

## **PADI Discover Scuba Dive in Tunku Abdul Rahman Marine Park, Kota Kinabalu**



The PADI Discover Scuba Diving Experience is a wonderful way to experience scuba diving **for the first time**. This one day try dive includes a diving skills training session and two dives. You'll have the chance, under the guidance of our experienced PADI instructors, to go scuba diving in the tropical, warm waters of Tunku Abdul Rahman Marine Park and see an amazing array of colourful marine life including a turtle, if we're lucky!

You will complete a morning confined skill session followed by a short beach dive, and then lunch at a tropical island, followed by an afternoon boat dive. The maximum depth for the PADI discover scuba is 12 metres, however most of the exciting marine life is between 5 to 10 metres.

### **Trip Itinerary**

*0845hrs* - Meet our Dive Crew at the entrance to Jesselton Point Jetty near the red phone boxes on the left hand side as you enter Jesselton Jetty.

*0900hrs* - Boat departs, approximately 20 minute boat transfer to your morning dive site in Tunku Abdul Rahman Marine Park.

*0930hrs* - A full safety briefing provided by your PADI instructor.

*1000hrs* - You'll be helped into your dive gear. You are now ready to start your morning scuba diving training session! During the morning training session you will complete confined skill session 1 (learning 5 simple dive skills with your PADI Instructor). This session is run from a shallow depth from Sapi beach. Your PADI instructor then takes you for a practice dive from the beach out along the shallow reef so you can practice 'diving'. The duration of this dive is based upon air consumption (how quickly you breathe the air in your cylinder), but usually your morning dive will be between 25 to 40 minutes.

*1200hrs* - Back on our boat and on to Padang Point for a tasty lunch.

*1330hrs* - Back on to our dive boat. Your PADI Instructor will provide a dive briefing for the afternoon open water dive, and you put your dive gear on.

*1400hrs* - Start your afternoon dive from the boat and enjoy diving along a shallow coral reef guided by your PADI instructor. The dive can last anywhere from 30 - 50 minutes.

*1500hrs* - Back on the boat, a chance to shower and change.

*1530hrs* - Transfer back to Jesselton Point Jetty.

### **Pre-requisites**

To complete a PADI Discover Scuba Experience you must be:

- Aged 10 years or older. We will need children under 18 years to be supervised by a parent or guardian during their Discover Scuba.
- Be fit and in good health to go scuba diving. You will be required to self certify you are healthy to go scuba diving via a PADI Medical Form.
- Have basic swimming skills and be comfortable in water too deep to stand up in.

### **What's included?**

- Use of our rental dive gear (including 3mm shorty wet suit).
- 1 x confined skills diving training session.
- 2 x open water course dives (one from the beach, one from our boat).
- Lunch
- Low Instructor to Student Ratios, often lower than 1:4
- Free flow water on our boats.
- Instruction in English, Malay or Chinese.
- A smile....

### **What's not included?**

- Sabah Parks Diving Permit paid once per tour (\*MYR 25.00 Malaysian MYR 70.00 Non Malaysian)
- Collection from your hotel in the city, as it is easier to walk to the jetty and often quicker than a taxi.

### **What to bring?**

- Towel
- Swim wear - Please be ready to get wet straight away!!
- Sun tan lotion
- Any personal items
- A little cash, in case you want an ice cream.
- A smile

### **Notes**

- If you are on medication, or have a known medical condition, then please check with us in advance before booking your PADI Discover Scuba Diving Experience.
- PADI Liability Forms and a PADI Medical Form must be signed by the participant before the Discover Scuba commences.
- You need to have minimum 18 hours free after diving before flying on a plane, or changing altitude > 300 metres, in line with PADI safety standards.

### **Price**

From RM310/person