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**Charlestown Diving
Academy**



Spearfishing Course Level 1

In this course you will be introduced to snorkeling, freediving and spearfishing skills over a structured two day course. A theory session covers essential topics such as safety in the water, correct snorkeling equipment, quality spearfishing equipment and correct swimming and safety techniques, including safe retrieval of a blacked out diver.

Day one also includes a pool session which guides divers through advanced snorkeling, diving and breathe hold techniques.

Day two consists of two dives at different locations;

- Dive one introduces safe speargun handling techniques in calm inshore waters of depths up to 5m.
- Dive two is at a secluded location where divers get the chance to safely explore and hunt for quality eating fish.

Level one is restricted to depths up to 10 metres to minimise equalising issues and maintain a safe and controlled environment for introductory divers.



Prerequisites

- 13 years old
- Fishing License
- have your own spearfishing gear, which we recommend;
 - speargun, freediving fins, mask, snorkle, knife, gloves, hood, spares kit, float & wetsuit.

Course Includes

- Spearfishing courses
- USFA membership form
- Snorkel safety
- Snorkeling equipment
- Shallow water blackout
- History of spearfishing
- AUF spearfishing code of conduct
- Log book
- Snorkeling techniques
- Accredited Instructor
- T-Shirt



"So much ocean, So little time"

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