell batteries, with a minimum of protrusions and a single attachment at its rear. The light should be activated and de-activated by twisting the front bezel.*



*Required equipment 12 through 14 applies only to students seeking admittance into Tech or Cave training.

*Certain equipment may be rented from Living Seas if students have not yet purchased their own set. Please check with a Living Seas representative to find out what's available.

Note: Prior to the commencement of class, students should consult with a GUE representative to verify equipment requirements. Whether or not a piece of equipment fulfills GUE's equipment requirement remains at the discretion of GUE and its instructor representatives. Participants are responsible for providing all equipment or for making provisions to secure the use of necessary equipment before the start of the course. In general, it is better for the student to learn while using his or her own equipment. However, students should exercise caution before purchasing new equipment to avoid acquiring substandard equipment. Please contact a GUE representative prior to making any purchases. Information about recommended equipment can be obtained from the equipment considerations section of GUE's Web site.



About Living Seas

Living Seas strives to be the Premier Dive Educational Centre in the world, providing the highest standard of dive education to those who are passionate and serious about diving. We are committed to delivering the highest standard of recreational / technical dive education to anyone who shares our passion, and through our values, raise the standard of diving so that diving becomes more safe, responsible and fun.

www.livingseas.com.sg

About GUE

Global Underwater Explorers emerged out of a shared desire to safely explore and protect the underwater world and to improve the quality of education and research in all things aquatic. In line with the original vision of its founding members, GUE is committed to:

- Developing safe, skilled, and knowledgeable divers
- Undertaking and promoting underwater research
- Pursuing global underwater exploration
- Safeguarding the integrity of the underwater world
- Providing the public with a comprehensive resource on all things aquatic.

Working to redefine the ties binding the average underwater enthusiast to underwater explorers, conservationists and scientific researchers GUE is committed to the overall goal of promoting the interests of the underwater world and of those who seek to engage it.

www.gue.com

About Odyssea Divers - Euro Divers International

Odyssea Divers - Euro Divers International operates out of Cocotinos Manado, a Boutique Beach Resort, situated on a chocolate-coloured beach in the heart of the fishing village of Kima Bajo, within picturesque Wori Bay. Cocotinos Manado is a 22-room resort, comprising 12 Duplex Villas, 8 Water's Edge Villas and 2 spacious Suites. The resort is conveniently located, being only a 25-min car ride from Sam Ratulangi International Airport and a mere 20-min boat ride to Bunaken Island.

This charming resort is the first property built and managed by PT Odyssea Utama which owns Odyssea Divers. Guest rooms are designed and furnished to provide all the comfort and convenience expected by the modern traveller.

www.odysseadivers.com



Terms and Conditions:

- Bookings must be made with at least S\$500 as a non-refundable deposit. Full payment to be made 1 month before the course commences.
- No change of dates for travel is allowed once confirmed.
- 50% charge applicable for any cancellations after confirmation. Full charge applicable 2 weeks before departure.
- Additional travel and dive insurance is compulsory upon booking in case of last minute cancellations or mishaps. Travel insurance is available from Living Seas and dive insurance can be obtained online at www.danseap.org.
- Living Seas reserves the right to change any of the course details as it sees fit at any time before commencement.
- For enquiries or bookings, please email info@livingseas.com.sg.