



Joining Instructions for Returning Students

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 courses run for new and returning students. This ensures maximum safety for our instructors, the employees at the venues we use and of course you, the returning student. We appreciate your cooperation and flexibility during this time.

If you have not attended a course with us recently, we recommend reading this document together with the original course joining instructions to refamiliarise yourself with the course content and also identify what has changed, so that you can arrive fully prepared.

Original Course Joining Instructions:

<https://gofreediving.co.uk/raid-freediver-course-instructions>

And also our standard terms and conditions here:

<https://gofreediving.co.uk/wp-content/uploads/2017/05/Go-Freediving-Terms-and-Conditions.pdf>

And our interim terms and conditions here:

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

How much does it cost to attend as a Returning Student, and what is included?

The cost to attend as a returning student is £80 per day. This includes 2 open water dive sessions with a qualified instructor who will be able to instruct you and also sign off any skills. It also covers the cost of using the changing rooms and showers (not currently open to the public) and provides access to online learning videos (see below).

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

Kit hire is £20 per day and wetsuit hire is £20 per day, and must be booked in advance. 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, should you wish to buy from us.

Online Learning Videos

We have created a series of pre-recorded online video lessons which can be viewed before or after your Returning Student sessions and are to be considered bonus material to enhance your future freediving experience. The classes will be 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
11. Stretching for Freediving and Upper Body Stretches

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. The link will be sent to you shortly.

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.

Venue Information and Times

The venue, Vobster Quay, that we use to conduct our courses currently has to operate under strict access guidelines, which restricts how we use the venue.

As a Returning Student, 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 your Returning Student session will either be

Saturday - 2pm - 8pm

Sunday - 8am - 2pm

It is imperative that you book your Returning Student place in advance, as spaces are strictly limited this year.

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. Please note, this is separate from your RAID login.

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.

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.

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 equipment 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 highly recommend you consider purchasing freediving equipment from us for collection on the morning of your course, in particular a mask and snorkel.

We sell all equipment including a variety of masks and snorkels and are at prices to suit all budgets. 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

The medical form you completed when you undertook your course originally **has changed**. You will be required to complete the NEW medical form below before you can attend.

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 prior to attending the course, so the correct government protocol can be followed.

This is the ONLY medical form you should complete at this time. Please do not use any other medical forms you may find on our site. We are in the process of removing the existing medical form and replacing it with this version:

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

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