



Preparing For Your FKD Class

We pack a lot into our classes, and preparation by the instructors and students are critical to maximizing our time together.

You can be assured your instructor(s) will be fully prepared to provide you with the highest quality training.

Your training starts long before we hit the water. Here is some useful information to help you prepare.

Prior to class (~2-4 weeks until day before)

- Register for the class – Registration, waiver, medical form
- Complete Academic materials – Explain reason for academic materials
- The academic materials provide a knowledge base that we expand upon in our own academic discussions.
- Refer to our Equipment Requirements Page – Contact your instructor with questions
- \$100 deposit required to reserve your spot

1 Week before class

- Have cylinders filled with appropriate gas. This is especially critical for experience dives requiring helium and/or deco gas (Rec 3, Tech 1, Tech 2, Trimix 1), as several days may be needed for proper blending.
- **Often times, small adjustments or reblending may be needed. Please allow several days for this. DO NOT wait until the day before class to get your fills.
- Pay remaining balance

Day before class

- Gather and organize all equipment needed for your class, including ensuring your cylinders are full and ANALYZED, with the appropriate gas.
- We have a fairly large save-a-dive kit, but please bring your own to ensure any gear issues don't affect our diving for the day
- Our day will consist of significant time in the water (our training dives will average 1 hour each), as well as out of the water (dry runs, briefings and debriefings). Please pack clothing appropriate for the forecasted weather, as dry runs and briefings/debriefings will be conducted outside.

Day of class

- Our training days typically go from 8am until 6pm. Please ensure you have adjusted your schedule accordingly.
- Arrive at the dive site, well rested, parked and at our meeting place, on time.
- We do not leave our training location, so please bring your needed food and beverage requirements for the day. We will eat lunch on-site, while debriefing, and will do video review and debrief over dinner at a local restaurant, if practical.
- Be ready to have a fun and enjoyable learning experience