

### WHAT YOU CAN DO TO BE PREPARED:

*This list is designed to get you ready, and will reduce your stress on the IDC/IE.*

- Of primary importance is getting your dive theory up to scratch – Physics, Physiology, Equipment, Decompression Theory & the RDP, and Skills & the Environment. There are a few of ways to do this:

- Get yourself and work through PADI's Dive Theory Online.

<https://apps.padi.com/scuba-diving/elearning/purchasecourse.aspx>

Contact us if you need help with this.

OR

- Get yourself and work through PADI's Knowledge Workbook while referring to the Encyclopedia of Diving. See below for hints on pages to study.

OR

- Believe you are amazing enough to wing it – *not advised*.

*You will take a set of exams soon after your arrival in Dahab so we can find out which concepts you find difficult and help you out with them.*

- Practise demonstration quality Dive Skills that you learnt during your DM course. They are listed in the Instructor Manual > DM section > Dive Skills.

*It is advisable to come into the dive centre a few days before the IDC starts so our Instructor Development team can help you brush up on your theory and skills.*

- Download the most up-to-date PADI Instructor Manual and have a quick flick through to familiarise yourself with the layout.

[www.padi.com/mypadi/home-pros.aspx](http://www.padi.com/mypadi/home-pros.aspx) - Log in > Training Essentials > Digital Instructor Manual. *If you don't have a PADI number (your DM number), please contact us.*

- Download the PADI App - [www.padi.com/scuba-diving/padi-app/](http://www.padi.com/scuba-diving/padi-app/)



### **Ensure You Have (Cos you cannot go to an IE without):**

By starting to on this list early you will reduce your stress during the IDC.

- Medical Statement certifying you are 'fit to dive' which is dated within the last 12 months. In Dahab, Dr Heikel (0100433325) or Dr Sadek (01223486209) can provide this for a small fee.

<https://www.padi.com/documents/padi-courses/2.1.5%20rstc%20medstate%20v201.pdf>

- Your PADI student numbers for OW/AOW & Rescue. Find these at [www.padi.com/mypadi/home-pros.aspx](http://www.padi.com/mypadi/home-pros.aspx) Log in > Online services > Dive check > input your name (must exactly match the name you were certified under) and date of birth. Your non-pro certification numbers will appear.

If you have any core diving certification with an agency other than PADI, please photocopy those cert cards. If you don't have them, contact us.

- A copy of your 100th logged dive (or over), signed and stamped.
- Write your brief (150 to 200 words) dive history: where and when you learnt to dive, why you love diving, and why you want to become an instructor.
- A passport photo of yourself (preferably looking cool – but without sunglasses or a hat).
- Ensure you have (or have authority to use) a valid credit card. You will need the credit card details to complete the PADI paperwork necessary to attend the IE. The required forms need to be signed by the cardholder.
- Proof of your EFR Primary & Secondary Care user level certification. This must be dated within the last 2 years.

## **WHAT YOU'LL NEED FOR THE IDC & TO BE AN AWESOME INSTRUCTOR:**

The PADI IDC Crew Pak, which includes these up to date materials:

- Guide to Teaching – Ensure it has a PADI hologram sticker. It's needed for you Instructor Application
- Exam/Quizzes Booklets for the – Open Water Diver, Rescue Diver & Divemaster courses.
- Confined Water Lesson Preparation slate
- Open Water Training Dive Lesson Preparation slate
- Slates (Aquatic Cue Cards) for the – Open Water Diver Course, Adventures in Diving, Rescue Course, Discover Scuba Diving & Divemaster Course.
- Speciality Instructor Manual and/or Instructor Guides for PPB, Project AWARE and AWARE – Coral Reef Conservation.

# IDC DIVE

The Crew Pak can be bought online or from the dive centre's Instructor Development.

You'll also need:

- RDP Table, eRDPml (digital or handheld).
- Student Manuals: Open Water Diver Course, Adventures in Diving, Rescue Diver and Divemaster.
- Instructor manual (if you did your DM a while ago download the current version)
- A calculator – Smart phones can be used, but with no internet connection. The camera function must not be accessed.

Learn some knots: Sheet-bend, bowline, round turn and two half hitches. Check out the PADI App > Tools - for instructions. We'll sort you out with some rope for practise.

A complete set of personal dive gear including:

- An auditory surface signalling device (whistle or BCD airhorn)
- An visual surface signalling device (SMB)
- A compass
- A watch that works in confined water (a cheap casio does the trick or the timer function on Suunto D6 & above)

Please contact us if you need further clarification or to ask us any questions you may have.



## THEORY REVISION

Options for study:

- Dive Theory Online: A multimedia study tool with videos and presentations.
- The Dive Knowledge Workbook: An excellent study tool which goes into depth on all areas relevant to the theory exams, and is included in some Crew Paks.
- PADI'S Encyclopaedia of Diving: This is a good book with a wealth of knowledge and is well worth reading from cover to cover in order to become a knowledgeable and well-rounded instructor able to answer most questions your future students may task you.
- Old Dive Master Exams: If you have been lucky enough to get your hands on the theory exams from the old DM course (pre 2011-12) they are useful study aids. However, please don't over use them. Stop using them at least 2 weeks before the IDC starts!

When using PADI's Encyclopaedia of Diving, concentrate on the following sections:

Chapter 1 – The Underwater Adventure:

The history section p93-97 is of interest but not necessary for theory exams.

Chapter 2 – The Ocean Planet:

Relates to – Skill & The Environment Section

Necessary reading:

Currents, waves – p40-50

Tides – p50-57

Other topics in Skill & The Environment Section, can be found in the Adventures in Diving & Rescue Manuals. Use the Dive Knowledge Workbook to define what areas you need to study.

Chapter 3 – Dive Equipment:

Cylinders p70-83

Regulators p83-98 (particularly from p87-93)

SPGs & instrumentation p100-113

SCR & CCRs p114-118 (focus on the differences and how they work)



#### Chapter 4 – Diving in the Material World (Physics)

This chapter covers a lot of interesting and basic knowledge that instructors should have an understanding in. Areas of focus are:

Water & Heat p13-14

Charles' Law – rough formula 1 degree Celsius = 0.6 bar

Heat Transmission p15-17

Water & Light p18-24

Water & Sound p25-26

Buoyancy (Archimedes' Law)/Pressure(Boyle's Law)/Heat (Charles' Law) p26-43

DCS (Henry's law) & Gases (Dalton's Law) p43-55

#### Chapter 5 – The Diver Within (Physiology & Some Decompression Theory)

Once again some great basic knowledge here, areas for focus are:

Blood & Heart – general body system p6-14

Responses to Breathing Equipment p14-20

Circulatory & Respiratory Problems p20-27

Oxygen Exposure p27-36

Responses to Thermal Changes p36-42

Pressure Changes on Air Spaces p42-63

Decompression Physiology (Decompression Theory Session)

P42-123 – A large section but I suggest you read it all.

You can also use the Dive Master Manual's session on this subject as a more condensed version for study.

Please contact us if you need further clarification or to ask us any questions you may have.