

# Diving Guide



Slowly moving away from scientific and military use, diving developed as one of the most astonishing hobbies. Well-designed, proven training techniques and an innovative approach of the diving equipment, makes it not only comfortable and easy but also extremely safe! Even just the simple use of a mask, snorkel and fins make it already possible to discover the ocean. Being able to plunge even deeper in this “other world” is a privilege that only we, and the generations to follow, enjoy.

Maldives is known as one of the best destinations for diving. In relation to other tropical escapes it is known for the quantity as well as the variety of fish life. The geographical position and its structure created such a rich ecosystem that is absolutely unique in this world. Learning the easy basic skills while small colourful fish are curiously passing you is a sensation that you will never forget.

A map on the various dive sites is at the Dive Centre and you will be surprised about the quantity and diversity of diving sites that surround our island. The sometimes-strong currents created rough landscapes with shelter for many small creatures while overwhelming fish life will hover above it. On other spots smooth currents created more gradual landscapes where turtles peacefully move over the reefs and schools of fusiliers seem to observe them. Since most boat trips are not more than half an hour, you will easily and comfortably come to that special place that is perfect for you.

## About Us

More than fifteen years ago, we, Dolphin Base Dive and Water Sports Centres, established our first diving Centre in Maldives. It is since that very beginning that we realized that diving in Maldives needed a whole new different approach. Being an ideal location, we were convinced that here it would be possible for everyone to dive and discover the underwater world.

To support this philosophy we procured for yourself the best equipment, allowing you to feel comfortable and safe much faster thus giving you more time to enjoy the astonishing nature that surrounds you.

Like the equipment, we carefully selected our Instructors. For beginners and experienced divers, an instructor will always accompany you on your underwater tours. The average Dolphin Base Instructor will have dived more than a thousand times. Our multi lingual and experienced team have chosen this profession out of pure passion for the underwater world you will soon find out that their enthusiasm, care and patience seems to be unlimited.

**Experience the joy of diving!**

# How to Dive

These answers to our guests most frequently asked questions will help you get the most out of your Dive experience!

## **How do I get to the Dive Centre?**

Our Dive Centre is located at the tip of the main Arrival Jetty Pavilion. It is accessible from the open-air lobby.

## **Why should I give diving a try?**

It is fun to do, easy to learn and the most beautiful part of Maldives lies underwater.

## **When should I come to the Dive Centre?**

It is best to just come by first and make an appointment for your first dive. Your butler would be happy to escort you to the dive centre. The first visit to the dive centre also gives the dive centre the opportunity to find the size of your equipment as well as your personal preferences.

If you already are a certified diver, please bring your certification and logbook to the Dive Centre.

## **What should I wear and bring for my first dive?**

Just think of it as going for a swim, you could come to the Dive Centre in your swim wear with a t-shirt on top and shorts / pants below and then we would assist you in getting into your wet suit.

We do have showers and changing facilities available, so that after the dive you could go straight for a refreshing drink to the Bar.

## **What about my watch, jewellery and valuables?**

Please leave these personal items in the electronic safe provided for in your villa.

## **Can I have breakfast or lunch before diving?**

You can certainly have a light breakfast or lunch before going for a Dive. A light meal is recommended to ensure there is no discomfort caused during your dive. It is advisable to have an hour between your meal and the dive.

## **Are there any medical or physical requirements?**

If you decide to dive, we will go through a small medical checklist with you to ensure you do not have any problem. You do not have to be in super shape, just normal health is sufficient to dive.

If you have a doubt on any medical problem, just let us know. Some medical conditions do not interfere with diving at all.

## **Do I sunburn quickly while diving?**

No, underwater you will not burn. However, the first lesson will consist of explanations at the surface, which will for sure give you a bit of a tan.

Anyway, it is not advisable to put sun lotion on your face since it will make your mask foggy.

### **From where will I start diving?**

You will start diving in the lagoon of Taj Exotica. The lagoon is very shallow, no currents and nice white sand at the bottom. Patient instructors and proper equipment will make your experience one of fun.

### **Is it difficult to learn diving?**

This is the good part! You might have the impression that the course material looks complicated because you are not familiar with it, but it has all been designed to give you easy usage, comfort and most important of all...SAFETY. You will find that it is very easy to master the skills of diving.

### **Is there any danger in learning how to dive?**

Our QUALIFIED and EXPERIENCED Instructors will accompany you during your dives to ensure your SAFETY as well your enjoying the dive. Our Instructors will also ensure that you are relaxed and enjoy the beauty of the underwater world.

The only real danger is...you are going to like it so much...that you would not want to stop!!

### **How long does it take to learn how to dive?**

All courses are modular, which means you can start with a small introductory course and slowly progress into a certification course. You could just get a feel of a dive or do a complete course...it is entirely up to you, nothing is fixed and your personal dive schedule can be fitted into your holiday as you wish!!

### **Are there any dangerous creatures in the sea?**

We advise you not to touch anything underwater, as some creatures will naturally display a defensive reaction. Look, enjoy, but also respect their habitat and you will not have any problem.

### **Do I have to watch out for sharks?**

The species that you will encounter in the underwater world of the Maldives will not qualify by any means as dangerous creatures. They are gracious and shy creatures and you will realize that you really start to appreciate them once you learn how to dive. Swimming, Snorkelling and Diving do not offer any risk in relation to these beautiful creatures.

### **And what if I still have some doubts on diving?**

Just come over to our Dive Centre and we will explain everything to you. All our Instructors have a high degree of enthusiasm and will be sincere in expressing to you that it is really worthwhile to dive here. We will always let you decide for yourself.

### **Dive Etiquette**

The Dive Centre environment is one of professionalism and fun!

Please treat all your equipment with care and follow all mandatory SAFETY procedures.

# Dive Glossary

## Your first steps in diving...

The courses that we offer are all developed by the Professional Association of Diving Instructors (PADI) the world's most prominent diving education organization. All our courses guarantee quality and your certification will be acknowledged everywhere in the world. Another advantage for you is the modular system, which means that you can do a small course, which introduces you to diving, but can continue later for the next step without having to start all over again.

### Bubble Maker

### Confined Water

This program is to give a taste of diving to children in the age group of 8 to 10 years. We make two "dives" in the shallow waters of the lagoon. An instructor will always be accompanying the bubble makers to give maximum comfort and joy. Surprisingly, we find that often it is the bubble makers that learn fast and become good confident divers!

### Discover Scuba

### Confined Water

If you just want to have a small touch of the diving world, the Discover Scuba course teaches you the very basics of diving. This course is conducted in the lagoon and will give you your first experience of breathing underwater combined with some very simple exercises to give you confidence. This session will end with a mini diving tour.

### Discover Scuba Diving

### Confined Water + 1 Open Water Dive

The name is similar to Discover Scuba, only the word Diving has been added. This is the course that most beginners will start with because it is so easy and great fun.

After the first lesson is conducted as above, you will go for a second time into the water, just to dive! Together with your instructor, still at "swimming pool depths" you will swim around, look at the fish and increase your skills and experience. After completing this course you will be confident to go on a boat dive to explore a dive site.

### Scuba Diver

### Confined Water + 2 Open Water Dives

In three exercise sessions and two Open Water Dives you will learn the most important skills of diving but the overall control of the dive will still be in the hands of your instructor. This course is intended for those who want to keep on diving with an instructor or as a first step for obtaining a full certification.

### Open Water Diver

### Confined Water + 4 Open Water Dives

This is the full certification course! Five confined water sessions and four Open Water Dives will enable you to plan your dives and dive together with another Open Water Diver. The Open Water Video, the Log Book and your experienced Instructor will give you a profound understanding of the diving basics. You will need approximately three to four days for this course but you also have an option of taking more time to complete the course. You will be planning the dives and schedules together with your instructor. A truly interesting and enjoyable course!

# Diving for Certified Divers

## **The Orientation Dives**

Your first dive will start in the shallow lagoon; this makes it easier to slowly get acquainted with the marine conditions, equipment matters and rechecks some necessary skills. This will be a dive with some emphasis on your well being thus giving you confidence to join our daily boat dives.

## **Scuba Review**

If you feel that a normal Orientation dive is not sufficient to make you feel confident, we can offer you a dedicated one-dive program in which we will go roughly over the Open Water Skills again. This will make you feel as if you just finished your course, theory fresh in mind, skills sharp and ready for adventure.

## **A Boat Dive**

Every day we go out twice by boat to explore the various dive sites that surround us. The boat trip will take 20 to 30 minutes, which makes it ideal to set up the equipment and brief you thoroughly about the site we are visiting. The choice of the site will always be such that all persons that reserved will have a pleasant, safe and an interesting dive. Do not hesitate to request for any special place as it is our endeavour to make it possible.

## **A Dive Package**

Once you dive more than four times with us we consider this as a dive package.

## **Full Day Trips and Two Tank Dives**

We also organize trips with 2 dives or even full day trips with 3 dives. These trips are for those that have already dived with us and are meant to give you an experience of varied dive sites.

## **Wreck Dives**

Around us we have beautiful reefs that will give you enough to see for more than one holiday with us. We are within reach of interesting wrecks that we will visit regularly on full day trips or on specially organized excursions. Although very interesting these dives are a bit more demanding and can be fully enjoyed by experienced divers. Please ask your instructor for more information.

## **Night Diving**

Another world is opening for you, even if you have already dived many times. Creatures that sleep during the day come out in the night and you will be surprised by what you can see. You will also get to see and observe the fish that sleep during the night.

## **Underwater Photos**

We have easy to use cameras for your photography at all times. If you would like to use a camera for your dive we will put your film inside and the only thing you have to do is "click the beauty of the sea". Our Instructors are there to give you some tips for getting the best out of underwater photography. The memories last forever.

## **Your Dive on Video**

The best souvenir to take home! We start filming you as enter the Dive Centre and follow you all the way through your dive. As there are a lot of requests for this, kindly register at the earliest with us for your video.

# There Is So Much More To Learn

We offer courses from your very first step till you reach a professional level. Thus the more advanced the course, the smaller we will keep the groups so that you get the most out of it. Maldives is not only perfect for learning Diving but is also an ideal location for you to continue your diving education.

## **Adventure Diver or Advanced Open Water Diver**

After learning the basics in the Open Water Diver Course you get to take a step further and experience some special dive conditions such as a night dive, navigation dive, deep dive, search and recovery, underwater photography, drift dive and much more. After doing three specialized dives you can become certified as an Adventure Diver or continue at your convenience with another two dives for an Advanced Open Water certification.

## **Speciality Diver**

If you feel it is not enough to just do one of these special dives, we can still take you deeper into the subject. It is possible to become a Deep Diver, a Night Diver, an Underwater Photographer, a Search and Rescue Diver and more by doing two or three of these dives.

## **Rescue Diver**

After your Advanced Course you will have all the requisites to become a Rescue Diver. Guiding you through 12 emergency situations that demand immediate action, you will learn from our Instructors all necessary Rescue skills. Accompanied by five theory sessions and an examination, this course gives you a complete understanding of the medical aspects of diving.

## **The Medic First Aid Programme**

Every diver attending the Rescue Course will have to be medically trained. This requirement can be fulfilled at home by doing a Cardio Pulmonary Resuscitation (CPR) course, but for those who did not do that we offer the Emergency First Response Course.

Our instructors are qualified to conduct these courses and will guide you through it in a pleasant way. Even if you do not do a Rescue Course or are not a Diver, this is an interesting and useful course for everyone.

## **Dive Master**

The first professional level of PADI! Every Rescue Diver that wants to know even more about Scuba Diving should do this course. To master your skills we will go with you through all the aspects of Dive Planning, Dive Management and Control, training in physics, physiology and equipment handling. Besides this, in a period of two weeks you will assist us in conducting dives for our other divers.