



PROJECT : SCUBA WARRIOR

COST: \$3000

DIVERS : 4-5

LOCATIONS : Singleton Base & Central Coast

DURATION : 4 days +

FREQUENCY : 2 classes / month

MISSIONS

- The Scuba Gym located on the Central Coast of NSW are offering our Veterans we an opportunity to dive in and get qualified, then get involved in new missions underwater. We work with disabled divers at our scuba gym and encourage our qualified divers to volunteer underwater working with our disabled clients to help them exercise and benefit from our scuba therapy. All gear and training is provided once qualified as an Open water diver.
- In partnership with Clean4Shore and Take 3 for the Sea we run eco-scuba warrior opportunities to help us clean the underwater world - be it under ferry wharfs, oyster farms, or just a local dive site.
- Working with the NSW Heritage team we are joining their wreck spotters program - our divers can become involved in diving to find and log wrecks.

BENEFITS

- We have taught people with Post Traumatic Stress and other mental health disorders such as anxiety with tremendous results and scuba has assisted greatly in their rehabilitation. To give our veterans the chance to get present in the here & now and be in a whole new underwater world will be of great benefit to all. **Scientific research has shown that scuba diving greatly assists those with the most serious physical injuries and particularly it is exceptionally successful in reducing reported symptoms of Post-Traumatic-Stress-Disorder (PTSD). JOHN HOPKINS UNIVERSITY**

CHALLENGES

- Attendees will have to complete a medical and then online theory and pass an exam prior to the practical training. This will take no more than a week part time. Initially we will run courses using the Singleton Barracks pool for 2 days of the training then spend 2 days at an dive site completing the 4 open water dives.
- We will then schedule their missions and begin paying it forward by cleaning up the underwater environment and helping our disabled divers. These missions will run as regularly as we have interest.
- How the course will be funded will need to be through funding/donations or support from local business.

SUPPORTED BY :



FOR MORE WRITE TO LYNDI@THESCUBAGYM.COM.AU OR CALL 042 038 0055