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## OVERVIEW

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# DELTA CRUCIS Scuba

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# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

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Dear aspirant diver,

Founded in 2006 by a group of adventurous SCUBA fanatics with a combined dive experience for +/- 60 years, Delta Crucis focusses on the introduction of similar minded individuals to the amazing sport of SCUBA diving.

As the world leader in disciplined dive techniques and training standards, Delta Crucis is proud to be associated with CMAS ISA.

## Basic Training Overview

In order to reach the final goal of a qualified 1Star “open water diver” your training will consist of 3 basic stages which must be successfully completed.

- Stage 1- Theoretical lessons: (Classroom Based (duration +/- 8 Hours) or eLearning (at your own pace)

This stage consists of either an instructor led class, or eLearning, that will present a number of predefined modules detailing dive principles i.e. dive physiology and basic scientific laws that will impact you as a diver. The theory will be concluded with a multiple-choice test to assess your understanding of the learning material completed.

- Stage 2 – Practical Pool Sessions: (duration +/- 8 hours)

After successful completion of the Stage 1 theoretical assessment, focus will now turn to the practical application of what was learned during the theoretical lessons. Students will be required to perform a number of tasks which will be assessed by the instructors. These tasks will be discussed in detail during the theoretical stage.

- Stage 3 – Practical Qualification Dives (Duration: 1 Day - 4 open water dives)

The combination of the theoretical and practical skills learned will be applied in an open water environment (Normally at Bass Lake) where the student must perform 4 open water dives assisted by one or more instructors in a controlled environment. Subsequent to the successful completion of the above-mentioned dives, the student will be certified as a 1 Star diver. Taking into account that the 1 Star CMAS certification is internationally recognized, the newly qualified diver will be allowed to dive anywhere in the world to a predefined depth.

## I am qualified but what happens next?

After successful qualification, you’re automatically added to our already extensive database of trained divers. As part of this group, you will receive regular updates with regards to excursions and dive events around the country i.e. Bass Lake, Wondergat, Sodwana and Aliwal Shoal. Although we normally qualify our students at Bass Lake, we strongly urge you to accompany our team to Sodwana to experience the real pleasures of open water diving.

## SCUBA Equipment Rental (Training and Certification Phase)

Included in the initial 1\* training costs, Delta Crucis will provide the necessary SCUBA “Hard Kit” which includes Regulators, BCD’s (Buoyancy Compensator Device) and cylinders, all air fills, and entrance to Bass Lake.

“Soft Kit” which consists of a Mask, Fins and Wetsuits will have to be provided by the student as far as possible. Although the club do own some of the “Soft Kit” listed above, we cannot commit on provisioning all the students with the correct sets.

## Training Costs

Due to international exchange fluctuations, please visit our website ([www.deltacrucis.co.za](http://www.deltacrucis.co.za)) for more information on package and training costs. You can also send a mail to [info@deltacrucis.co.za](mailto:info@deltacrucis.co.za) for an updated price.