



## PADI Seal Team Member Aquamissions

### AquaMission 1

- Here you learn the basics of diving. You get to breathe underwater from your regulator.
- You will learn about your air pressure gauge and practice diving signals underwater using your hands.
- In shallow water you will put on and adjust your scuba gear
- You will then practice ear clearing and swimming correctly with fins
- Breathe underwater, check your air and give air signals after reading your air gauge
- You will then practice ascents (going up)

### AquaMission 2

- Makes you a more confident diver and a great PADI Seal Buddy.
- Shallow water entry and put on and adjust your scuba gear
- More hand signals
- Regulator removal and replacement with blowing bubbles
- Regulator removal and recovery of the regulator again blowing bubbles
- Equalizing the mask
- Ascents

### AquaMission 3

- After this AquaMission, you're more than halfway to becoming a PADI Seal Team member!
- Shallow water entry again and put on and adjust scuba gear
- Some more hand signals
- Practice Inflating & deflating your BCD at surface
- Flood and clear water from your mask while underwater
- Breathing from an Octopus
- Ascents

### AquaMission 4

- Now it's time to feel like an Astronaut, you learn what it's like to be weightless
- Shallow water entry and put on and adjust scuba gear
- Regulator removal and recovery from behind you
- Fin pivots and hovering in mid-water
- Ascents

### AquaMission 5

- This is your last and qualifying AquaMission. You will now be awarded the PADI Seal Certificate. From here you can then start the Specialty AquaMissions.
- Snorkel clearing and Snorkel to regulator exchange
- Surface swimming with scuba gear
- You will then repeat all these skills to show mastery from all the previous missions.
- Shallow water entry put on and adjust scuba gear
- Snorkel to regulator exchange
- Surface swim to descent line
- Deflate BCD
- Descend
- Ear clearing
- Breathe whilst underwater
- Underwater swimming
- Read your air gauge and signalling amounts
- Clear water from mask while underwater
- Octopus breathing
- Hand signals
- Regulator removal and recovery
- Replace regulator and clear
- Fin pivot & hovering
- Inflate BCD at surface



## PADI Seal Team Member Booking Form

The PADI Seal Team is for young divers (8yrs+) who are too young to enrol onto a Junior Open Water Diver Course. And are looking for action-packed fun in a pool by completing the 5 scuba "AquaMissions."

The natural progression after the Seal Team Member is to enrol onto the Master Seal Team Specialty Aquamissions. The second part is full of **Specialty AquaMissions**. These are really cool dives that teach the kids different scuba activities. The following are the Speciality missions they can complete: Creature ID, Inner Space, Night, Search & Recovery, Snapshot, Environmental, Navigation, Safety, Skin Diver, Wreck. Once you have completed 10 of the speciality missions you are awarded the PADI Master Seal Certificate and you become a PADI Master Seal Team Member. WOW !!!

Mr/Mrs/Dr/Miss/Ms	First Name:	Surname:
Address:		
Post Code:		
Work Tel:	Home:	Mobile:
Date of birth / /	Age	Occupation:
Course start date: / / 2018	email:	
Where did you hear about this course?		
<b>Payment Methods: BACS or Cheque</b>		
1. BACS - Sort Code 20-25-42 Act No. 70717282		
2. Cheque - Payable to C-Life Ltd, add £2 for admin		
<b>Enclosed</b> - Seal Team Statement form 1026 to this booking form & 2 Passport Photos		

Options	Total
1) Seal Team Course £225 - collect. £230 we post via BACS or plus £2 paying by cheque	£
<b>Grand Total</b>	<b>£</b>

Height ft & inches	Chest inches	Waist inches	Hips inches	Shoe

### Terms and Conditions

If weather or any other circumstances beyond the control of C-LIFE causes the course to be delayed, changed or cancelled, no liability can be accepted by the aforesaid party for consequential loss, damage or expense incurred. Candidates using C-LIFE equipment for any course are responsible for that equipment and will be charged for any loss or damage arising from negligent behaviour. Candidates may not participate in any diving activities until full payment has been made prior to session. Duty of Care requirements state candidates between the ages of 10-16 must have a parent or guardian present while training is taking place. A teacher must be present if the course is organised through a school. A buoyancy control device must be worn during all water activities. We maintain a 14 day non-refundable cancellation policy of course fees. Deferment within 14 days of course start date will incur an extra £60 fee. No refund of fees if fail any part of a course. Candidates who miss any scheduled sessions or retake (any one 24hr period) on their course and wish to continue on a later course with and without prior arrangement will be charged £45 for each extra session. C-LIFE or its employees cannot be held responsible for damage, loss or injury caused by negligence of participants or otherwise. If candidate misses booked session money paid will not be refunded. C-LIFE staffs commitment - current, active, insured with CRBs and will act in a professional manner. Candidates will agree to abide by the rules of C-LIFE Ltd in all diver training matters. Student responsibilities are; fit to dive, able to swim, and complete home-study pack prior to start date. Candidates will agree to abide by the rules of C-LIFE Ltd in all diver-training matters.

I, ..... / ..... have read, understood and agreed the terms and conditions of the booking  
 (Student Name and Parent Name)

Signature ..... / ..... Date / /  
 (Student and Parent signature)