



# Developing leadership & key skills for life

BSAC Centre - School Partnership Scheme

**SEAWILDING**  
Community-led Marine Habitat Restoration

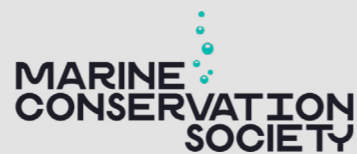
MARINE  
CONSERVATION  
SOCIETY

**BSAC**  
Dive with us



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# This is BSAC

The British Sub Aqua Club (BSAC) is the largest and most successful diving club in the world, and has trained hundreds of thousands of people to dive since being founded in 1953.

## 2014 - HRH Duke of Cambridge became BSAC's new President

HRH the Duke of Cambridge became BSAC's President. A BSAC diver and passionate supporter of marine conservation, the Duke continues the family tradition, formally taking over from HRH the Prince of Wales at a special event in London.



Our mission in life is to grow the nation's love of scuba diving. Why? Well, quite simply, we believe British scuba diving offers the most thrilling, challenging and rewarding diving you are ever likely to do. It offers adventure, opportunity, friendship and fun like no other sport we've come across.

We believe these adventures need to be supported with the highest quality diver training, safety recommendations and an extensive network of clubs and centres so people can choose how, when and where they wish to dive and train. As a not-for-profit organisation we have no agenda other than to support our own big diving family of clubs, individuals and our incredible volunteers in their pursuit of fabulous and safe diving. The British Sub-Aqua Club (BSAC) is the national governing body for scuba diving and snorkelling in the UK.

“ Learning to dive has been an unforgettable experience. It's been a real adventure and I love the fact I now have a group of people to go diving with in my club.”

Your first step to becoming a qualified diver is with BSAC's Ocean Diver course, read on to discover everything you need to know to get started ....

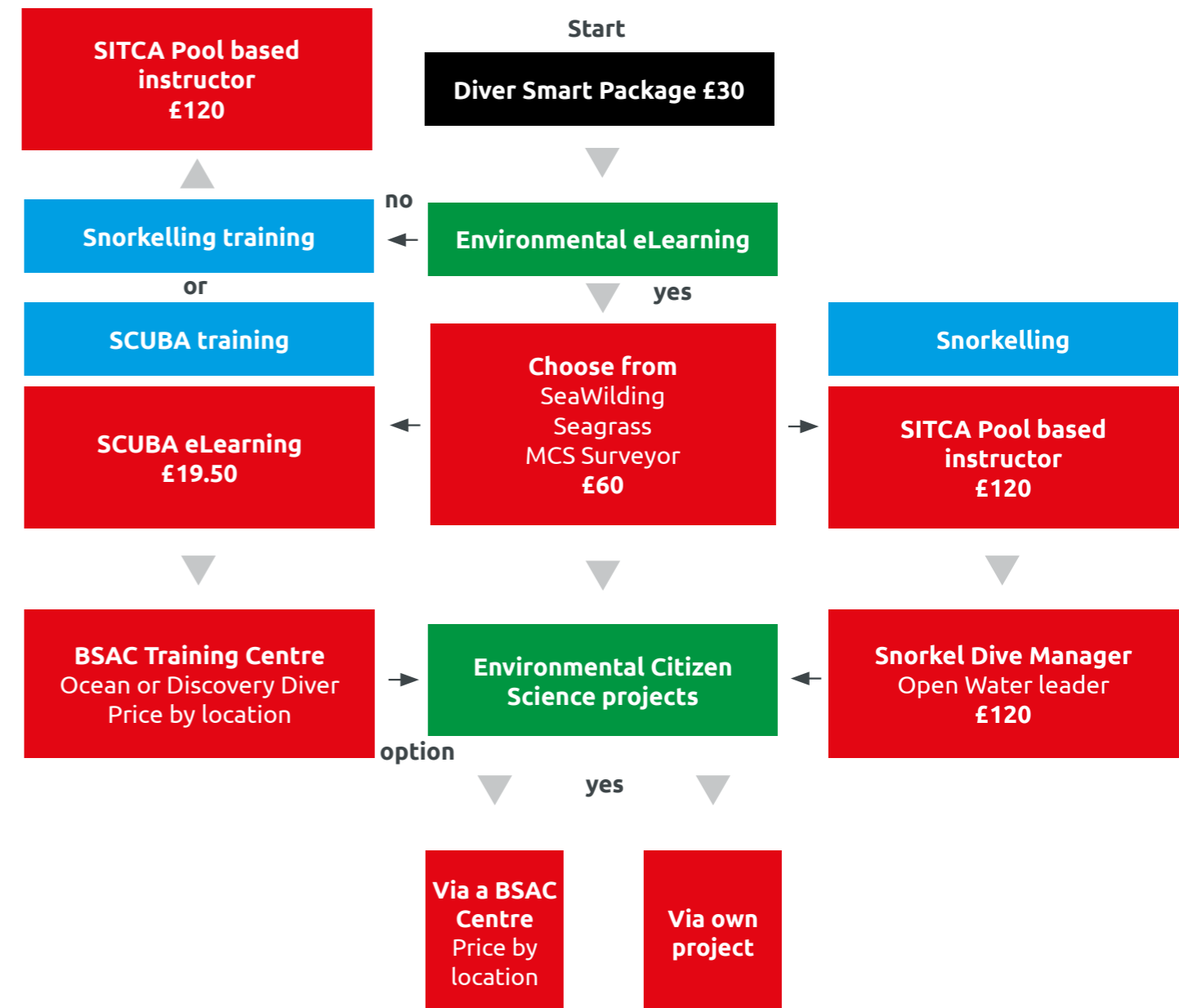


# How the scheme works

The scheme aims to engage young persons in an environmental awareness citizen science programme. The scheme is modular allowing choice and has 3 core sections:

- Environmental eLearning: skills
- Practical training, SCUBA or snorkelling: physical
- Citizen science project: volunteering

Participants can select the modules from the pathway below to suit their individual needs. BSAC provide a mentor to guide you through all stages of the process and will answer all questions, including costs, depending on your chosen pathway.



# Why choose the scheme

This scheme provides the opportunity to demonstrate your enthusiasm and commitment to the environment providing a selection of modular options dependent on age, ability and cost.

Together the full scheme provides:

- Motivation and commitment
- Leadership, teamwork and communication
- Research into your chosen subject
- Relevant key skills. DoFE through our Training Centres, meeting the

volunteering, physical, skills and expedition actions of the scheme.

- Our qualifications such as Ocean Diver and Sports Diver are accepted worldwide. Great if going travelling and want to dive overseas.
- Great if going to University. Go already trained. Ready set of like minded friends.
- Great for personal statements eg for university or employment applications.



# Diver Smart Package, eLearning and Centre based training

As part of the scheme the student signs up for the diver smart package which gives them insurance, great discounts on kit and support from our governing body website.

## Our entry level course Discovery Diver/ Ocean Diver course involve?

BSAC now has all its theory lessons as eLearning, so the student can learn at their own pace. Everything is broken down into modules and bite size chunks. At the end of each module there is a final quiz where they have to get 4 out of 5 question correct to pass that section. If successful they get a generated certificate to keep.

The pool sessions and open water experience, you'll learn your new diving skills progressively and at your own pace. You will develop your skills in a swimming pool or sheltered water first before progressing to your open water dives and your Ocean Diver qualification.

The skills you'll learn...you'll learn how to use basic dive gear, control your buoyancy and move about underwater. You'll also learn some basic safety skills and how to plan and manage your diving.

Learn more with BSAC... Ocean Diver also introduces you to the all-important safety and rescue skills – including training for basic Nitrox - from the start. Your instructor will explain every element of Ocean Diver training to you.

Once qualified... you will be able to dive to a maximum depth of 20 metres. Qualified Ocean Divers can be 'buddied' with another qualified diver to go diving – so long as you stick to familiar locations and conditions you have already encountered during your training.

## Centre based training

BSAC scuba diver centres are professionally-run diving schools offering a range of BSAC courses and diving to



beginners and those who are already trained. There are also BSAC resort centres where divers can enjoy varied diving opportunities.

With many in the UK and around the world, BSAC centres are a great way to learn to scuba dive over a short period of time. The BSAC diver training programme is identical whether you train through a club or a centre. All our Diver Training Centres are approved by BSAC and you pay for your training as a commercial client

## Exceptional training

BSAC training is respected all over the world for being robust, person-centred and for developing excellent self-reliant scuba divers.

As Britain's largest dive club and the sport's UK governing body, we:

- Have trained 100,000s of new divers
- Develop our own training programme and safety recommendations
- Invest back into the club, our members and the development of diving



## Dive with us!

Join a BSAC club and you'll be a part of a ready-made group of people to train and go diving with. Learning to dive with BSAC is great fun and you will:

- Enjoy an active diving and social calendar with your club
- Get internationally-recognised diving qualifications
- Discover the wonders of the underwater world, both at home and overseas



# Snorkelling

From beginner to experienced, BSAC provides a full training programme that enables snorkellers to progress through a framework of qualifications at their own pace.

Since the 1950s the Snorkeller Training Programme has been updated and improved to keep pace with developments in equipment and snorkelling knowledge. The programme is designed to build confidence and self-reliance, whilst keeping safety uppermost.

The BSAC snorkeller grades are:

## Dolphin Snorkeller

This course is aimed at younger children and introduces snorkelling via a series of seven progressive fun in water sessions. Each session is named after a different type of dolphin, and completion of a session results in the award of the corresponding dolphin sticker. Once students have collected a complete set of dolphin stickers, they can be awarded the grade of BSAC Dolphin Snorkeller. Dolphin Snorkellers who wish to continue their snorkel training need only to purchase the Snorkel Diver manual and complete the Snorkel Diver classroom lessons and knowledge assessment to be awarded BSAC Snorkel Diver.

## Snorkel Diver

There are classroom sessions to teach the theoretical knowledge of snorkelling, coupled with practical lessons in the pool or in sheltered water. The practical training is identical to the content of Dolphin Snorkeller. The training is structured and progressive, building skills and confidence.

## Advanced Snorkeller

There are classroom sessions to teach more advanced theoretical knowledge of snorkelling, coupled with practical lessons in Open Water. An Advanced Snorkeller is a comprehensively trained, experienced and responsible snorkeller.

## Snorkel Dive Manager

In this course Advanced Snorkel Divers learn the relevant theory and practical skills required to safely organise, manage and supervise group snorkelling activities and manage incidents. This course encourages Advanced Snorkel Divers to develop their snorkel diving experience in a range of sites and conditions.

Due to the level of responsibility required by Snorkel Dive Management the minimum age for the award of Snorkel Dive Manager is 18. Students aged 16 or above who meet all the prerequisites can follow all aspects of training and can be signed off as completing all training. However, until they reach the age of 18 they must be supported in the role by an adult.



# Our partners



## About us

The Marine Conservation Society fights for the future of our ocean through people-powered action – with science on our side.

We defend habitats and species, with communities, businesses and governments.

Together, we work towards a cleaner, better-protected, healthier ocean. For seas full of life, where nature flourishes and people thrive.

## DofE volunteering

There are lots of ways to support the Marine Conservation Society while completing the volunteering section of the Duke of Edinburgh Award.

To make it easier, we've created example three-, six- and 12-month plans on four different areas of volunteering to get involved in. These plans are easy to use, include all the information and advice candidates need, and are free to download from our website.

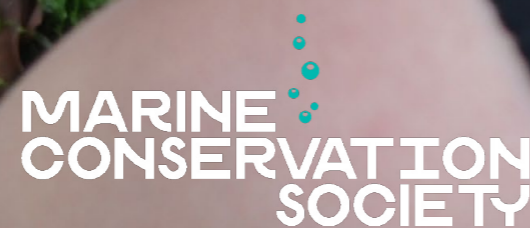
- You could carry out regular litter picks in your local area, helping prevent litter from reaching our waterways and eventually the ocean
- If you choose to fundraise for us, you'll be supporting our work in fighting for the health of our ocean and protecting marine wildlife
- Run a campaign as part of your award to raise awareness in your local area of an issue affecting our seas, like plastic pollution or overfishing
- Take part in the Big Seaweed Search on any seashore in the British Isles and contribute to our database monitoring the impacts of ocean warming and acidification on our seaweed species.

## Big Seaweed Search

The Big Seaweed Search is a community science project that we run in partnership with the Natural History Museum.

Through the project we want to learn more about some of the key seaweed species found in our waters, record where they are, and find out how their distribution is changing over time.

Seaweeds play a major role in marine ecosystems and are a vital part in the







marine food chain, providing nutrients and energy for other animals. They also help mitigate the effects of climate change and store blue carbon.

We're seeing the effects of climate change on our marine environment through sea temperature increases, sea level rise, and ocean acidification. These changes alter the distribution of different seaweed species.

The survey can be carried out at any time of year, as an individual or in groups. There are over 650 species of seaweed around the UK, but we need you to help map the distribution of just 14 of them.

To get involved, follow these steps:

1. Register to take part and download your guide and recording form at [bigseaweedsearch.org](http://bigseaweedsearch.org)
2. Choose your 5m of coastline to survey
3. Fill in your survey form
4. Take lots of clear, close-up photographs for your survey to be accepted
5. Submit your survey through [bigseaweedsearch.org](http://bigseaweedsearch.org).

## Beachwatch

Every year, thousands of people up and down the UK either join or run a beach clean with us. Some do this regularly on their own, and others open these up to the public to take part, including schools and youth groups.

Carrying out a beach clean and litter survey with us is simple. You and your group pick up and record the litter found in a 100m stretch of beach, from the strandline (the line the tide last reached) to the back of the beach. We only ask for 100m to be surveyed as 90% of all litter types will almost certainly be found in that length, and regular surveys over time in a set area will clearly indicate litter trends.

To join a clean as a volunteer with your school or group, head to our website to find an event near you. You can filter the results to find school-friendly cleans.

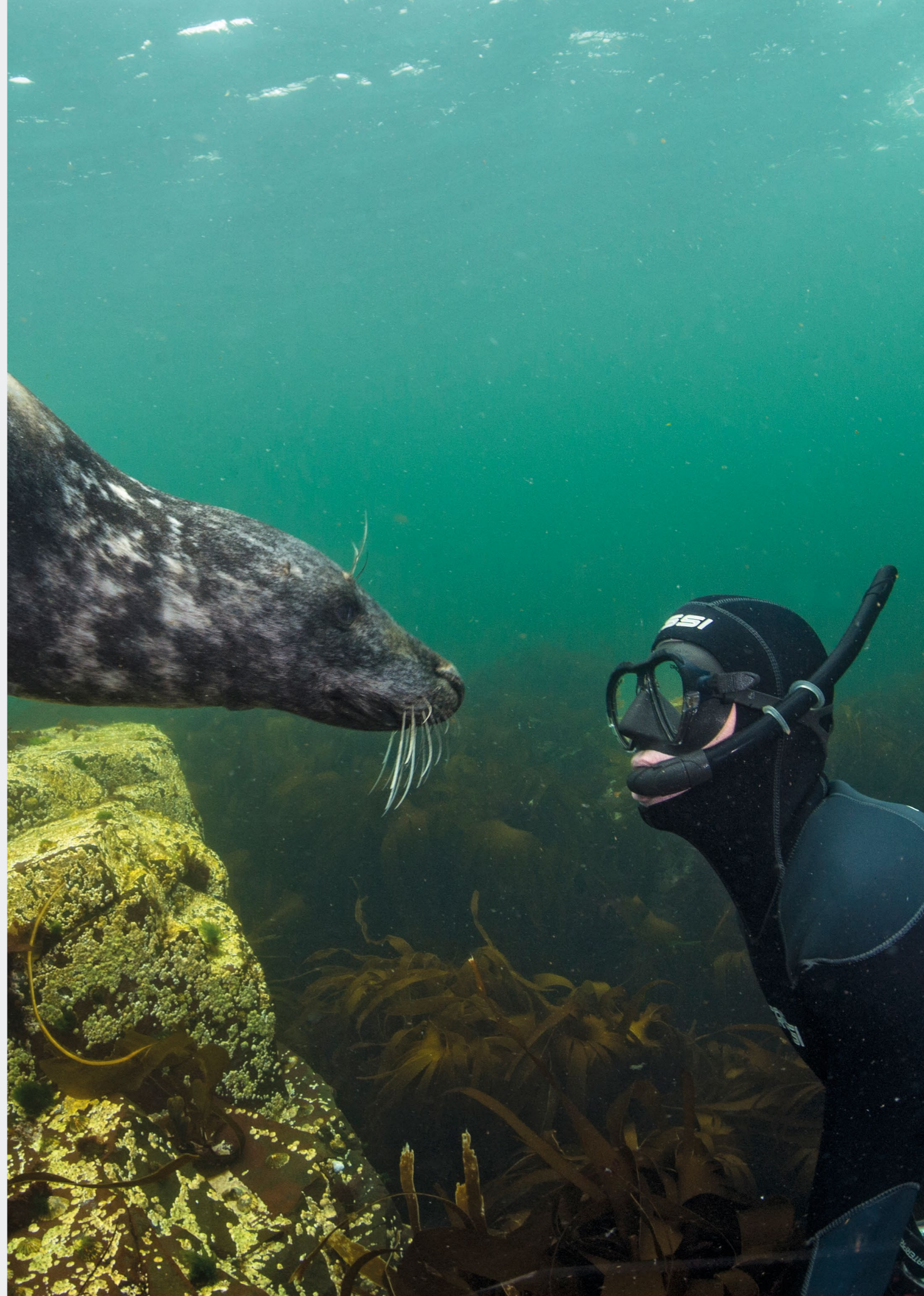
To organise your own clean, first you'll need to sign up as an organiser on our website, and then choose your 100m stretch of beach. Check out our Organiser Guide for more information on getting started, including a step-by-step guide to planning your own event, health and safety guidance, and what to bring with you on the day.

## Resources for secondary

You can find teaching resources and pre-recorded lessons with experts like Dr Imogen Napper, Dr Jean-Luc Solandt, and our Scotland Conservation Officer, Catherine Gemmell, on our website.

We're working on a range of new resources key ocean themes, including climate change, ocean pollution and sustainable seafood. Check back soon for our brand new lesson plans which will be freely available to download and use in school.

We've also created an assembly session focusing on COP26 for secondary students, looking at what climate change is, how it negatively impacts the ocean, and how a healthy ocean is vitally important in our fight against it. You can find this assembly and lots of other content on our YouTube channel.



# SEAWILDING

Community-led Marine Habitat Restoration

## About us

Seawilding is a Scottish Charity actively working to restore degraded inshore marine habitats. Our Seawilding core team combines a host of quality ingredients - marine biology, coastal surveying, senior project management, fundraising and marketing, photography, film-making, and environmental sciences - and when we add to this the talent and passion of scores of community volunteers, we're on to a winning formula...

## Our charitable aims

Seawilding's charitable aims:

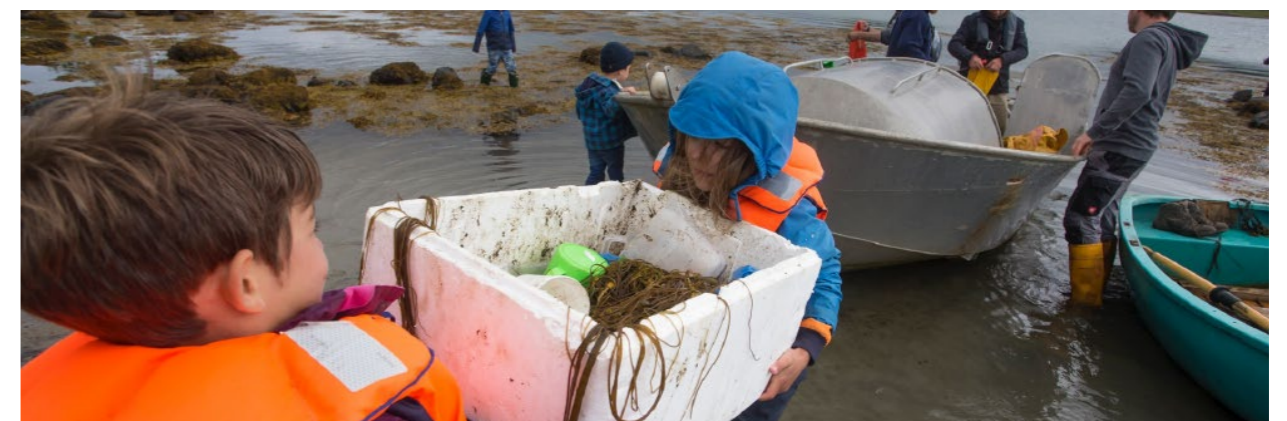
- To advance the environmental protection and improvement of Scottish coastal waters by developing and delivering projects to restore degraded marine habitats and species, including native oysters and other priority marine features around coastal shorelines.

- To advance the education of marine science, marine conservation and best-practice marine habitat restoration by creating citizen science and research opportunities with schools, community groups, organisations, and academic partners.
- To advance the environmental protection and improvement of Scottish coastal waters by campaigning for sustainable and responsible use of marine resources.

## Why native oysters

The native oyster (*Ostrea Edulis*) is distinct from the oysters which you normally buy in fishmongers and restaurants. These are non-native Pacific oysters (*Crassostrea Gigas*) and are grown commercially in farms. The native oyster is more slow-growing and generally a far superior beast.

Native oysters\* are "ecosystem engineers", filtering and cleaning water, sequestering carbon and contributing substantially to inshore biodiversity by creating reefs that become fish spawning grounds and nurseries. Once native oysters were common and the food of the masses. In the Firth of Forth for example, 60 million were harvested annually, but now, globally, an estimated 85% of native oyster beds have disappeared. In recognition of their importance for ecosystem health, efforts are now being made to restore native



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oysters worldwide. Visit UK Native Oyster Network to learn more.

Loch Craignish once supported a large population of native oysters, but owing to human predation, and possibly disease, all but a very few have gone. The extensive shoreline is littered with large native oyster shells, some of them weighing a colossal 800 grammes, and the conditions appear right for restoration.

### Seagrass

Seagrass, *Zoster marina*, also known as common eelgrass, is a priority marine feature, and seagrass meadows are biodiversity hot-spots.

Loch Craignish has ten small seagrass meadows totalling approximately 1 hectare, and while these seem dense and healthy, they are isolated and fragmented. Yet, according to Project Seagrass which has surveyed twenty-one Scottish seagrass meadows for genetic analysis, Loch Craignish is one of the most suitable restoration sites in Scotland.

Over fifty species of fish have been recorded in one meadow along with hundreds of species of invertebrates such

as molluscs, shrimp and marine worms. By providing a 3-dimensional structure in an otherwise barren marine landscape, seagrass provides a vital marine habitat.

The areas selected for restoration are alongside existing meadows which are either inter-tidal or in very shallow water where there is no risk of dredging, fishing, or anchoring. We will be employing a methodology successfully pioneered by Project Seagrass in Wales: seagrass is gathered by hand, the seed is processed and dried and then placed in small hessian bags tethered to the seabed where it germinates. We will be developing best-practice, low-cost methodologies using a mobile seed processing unit, and producing a "how-to" practical guide. This can then be rolled out to other community-led seagrass restoration projects across Scotland.

### Carbon sink

Seagrass is also an important carbon sink, it sequesters carbon faster than the rainforest. However, owing to pollution and disturbance of habitat, 95% of the UK's seagrass meadows have disappeared (Source: Ocean Seagrass Rescue).





Meet and keep in touch...  
...with diving friends and BSAC



bsac.com