



ALSAGER SUB-AQUA CLUB

New Trainee – Your Training Responsibilities



Welcome to the Club!

We want you to get the most from your training and become a safe, confident and independent diver. Your instructors and fellow members are here to support you, but there are also some responsibilities that come with being a trainee.



POOL ATTENDANCE

Please let the Training Officer know each week whether you will be attending the pool session. If you cannot attend, please let us know as soon as possible. This allows us to organise instructors and equipment and make the best use of the training session.



PLEASE ARRIVE ON TIME

Please make every effort to arrive on time for the start of your session. Being ready to start on time helps your own training and avoids delaying instructors and other trainees.



YOUR EQUIPMENT

You are responsible for collecting and preparing your own equipment from the container:

BCD • Regulators • Mask • Fins

Your cylinder and weights will be brought through to the locker rooms.

Please check that you have everything you need and take responsibility for your own equipment throughout the evening.



WASHING & LOOKING AFTER YOUR KIT

After training, you are responsible for washing and looking after your own equipment.

If you are unsure how to dismantle, wash or care for any part of your kit, **ASK!**

An instructor or experienced, reliable member will be happy to show you how to do it correctly.



TAKE RESPONSIBILITY

As you progress through your training, you should become confident in **collecting, checking, preparing, washing and storing your own equipment**.

Please don't rely on instructors or other members to do this for you.

We are always happy to help, but learning to manage your own equipment is an important part of becoming a safe and independent diver.



TAKE AN ACTIVE PART IN YOUR TRAINING

Your instructors will guide and support you, but **your training is also your responsibility**.

- Bring your training pack/QRB when required.
- Keep your training records up to date.
- Read the relevant BSAC training material.
- Listen to your instructors and take on board feedback.
- Tell your instructor if you are struggling with a skill or don't feel ready to progress.
- Ask questions whenever you are unsure.

There is no such thing as a silly question — particularly when it comes to diving and safety.



YOUR SAFETY COMES FIRST

Never feel pressured to do something you are not comfortable or confident doing.

If you are worried about a skill, equipment, the conditions or anything else, speak to your instructor.



WELFARE & SUPPORT

We want everyone at Alsager Sub-Aqua Club to feel **welcome, comfortable and supported**.

If you have a welfare concern, something is worrying you, or you would simply like to talk to someone privately, you can speak to our Welfare Officer:

Geoff Owens – Welfare Officer

Geoff is available to listen and provide support privately and confidentially.

You can also speak to your instructor, Training Officer or another club member you feel comfortable with.



REMEMBER

TURN UP • BE PREPARED • LOOK AFTER YOUR KIT • ASK QUESTIONS • TAKE RESPONSIBILITY

We will support you, teach you and help you develop — but you also need to take responsibility for your own training, equipment and progress.

We are really pleased to have you as part of Alsager Sub-Aqua Club.

Enjoy your training and your journey into diving!

