



## Pool's Open, Let's Dive.

- Bring Snacks / lunch! We will be at vortex until at least 3 PM for Open Water or later for Advanced students.

- We will have a cooler filled with ice and water. If you want to stick anything in it bring drinks!

- **We know you want to use your Go Pro to remember your trip.**

We ask that students do not bring them on the dive. Unfortunately, they can become distractions from our objectives. Ask your certified friends to come and video! We regularly take pictures during the dives that we will be glad to share.

### Equipment List:

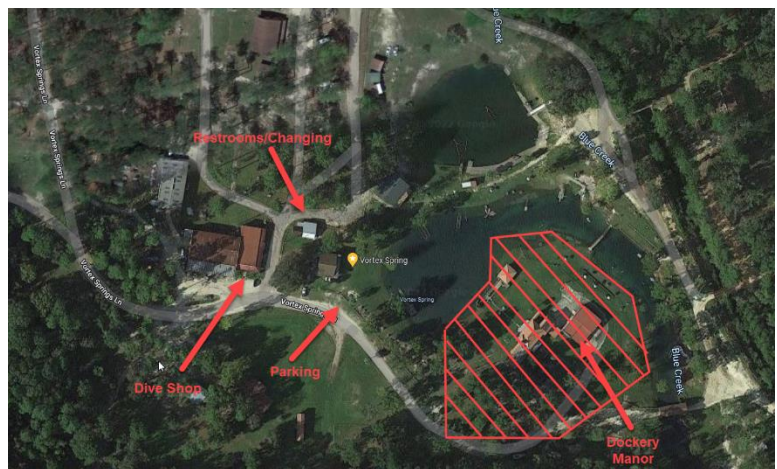
- BC
- Regulator
- Wetsuit
- 3 Tanks per person
- Mouthpiece
- Mask
- Fins
- Booties
- Snorkel
- Weights & Weight belt
- Dive Computer
- Gloves
- Lights
- Reel
- Slate
- SMB



### Vortex Springs Agenda

Vortex Springs  
1517 Vortex Springs Ln  
Ponce De Leon, FL 32455

- Staff will be on site at 07:30
- Students must be on site by 08:00
- Enter the main office, ask for the Blue Planet Dive Roster, add your name and fill out a waiver. You will receive a wrist band! DO NOT PAY.





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### Panama City Agenda

#### Panama City Dive Center

4823 Thomas Dr.

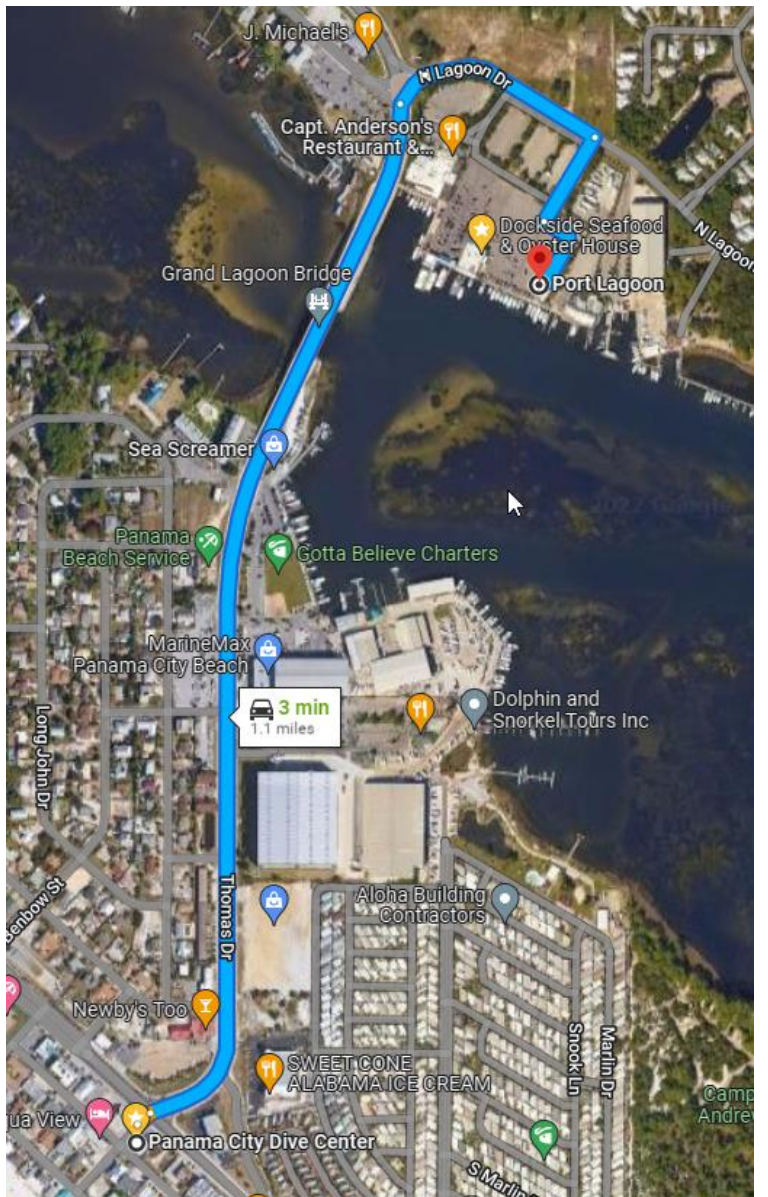
Panama City Beach, FL 32408

- Meet promptly at PCDC for 06:00 AM.
- You must sign the Correct roster and waiver at the shop. Note there are 3 boats and a roster per boat, insure you sign the correct one!
- Any last-minute needs can be purchased at PCDC before heading to the boat.

Leave PCDC and travel to Capt. Anderson Marina.

- Bring all gear onto the boat and 2 TANKS.
- Print your name on the BOAT ROSTER.

Please bring cash to tip the deckhands. \$10 per tank per person is customary. Deckhands work for tips.





**6 Key things to remember:**

1. Never hold your breath.
2. Ascend slowly, 30ft/min.
3. Clear Ears Early and often.
4. Comfort and Fit
5. Monitor Air/Depth frequently.
6. Never overweight yourself.

As always, the only way to have 0 Risk diving is to not dive. We manage risk with training and awareness.

**Remember to Hydrate. Dehydration is the #1 cause of a DCI.**

**Decompression Sickness (DCS)**

(up to 48 hours post dive)

- Unusual fatigue
- Skin itch
- Pain in joints or arm, leg or torso muscles
- Dizziness or vertigo
- Ringing in the ears
- Numbness, tingling and/or paralysis
- Shortness of breath
- A blotchy rash
- Muscle weakness or paralysis
- Difficulty urinating
- Confusion, personality changes or bizarre behavior
- Amnesia
- Tremors
- Staggering
- Coughing up bloody, frothy sputum
- Unconsciousness or collapse

**Arterial Gas Embolism**

(within 15 Min post dive)

- Dizziness
- Visual blurring
- Areas of decreased sensation
- Chest pain
- Disorientation
- Bloody froth from mouth or nose
- Paralysis or weakness
- Convulsions
- Unconsciousness
- Cessation of breathing
- Death