



Club Weekends Registration Information For Club Members

To ensure we comply with current government guidelines during the COVID-19 pandemic in relation to social distancing and safe practice, we have adapted the way our Club Weekends run. This ensures maximum safety for our instructors, the employees at the venues we use and of course you, the student. We appreciate your cooperation and flexibility during this time.

Please ensure you familiarise yourself with ALL the content in this document. Many aspects of Club Weekends have changed so it is important you are aware of and complete all required information. If you do not, Vobster will not allow you entry to the site.

First, we would like to let you know that any Club Member who has already purchased Club Membership for 2020, or purchases Club Membership before December 31st 2020, will have valid membership upto and including December 31st 2021!

Please familiarise yourself with our interim terms and conditions below:

<https://gofreediving.co.uk/wp-content/uploads/2020/06/Amended-Terms-and-Conditions.pdf>

How much does it cost to attend a Club Weekend as a Club Member, and what is included?

The cost to attend a Club Weekend as a Go Freediving Club Member is still FREE! However there is now a fee, payable to Go Freediving if you wish to use the changing rooms and showers as they are not currently open to the public. We have a private arrangement to use them (which we are required to pay for, due to the additional cleaning and staffing requirements)

The cost for pre-booking the changing rooms and showers is £10

The fee does not include your entry fee to Vobster and does not include kit hire.

Kit hire is £20 per day, Wetsuit hire is £20 per day, and must be booked in advance. However, we highly recommend that you consider purchasing your own kit, in particular a mask and snorkel. We stock a wide range of kit which can be ordered in advance or purchased on the day of the Club Weekend, should you wish to buy from us.

What options are there to freedive at Vobster?

This is very important!

These are the only scenarios applicable for diving at Vobster:

1. I am a Go Freediving Club member AND a Vobster Quay member

Option 1 - You can dive with a buddy at Vobster on any day of the week, providing you have pre-registered with Vobster AND book a time slot during the day to dive - either 8 am - 2 pm or 2 pm - 8 pm.

Please note you will NOT have access to the changing rooms and showers for this option

Option 2 - You can join a Go Freediving club weekend (dates are on the website and more will be added) during the Saturday 2 - 8 pm session or Sunday 8 am - 2 pm session. You will need to have pre-registered with Vobster Quay AND booked the relevant time slot during the day to dive as above.

You will then need to pay Go Freediving £10 per day to access the changing rooms and showers. These must be accessed at the same time as the Go Freediving instructors and there will be two dive sessions during each day.

2. I am a Go Freediving Club member only

(please note, Vobster Quay is currently NOT accepting new dive membership applications)

Option 1 - You can join a Go Freediving club weekend (dates are on the website and more will be added) during the Saturday 2 - 8 pm session or Sunday 8 am - 2 pm session. You will need to have pre-registered with Vobster Quay AND booked the relevant time slot with GO FREEDIVING **and** inputted your unique access code to your Vobster Quay account. You will not be allowed on site if you do not have this access code allocated. This access code will be given to you by Go Freediving.

You will then need to pay Go Freediving £10 per day to access the changing rooms and showers. These must be accessed at the same time as the Go Freediving instructors and there will be two dive sessions during each day.

3. I am a Vobster Quay member only and a qualified freediver

(Please note, Go Freediving membership bought between July and Dec 2020 is valid until the end of Dec 2021)

Option 1 - You can dive with a buddy at Vobster on any day of the week, providing you have pre-registered with Vobster AND book a time slot during the day to dive - either 8 am - 2 pm or 2 pm - 8 pm.

Please note you will NOT have access to the changing rooms and showers for this option.

Option 2 - You can join a Go Freediving club weekend (dates are on the website and more will be added) during the Saturday 2 - 8 pm session or Sunday 8 am - 2 pm session. You will need to have pre-registered with Vobster Quay AND booked the relevant time slot during the day to dive as above.

You will then need to pay Go Freediving £40 per day to join the club weekend and access the changing rooms and showers. These must be accessed at the same time as the Go Freediving instructors and there will be two dive sessions during each day.

4. I am neither a Go Freediving or Vobster Quay club member

(Please note, Go Freediving membership bought between July and Dec 2020 is valid until the end of Dec 2021. Vobster Quay is currently NOT accepting new dive member applications.)

Option 1 - You can join a Go Freediving club weekend (dates are on the website and more will be added) during the Saturday 2 - 8 pm session or Sunday 8 am - 2 pm session. You will need to have pre-registered with Vobster Quay AND booked the relevant time slot with GO FREEDIVING **and** inputted your unique access code to your Vobster Quay account. You will not be allowed on site if you do not have this access code allocated. This access code will be given to you by Go Freediving.

You will then need to pay Go Freediving £40 per day to join the club weekend and access the changing rooms and showers. These must be accessed at the same time as the Go Freediving instructors and there will be two dive sessions during each day.

Venue Information and Times

Vobster Quay currently has to operate under strict access guidelines, which restricts how we use the venue.

You will now need to register at Vobster as an attendee. All instructions are in this document.

The time slots we have for the venue (Vobster Quay) are:

Saturday between 2 pm - 8 pm

Sunday between 8 am - 2 pm

This means you will only be able to attend Vobster between these pre-booked times. At present this will only be on dates our RAID courses are running.

(see here: <https://gofreediving.co.uk/go-freediving-courses/freediving-courses/raid-freediver>)

or when we have a qualified instructor at the venue. We will post on social media when those dates will be.

Please remember, IF you are a **member of Vobster Quay** then you may pre-book independently your own time slot on any day to freedive at Vobster, however you will NOT be able to use the changing rooms and showers. If you are **NOT a member of Vobster Quay** then you can ONLY book to dive with Go Freediving.

Registering with Vobster

Vobster has now implemented paperless entry and pre-agreement of their terms and conditions.

You, or any non-diving member of your party (currently limited to one parent or guardian of a minor), **MUST** register with Vobster before attending the course and assign a code to your account for the days you are attending. This code will be sent to you by Go Freediving.

This **HAS** to be done immediately, as if you do not do so, Vobster will close that space down and allocate it to someone else. Go Freediving currently has premier dive school status so can make these bookings up to two months in advance. However access to Vobster is oversubscribed, so if we do not allocate the spaces we have pre-booked then they will be taken away from us and you will not be allowed to enter the site to complete your course. Please find below the instructions for how to register and accept the new Vobster terms and conditions and action this immediately.

Registering if you are not a member of Vobster Quay

- 1) Go to <https://app.vobster.com/>
- 2) Under NEW VISITOR click REGISTER
- 3) Follow all the instructions to create an account and accept their terms and conditions
- 4) Click on MENU and then on GROUP CODE
- 5) Input the group code for each day that will be emailed to you by Go Freediving. You will need to input two codes for a two day course.

Registering if you are a member of Vobster Quay

- 1) Go to <https://app.vobster.com/>
- 2) Under REGISTERED VISITOR insert the email address associated with your Vobster membership
- 3) Click RESET PASSWORD
- 4) You will be emailed a link to reset your password. Do this.
- 5) When you have reset your password, accept all the terms and conditions for Vobster
- 6) Click on MENU and then on GROUP CODE
- 7) Input the group code for each day that will be emailed to you by Go Freediving. You will need to input two codes for a two day course.

PLEASE NOTE - If you are a Vobster Quay member then you can book these slots independently of Go Freediving BUT if you wish to use the changing rooms and showers then you must pay Go Freediving £10 per day in advance AND adhere to the time slots of 2-8pm on Saturday and/or 8 am - 2 pm on Sunday

Family and friends who wish to enter Vobster

This is no longer permitted. The only non-diving person that may enter the site is ONE parent or guardian of a minor.

This individual must register with Vobster as above and then email info@gofreediving.co.uk to confirm this has been done. The non-diving member will not be allocated a coded space as above, so when they arrive on site, they must give their name, the email address they registered with on the Vobster app, and explain that they are here in the capacity of parent or guardian for a minor.

There is no charge for a non-diver.

Equipment

All hire equipment and kit is still available and is cleaned and prepared in accordance with all current safety guidelines (If you have your own kit and/or wetsuit already, we would encourage you to bring this).

We sell all equipment including a variety of masks and snorkels. Please email info@gofreediving.co.uk to discuss what kit you would like to purchase.

Food

There are now extremely limited catering facilities at Vobster - currently only hot drinks once a day. As such you are advised to bring your own food and beverages with you.

To reduce single use plastic we encourage everyone to bring water in a reusable flask. These can no longer be refilled by Vobster, however they can be refilled in the toilets and by the outdoor hose as the supply comes off the same main as the supply to the (now closed) food van.

Shelter and changing facilities at Vobster

At present, there is no shelter, classrooms or communal facilities available at Vobster. The changing rooms and showers are shut, HOWEVER, Go Freediving has been given special permission to use these for the donning and removal of our freediving wetsuits so we must try not to look too warm and happy when we emerge...

Please ensure that you bring with you enough warm and wet weather clothing in case the weather is poor.

Medical Disclosure

If you have not completed a medical disclosure form in the last 6 months for Go Freediving (which is likely to be all of you) you must complete the new form (see link below).

The new form includes the question - **I have had problems with my lungs/breathing, heart, blood, or have been DIAGNOSED with COVID-19**

If you answer YES to this question then you need to have a written sign off from a doctor on page 3 of the medical form.

If you believe you may be suffering from symptoms of COVID-19 then you should report this to us immediately, so the correct government protocol can be followed.

This is the ONLY medical form you should complete at this time.

<https://gofreediving.co.uk/wp-content/uploads/2020/06/Diver-Medical-Participant-Questionnaire-English-2020-06-22.pdf>

Additional Online Material

During lockdown, we have created a series of pre-recorded online video lessons which can be viewed at any time and can be used to enhance your freediving experience. The classes are conducted by Go Freediving Instructors. The topics covered are:

1. Freediving Equipment
2. Breathing. O₂ and CO₂, lungs & respiratory system. Breathing (Relaxation Breathing, Last Breath, Recovery Breathing, Hyperventilation)
3. Boyle's Law & calculating air spaces & pressure at depth
4. BO, SWB, HF & how to manage them
5. Equalisation
6. Freediving Techniques (Duck Dive, Streamlining, Finning)
7. Buddy System & Buoyancy
8. Training for Freediving (CO₂ tables, Pool Training, dry training)
9. Environment (tides, currents, waves, underwater life)
10. Lung Squeeze, Causes & how to Avoid. MDR. Freediving & Scuba Diving

These classes will be more in depth than the classes we hold during our standard course classes and will give you a chance to gain a deeper knowledge of freediving.

Extra breathing and breath hold sessions

Since lockdown, Emma has been running twice weekly half hour classes for freedivers. These classes are based on the programme she devised to optimise the breathing of Olympic and Paralympic athletes over the last ten years.

They are designed to teach you how to breathe fully and efficiently, using techniques across yoga and freediving. These exercises have been proven to improve lung function, increase rib cage and diaphragm flexibility and reduce anxiety. The classes are the perfect way for beginner freedivers to learn breath holding and for experienced freedivers to maintain and improve performance.

The classes are usually done seated so suitable for those with reduced mobility, and during this time of quarantine, all members of your household are welcome to join in under one payment. The classes are run using Zoom and can be accessed easily via a phone, computer or tablet.

Each class lasts half an hour and costs £7 to attend. After every class, you will be emailed the details of what you did so you can track your progress.

The class times and booking links to join are as follows:

Tuesday 6.30 pm - 7 pm

<https://yogaandhealthforall.co.uk/product/online-breathing-for-life-yoga-class-tuesday/>

Thursday 12 pm - 12.30 pm

<https://yogaandhealthforall.co.uk/product/online-breathing-for-life-yoga/>

We hope that you can take advantage of these sessions before and after your course.

Booking any accommodation you might need

Campsites, guest houses, and self-contained accommodation are opening from the 4th of July 2020. The demand for these is expected to be extremely high, and as such we encourage you to book immediately. We cannot accept a course postponement or cancellation based on you being unable to secure accommodation.

Future Changes and Updates

Even though we are the leading freediving course provider in the UK, we're still adapting to the changes that are required in these new and evolving times. This means there may still be further amendments required. If this happens, we will contact you personally as soon as we are aware, so that you can prepare/adapt for your course.

A Thank You From Us

We wanted to say a very special thank you for supporting us. We wouldn't be here without you and can't wait to freedive with you soon!

Best wishes,

Emma and the Go Freediving Team