



Last updated 5th December 2023

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WELCOME to Dive Project Cornwall...

The team at Dive Project Cornwall can't wait to welcome your students to Cornwall and start them on their journey as PADI Scuba Divers and 'Ocean Influencers'.

Situated at Porthkerris, the views over Falmouth Bay are breath-taking and are sure to provide the students with a positive coastal experience. During their time with Dive Project Cornwall they will be trained by experienced, qualified PADI Instructors and will be certified as PADI Scuba Divers, being able to dive anywhere in the world in the future.

Through outdoor adventures, beach-based activities and presentations from leading marine industry experts they will learn first-hand the important part our oceans play in the survival of our planet and how this impacts our very own existence.

Our aim at Dive Project Cornwall is to bring about a positive change with every child who takes part in our programme. As we do so in a place which is both professional and controlled and where students can interact freely with adults, in a fun and engaged manner. Our dive camps help children build resilience and overcome social anxieties. We see students flourish through new social interactions and leave with a sense of confidence and empowerment.

The knowledge gained will be for life and every young person will leave with memories, friendships and a greater appreciation of our oceans; fully understanding the huge role they play in the future of the planet.

The students will graduate from the project as 'Ocean Influencers', and with this new-found knowledge, they will be able to engage with their peers informatively, with enthusiasm and a real desire to drive change. Their voices will influence a change in attitude and behaviour and 'turn the tide' on devastating issues such as the effects of plastic pollution in our oceans.



MEET the Dive Project Cornwall team ...



Andy Forster
Project Director & PADI Dive Instructor

With over 700 dives in 5 years Andy's experience has grown quickly proving his passion for diving. Keen to help more people see the fantastic underwater world Andy has created this project to give back to the community and provide an incredible, life changing opportunity.



Darren Sutton
Head of Diving & PADI Dive Instructor

Darren's dive experience spans deep diving and wreck specialities plus commercial diving training. With over 500 dives Darren is passionate about the marine environment and as a Marine Biologist (gaining his degree with a first-with-honours) he loves to share his knowledge and experience to ensure the protection of the ocean.



ABOUT Dive Project Cornwall...

The location for this experience of a lifetime is at Porthkerris on the Lizard in Cornwall, with breath taking views over Falmouth Bay.

Dive Project Cornwall have their stunning basecamp overlooking the ocean, where the students will camp and sit around the camp fire in the evenings swapping stories of the thrills of learning to scuba dive and reflect on lessons learnt about the ocean.

There is an onsite indoor swimming pool, where the first lessons and skills sessions will take place. We have been allocated a part of the beach where shore diving will take place once the students have passed the first skills tests in the pool.

We will also use our basecamp, the surrounding coastline and countryside for other activities during the week.

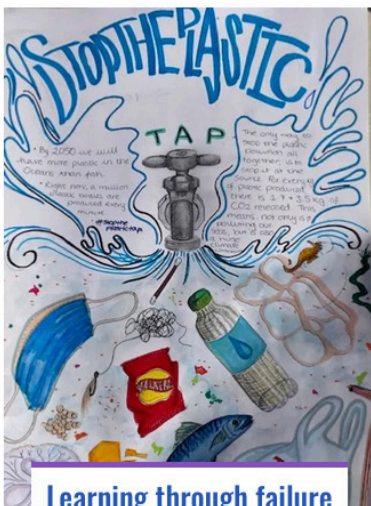
OUR IMPACT at Dive Project Cornwall...



Challenge and Empower students to become more resilient day-to-day



Working and supporting each other in unfamiliar situations



Learning through failure to achieve your end goal

Raising Aspirations

- We work hard to make sure that every child leaves us feeling empowered and capable of achieving anything they set their mind to.
- Through new social interactions & collaborative learning of unfamiliar skills, students learn how to move forward in achieving their goals.

Employability

- The improvements in 'soft skill' development while supporting each other through unfamiliar, and sometimes stressful and challenging situations, provides a firm foundation of belief, trust and resilience.
- Our highly trained dive instructors demonstrate that leading by example in a professional, but humorous manner, can help bring about a positive change.

Mental well-being

- Our programs are designed to help students overcome anxiety, including social anxiety, by placing them in situations that foster group-work and engaging with adults.
- We help young people understand what it means to be prepared for learning, revising, and take home a newfound resilience, even when things get tough.

Relationships

- We offer a safe environment - one where young people are able to interact with knowledgeable, caring adults. Learning to dive should be fun, but we also engage at a serious, controlled and professional level when required.
- Students learn to build a trusting relationship in the process of learning.

Attainment

- Define what 'success' means to each student taking part.
- Teach young people to understand that having a plan will help them achieve their goal.
- Learning through failure in a controlled and professional environment

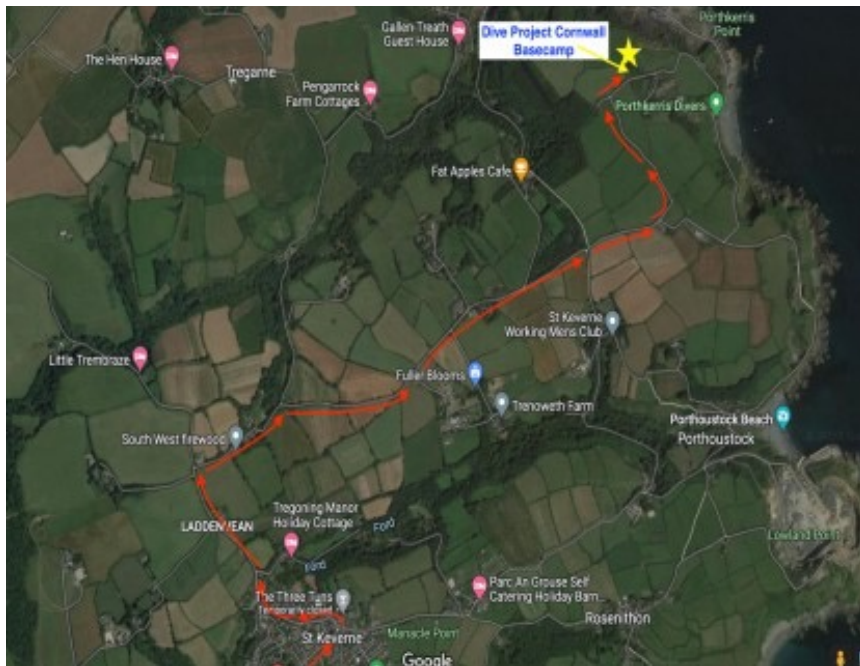
Hear their words

- Allow students to voice their fears in a supportive environment and provide them with techniques to overcome and conquer.



DIRECTIONS to Dive Project Cornwall...

Porthkerris Divers, Porthkerris Cove, Helston, Cornwall, TR12 6QJ



Arrival & Departure Times, Porthkerris

Arrival: Sunday between 4- 5pm

Departure: Friday at 10am (after breakfast)

Point of contact for updates during your journey:

Andrew Forster, Project Director
07711 160 590
andy@diveprojectcornwall.co.uk

From the A39 North

Take the A394 towards Helston

Join A3083 all the way past Culdrose RNAS and then take the left at the roundabout onto the B3293.

Follow this all the way to the village of St Keverne.

(Ignore your Satnav telling you to come off earlier, some of those roads are quite small for a minibus)

At St Keverne Village Square, take a left onto Commercial Road past The White Hart public house, continue around sharp bend to the right and continue straight past the small fire station.

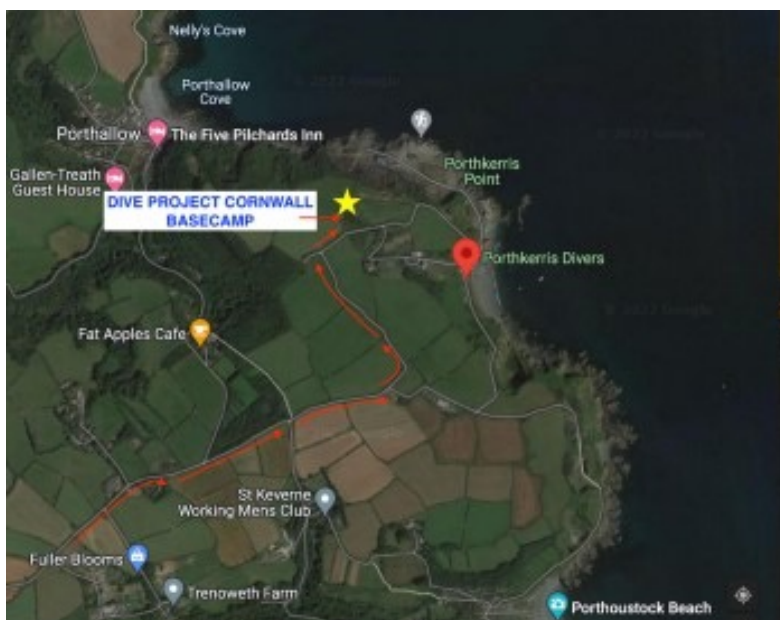
Keep going, the road will bend to the right, keep going down this road for 1 mile, go past Porthallow Beach Café sign, up ahead you will a sign for Porthoustock and Porthkerris Divers - take this road.



Keep following this road, there will be a sharp bend to the left, past the fields.

At the end of this road, turn right and you will see a DIVE PROJECT CORNWALL sign on the left at the entrance to our Basecamp.

Here you will be able to park your minibus for the week.



www.porthkerris.com



PADI Scuba Divers Course with Dive Project Cornwall

PADI®(Professional Association of Diving Instructors®) is the world's largest ocean exploration and diver organisation, operating in 186 countries and territories, with a global network of more than 6,600 dive centres and resorts and over 128,000 professional members worldwide.

Issuing more than 1 million certifications each year, and with over 28 million certifications to date, PADI enables people around the world to seek adventure and save the ocean through underwater education, life-changing experiences and travel.

For over 50 years, PADI is undeniably The Way the World Learns to Dive®, maintaining its high standards for dive training, safety and customer service, monitored for worldwide consistency and quality.

With a longstanding commitment to environmental conservation, PADI is leading the way for millions of people to actively explore, steward and protect the ocean through its course offerings and partnerships with like-minded, mission-driven organisations.

PADI embodies a global commitment to ocean health with its mission to create a billion torchbearers to explore and protect the ocean. Seek Adventure. Save the Ocean.SM

www.padi.com



DOCUMENTATION required for Dive Project Cornwall ...

Schools Participation Form

This form will be sent out to the lead teacher by welcome email to start the onboarding process, please can the teacher forward the welcome email to the students and parents. They will be able to fill-in these forms digitally online. Please can parents fill out these forms.

IMPORTANT - one of the questions asks if the student can swim 200m, this is mandatory to be able to take part in the PADI Scuba Diver course.

Photography and Video Consent Form

During the week we will be taking photos and videos of the experience that we will share with the students after the course, these may also be used for future marketing for Dive Project Cornwall. Please can parents fill out these forms.

PADI Dive Forms -

These will be sent by email from PADI and can be filled out online.

1. RSTC Medical Statement

The first thing the students should do when selected to take part in Dive Project Cornwall is to read, fill in and send us back a signed medical form.

Please read and check the medical form and ensure that you answer this form honestly - it is a legal requirement for diving at a PADI dive centre anywhere in the world.

Obviously we love taking people diving - but please note: dive insurance and PADI regulations mean that if you answer YES to questions 3, 5 or 10 on page 1 OR to any of the questions on page 2 (which you need to complete only if you answer a YES on page 1) you will need to read and agree to the statement on page 1 by signing and dating it and then take all three pages of the form (Participant Questionnaire and the Physician's Evaluation Form) to your doctor for a medical evaluation - as a result of any YES answer, participation in diving activities will require your doctor's approval.

I am sorry but we will not accept anyone on the course who has not been signed off.

The following forms will be filled out once the student has completed the Medical Statement and they have been given access to the PADI online portal.

2. Non-Agency Disclosure and Acknowledgement Agreement
3. Liability Release and Assumption of Risk Agreement
4. Safe Diving Practices Statement of Understanding.

Compulsory Prior PADI eLearning

Before the students arrive in Cornwall they must have completed the PADI Scuba Divers eLearning course.

If possible and resources allow, we recommend the teacher and students meet once a week over four to six weeks, to do this eLearning together, this is also an opportunity to watch the Marine Conservation Society educational video as a group to start the students' learning about the ocean.

The students will only be sent login details for the eLearning when they have sent us back a signed medical form; thus meaning that they are 'signed off' and safe to scuba dive.

PADI Modules and Exam

As part of their E-learning the students will have to take tests at the end of each module and an exam at the end. Our Head of Diving, Darren Sutton, will have access to check up on the students' progress through the PADI portal to make sure that it is complete before the students arrive on site.

Please note each diving group will have one day of the week where they are not pool diving or shore diving, there is other learning and activities on these days.

PADI Knowledge Development

During the week in Cornwall, the students will all get a chance to go over what they have learnt in the prior eLearning as a chance to further cement their dive theory and apply it to the practical element of the course.

There will be a knowledge quiz on the first day, so make sure they are ready!

YOUR WEEK at Dive Project Cornwall...

Pool and Sea Skills Sessions

The students will be split into groups of five for the week's diving, with each group having one day out of the water during the week. Here they will learn dive skills vital for safe diving.

There is an onsite pool where the first lessons and skills sessions will take place over the first part of the week.

We have been allocated a part of the beach where shore diving will take place once the students pass the first skills tests in the pool.



DIVING is weather dependent, and every effort will be made to complete the Scuba Diver course during the stay. However, Dive Project Cornwall reserves the right to cancel your dive camp, at short notice, in the event of adverse weather being forecast.

If your dive week is impacted by adverse weather conditions, for the safety of participants and dive instructors, Dive Project Cornwall reserves the right to finish the week early.

Finally, high winds may prevent participants from taking part in ocean dives. This will be assessed throughout the week and ocean dives may need to be cancelled if there is a perceived threat to safety.

Provisions can be made for children to return to complete their Scuba Diver course, but this will be an extra cost to each child or their education facility.

Schedule of Other Activities When Not Diving

In the breaks between the students learning and practising their PADI Scuba Diver skills, there will also be dive theory and knowledge reviews, lectures from our partners, the Marine Conservation Society & Falmouth Marine School with the emphasis on outdoors experiences.

By the end of the week the students will be open water divers, enthusiastic Ocean Influencers, and confident in the outdoors.

We will send you a schedule prior to arriving and there will also be one in your welcome pack on arrival. Some of the non-water activities the students will take part in are; orienteering, beach cleans, ocean quiz.

There will also be interactive lessons in marine conservation, plus guest speakers from The Marine Conservation Society and Falmouth Marine School, part of Cornwall College.

During the week each group will spend time working on a presentation about **“What it means to be an Ocean Influencer”** using knowledge from what they have learnt during the experience. This will be presented on the last night at the awards BBQ.

This is an opportunity for the students to start their journeys as ‘Ocean Influencers’ and present what they have learnt when they return to school.



GUEST LECTURERS at Dive Project Cornwall ...

About The Marine Conservation Society

The Marine Conservation Society fights for the future of our ocean through people-powered action – with science on our side. For more than 30 years, MCSUK have been the voice of the sea, defending our coastal habitats and species. They work towards a cleaner, better-protected, healthier ocean. One we can all enjoy.

What the MCSUK do:

- For a cleaner ocean, we find ways to prevent and clean up marine litter and pollution. And we use science to track the health of our waters.
- For a better-protected ocean, we secure spaces where species and habitats can recover. Only a sea full of life can absorb carbon and tackle climate change.
- For a healthier ocean, we promote sustainable fishing to minimise harm caused by harvesting resources.
- And we educate the public so consumers can make better seafood-buying choices.

www.mcsuk.org

About Falmouth Marine School

Falmouth Marine School provides a comprehensive selection of courses from introductory to degree level in partnership with Plymouth University. We specialise in Boatbuilding, Marine Engineering and Marine Science & Biology.

We have an excellent international reputation for our marine courses with superb facilities including boatbuilding and engineering workshops as well as a dedicated marine science lab. Our tutors combine industry experience with academic expertise and are active in their field through research and personal interest in their subjects.

Falmouth Marine School will be coming to talk to the students during the week about possible career options in the Marine Industry.

www.falmouthmarineschool.ac.uk

Dive Centre of Choice

Dive Project Cornwall is delighted to be working with PADI dive centres across the UK, as our DIVE CENTRE OF CHOICE, they are the best in their region.

They have all been chosen because they are a PADI dive centre that is keen to educate and train young people. After you return home, we hope you will want to continue your journey in the world of scuba diving and meet other divers in your area.

Your Dive Centre of Choice, will be introduced to you during your week in Cornwall, and you will learn about the next courses you will be able to take once you are a qualified PADI Open Water Diver.

Dive Project Cornwall BASECAMP

What to expect from camping

We have created a home away from home. Our campsite is situated on the top of the hill overlooking Falmouth bay with sweeping coastal views.

Tents

We are providing four or five 8 person tents for the students with 4 - 6 students per tent. We recommend if ratios allow that there are 5 students per tent.

We will ask teachers to allocate students to the tents. We will be providing thick comfortable sleeping mats and sleeping bags to students.

Food

Dive Project Cornwall will be providing breakfast, lunch and dinner during the entire stay. Please see the typical meal plan provided.

We will cater for allergies and dietary requirements according to the details provided in the Participation Form.

Teacher Accommodation

Teachers will be given their own tent for the week with a thick comfy sleeping mat and sleeping bag if required.

After you've settled into your tents, there will be a welcome BBQ on the first evening - a chance for us all to get to know each other.

On your final night, there will be an awards BBQ to celebrate the students' achievements.



Showers

There are showers at Porthkerris Dive Centre by the beach. They are operated by £1 coins, which gives you an 8 minute hot shower.

Toilets

We will have portaloos in our campsite and there are also two toilet blocks at Porthkerris Dive Centre by the beach.

Breakfast:

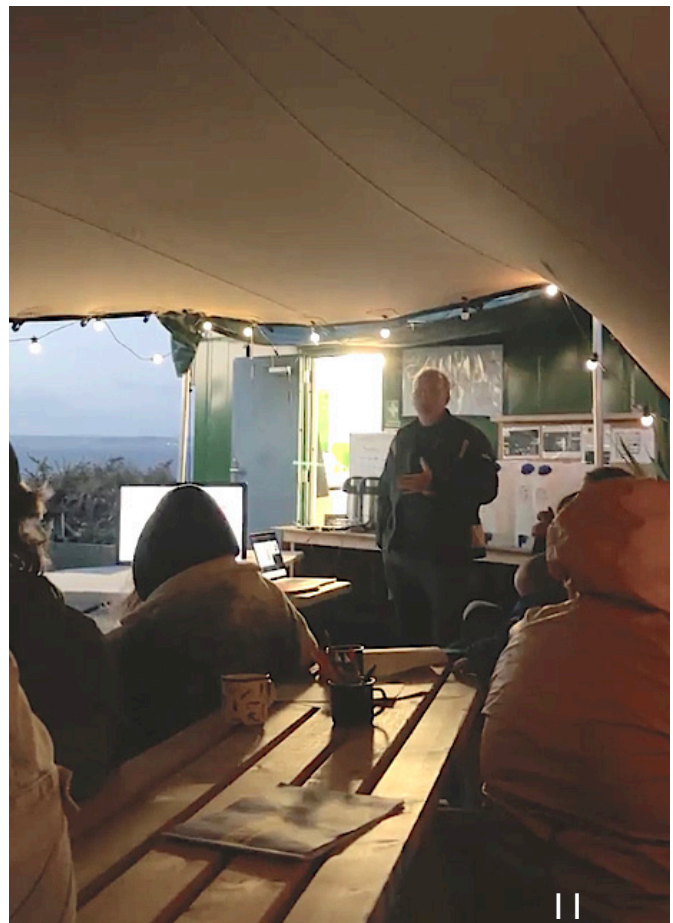
A buffet of cereals, toast with jams and spreads, fruit.

Lunch:

Sandwiches, crisps, cereal bars, fruit, cakes.

Dinners:

Hot meals such as pasta, barbecue food.



CAMP SITE RULES at Dive Project Cornwall ...

Please be aware that although Dive Project Cornwall have their own campsite-field on Porthkerris property, nearby fields are being used by other customers so we have to be mindful of the noise after 9pm. After a busy day diving the students will be tired, so whilst there will be some activity in the evening this will not run late into the night.

Mobile phones can be charged in the Dive Project Cornwall kitchen, which can be locked. Students and teachers charge their electronic devices at their own risk. Dive Project Cornwall take no responsibility if items are lost or stolen.

Disciplinary Procedure

- First Warning – informal one to one conversation with one of the teaching staff present
- Second Warning – formal one to one conversation with one of the teaching staff present
- Caution - sit down and make an agreement plan with one of the teaching staff present
- Final Discipline – remove from the course and be supervised by the teaching staff

Please note the Dive Team will follow PADI standards during all Dive Activities + the above procedure will apply.

Porthkerris Site - Where is accessible and out of bounds

Porthkerris Dive Centre also have their own café by the beach where students will be allowed to buy snacks, chocolate, etc. Students are allowed to buy snacks at the café and only customers of the café are allowed to sit at the café tables, we will have our own covered space on the beach where we can sit as a group if not making a purchase from the café.

Porthkerris Dive Shop

Students will be able to visit the shop in small groups of up to five students, at allocated times and only if supervised by a teacher. It is a busy dive centre, with members of the public coming in and out regularly. They sell, caps, and t-shirts, souvenirs and diving equipment.



OUT OF BOUNDS

Compressor area

Students must leave their scuba tanks in the designated area after their dive.

Café seating

(unless purchasing from the café)

The beach

To the right of the slipway (between 8am and 4pm).

Carparks

Other camping areas

KIT LIST for Dive Project Cornwall ...

There can be many seasons in a day in Cornwall, so please be prepared for all weather.

Please pack water proofs, warm clothes and extra clothes for other activity times outside of diving when the students may get wet.

We will have a drying area for the students to hang any wet dive kit. But please bear in mind if it is a particularly wet week, clothes will not dry properly so having spare clothes is recommended.

In the evening we will sit around a table at basecamp under a cover, and also around the fire pit, so we will have shelter, but please bear in mind we are still on the coast and open to the elements so please come prepared for camping.

WHAT YOU NEED TO BRING

- Swimming costumes x2 recommended
- Rash Vest (if you have one)
- Lightweight camping towel
- Water bottle
- Beach towel
- Warm jacket
- Waterproof jacket for activities and evening
- Waterproof trousers for daytime activities
- Jumper / warm top
- Shorts/t-shirts
- Trousers/jeans
- Warm clothing
- Walking boots/wellies
- Trainers
- Sandals/flip flops
- Warm hat (for evenings and after being in the water)
- Sunhat/cap
- Phone/camera chargers
- Pillow
- Headtorch
- Toiletries
- Sun cream
- Personal medication

WHAT WE WILL PROVIDE

- Tents
- Sleeping mat
- Sleeping bag (if you need one)
- Eating utensils
- All dive equipment and gear:
- 7mm wetsuit with hood
- Wetsuit boots
- Wetsuit gloves
- Fins, masks, snorkel
- Scuba gear
- Password to e-learning

We'd also like you to bring the following items - enough for each student participating in the Dive Week:

- One postage stamp per student (we give them postcards on arrival to send home!)
- Notebooks and pens for each student
- A3 paper and colouring pens for the students to make posters

AFTER the week with Dive Project Cornwall ...



Certificate

Certificates will be presented to each student at the end of the course and the PADI qualification will be sent digitally.

Writing about the experience

If any students would like to write about their experience for our blog or our partner media - please get in contact with us and we will assist in making this happen.

FAQ's

Q: *What are the arrival and departure times at Dive Project Cornwall, Porthkerris?*

A: Arrival on the Sunday is 4-5pm, and departure on the Friday at 10am after breakfast.

Q: *Do we need transport throughout the week?*

A: You will need a vehicle on site, in case you need to move the students between sites or in the case of a medical issue. There is parking space for a school minibus on site during the week. Please contact us at andy@diveprojectcornwall.co.uk if this will be an issue.

Q: *How many staff members are needed?*

A: Each school must send at least three teachers (if you wish to send more there is a standard charge per teacher – please get in touch for more details)

Q: *Are the teachers able to learn to dive alongside the students?*

A: Currently this is not possible due to the ratio of dive instructors to teachers.

Q: *What happens in the case of bad weather*

A: Rain will not affect the diving schedule. Wind and swell do, so we have a secondary diving site, a thirty minute drive away, at Mullion Cove if conditions are not favourable at Porthkerris. We would expect the school transport to move the students between the two sites in this eventuality. Please contact us at andy@diveprojectcornwall.co.uk if this will be an issue.

Q: *What is the ratio of dive instructors to students?*

A. Pool sessions: 2-3 instructors to every 5 students Sea sessions: 2-3 instructors to every 5 students

Q: *In the event of an emergency please call:*

A: See the contact details on the last page of this document

Q: *Who are the trained first aiders on site?*

A: One of the teachers from each school must be a First Aid Responder. All of our dive instructors are also First Aid Responders and trained rescue divers.

Q: Can you help us with the school risk assessment?

A: Yes we will provide you with the documents you will need, our risk assessment, emergency action plan, liability insurance, dive insurance policy, DBS certificates.

Q: Are the students covered under your dive insurance policy?

A: Yes, all students who sign up to the course are added to our diving policy when they sign up. Our policy is with Divers Alert Network – the largest dive insurance company in Europe

Q: What happens if the student doesn't pass/complete the course?

A: There are different options depending on how far you get on the course, we can discuss during the week. We will be happy to refer you to one of our Dive Centres of Choice, in the area you live, to finish the course once you return home.

Q: If I want to carry on diving when I get home, can you point me in the right direction?

A: Yes, we will introduce you to the Dive Centre of Choice for your area, so the students can carry on diving and take additional dive courses.

Q: How much pocket money do you recommend?

A: This depends on what the students will want to buy. There is a café to buy extra snacks, chocolate, and also a dive shop that sells caps, T-Shirts, Souvenirs. We suggest £10 for snacks for the week; more if the students want to buy souvenirs or bigger meals.

Q: How can we get the rest of the school involved?

A: You can help fundraise with a Non-Uniform Day with the theme “Keep our Oceans Clean - wear blue and Green”. Your fundraising will help raise awareness of the plight of our oceans and support future Dive Project Cornwall Dive Weeks, encouraging future Ocean Influencers to experience and learn from our oceans. As a Community Interest Company, 100% of profits are directly invested back into making the project a success.

Please contact us if you would like further resources for this.



USEFUL CONTACTS

Andy Foster
Dive Project Cornwall Project Director
07711 160590
andy@diveprojectcornwall.co.uk

Darren Sutton
Head of Diving:
07873 202859
darren@diveprojectcornwall.co.uk

Emergency Contact Number at Porthkerris:

Andy, Project Director
07711 160590

Porthkerris Dive Centre
01326 280620

Other Emergency Contact Numbers:

Dive Project Cornwall office (9am – 5.30pm)
01326 574842

Charlotte Forster, Accounts Manager
charlotte.forster@levenmediagroup.co.uk
07714 718471