

Topics and skills covered in each Ocean session include:

- Understanding the local Shore Bathymetry
- Seasonality of prevailing swell conditions
- Surf Zone dynamics and how it applies to local conditions
- Shore-based entry & exit skills based on different surf and shore types
- How to plan your dive by observing swell and surf patterns
- Interesting marine life & history at each location
- Review of self and buddy rescue skills
- How to identify hazardous rip currents and avoid severe surf conditions



EDUCATION



SAFETY

FITNESS

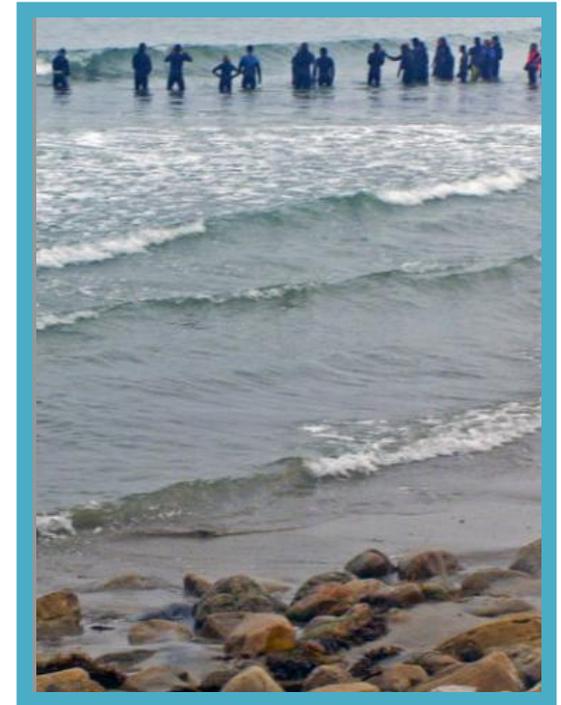
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Date	Location
April 13	Staff Training Workshop - Pool & Classroom <i>(Invitation Only)</i>
May 4	Staff Training Workshop – Ocean <i>(Invitation Only)</i>
May 11, 2013	Redondo Beach
June 8, 2013	Cabrillo Beach
June TBD	Swell & Surf Forecasting Clinic
July 13, 2013	Leo Carrillo
August 10, 2013	Point Dume
September 14, 2013	White Point



Los Angeles County
Department of Parks and
Recreation -
UNDERWATER UNIT

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2013 3R's

Rocks, Rips and Reefs



Rocks, Rips and Reefs – “3R’s”

The 3R's (Rocks, Rips and Reefs) is a FREE public service designed to orient new divers and also update experienced skin & scuba divers to site specific shore based diving considerations, current year swell & surf patterns and safe practices for popular local dive sites in Los Angeles County. This program generally offers 6 sessions, from May through September at 5 different shore based dive sites & 1 land based session.

A key program goal is to assist participants in identifying and recognizing the precipitating events that cause accidents in shore based diving environments so they can be avoided or mitigated.

Each Ocean Session begins with a short land based educational seminar covering the local dive site bathymetry, shore based entries and exits, certain aspects of the local marine environment, and other valuable, site-specific information. Conditions permitting, the seminar is followed by an in-water demonstration and practice session for qualified participants that includes a skin diving tour of the actual dive site

Local on duty Lifeguards also provide a briefing on EMS and local hazards observed and at selected sites, there is an opportunity for Baywatch boat boarding, briefing and tour.



The Swell & Surf forecasting clinic features a classroom seminar and workshop which provides more comprehensive coverage of weather, surf, and seasonal forecasting tools and techniques for dive planning in Southern California for shore based dives and boat based island environments.

Supervision & Staffing

Supervised experience for participants is conducted by certified Los Angeles County Scuba Instructors and there are also other volunteers who help with each ocean session who are rescue certified divers, divemasters, or assistant instructors.

A weekend of comprehensive staff training for all volunteers is mandatory for all new and returning volunteers and there is no charge for this training. Divers with at least rescue training level and above certifications are invited to apply to the Underwater Unit for the limited number of volunteer positions available each year.

**Mandatory Sign-in & Gear Check:
7:30am-8:00am**

Session Starts at 8:00am SHARP

No in-water participation for late arrivals after 8:00am.

MANDATORY REQUIREMENTS FOR OCEAN PARTICIPATION:

1. Completed and Signed Medical Statement form. Any “yes” answers to questions on the form will require a physician’s release signature prior to any in water participation. Only one form is required to be completed for participation in all 2013 sessions. Repeat session participants will be asked to confirm that all information previously submitted is current and correct.
2. Full OCEAN Skin Gear (FOSG) REQUIRED. Full Skin Gear is full wetsuit (recommended 7 mil.), hood, gloves, booties, mask, fins, and a snorkel. Sturdy booties with open heel fins are required to provide foot protection as certain locations involve entries & exits as well as skin diving on or near rocks. If you desire to wear a weight belt for practicing skin diving, you will need to bring a snorkeling vest or buoyancy compensator and no more than 10 pounds of weight.

Don't forget to bring sunscreen and other exposure protection (depending on the day) as well as drinking water to maintain hydration and snacks. It's also a good idea to bring a folding style beach chair for the lecture portion of each beach session as well as a pen and pad of paper.