

**CIR CENTRE D'IMMERSIÓ ROSES**  
**CENTRE DE PLONGÉE DIVING CENTER**  
**ROSES COSTA BRAVA PARC NATURAL DE CAP DE CREUS**



## **1 STAR DIVING COURSE (OPEN WATER)**

Do you feel like getting your first recreational scuba diving license? Do you want to discover the underwater world? There's a new and wonderful world down there! Join the 1 Star diving course, the world's most popular course.

With this qualification you will be able to dive up to 25 meters deep without going into decompression.

The 1-star diver course is an international qualification endorsed by the World Confederation of Underwater Activities (CMAS) and in Spain, by the Spanish Federation of Underwater Activities (FEDAS).

The 1 Star Diver course aims to adapt to the underwater world in a comfortable, safe way that allows us to enjoy it.

This new underwater environment is very different from what we are used to on land. For this reason we have to learn what these differences are.

Therefore, this Course is composed of:

- Theoretical Sessions
- Our first contact with water.
- The effects of pressure changes.
- Breathing with the scuba (regulator and diving bottle).
- The limitations for breathing air at more than 1 atmosphere of pressure.
- Planning and control of dives.

In order to adapt to this new environment, diving equipment and practicing with it is essential. This course also includes confined water practice sessions. We will carry out the first practices at a shallow depth, in a calm and safe environment.

We will practice the use of mask, fins, suit, weight belt, hydrostatic vest, regulator, tank, and control elements.

The course schedule can be accommodated, depending on the available time of the participant(s). It will provide you with enough theoretical-practical knowledge to gain experience and safety in open sea diving.

- Minimum age: 14 years
- Duration: 5 days (5 theoretical classes, 5 classes at sea from a boat).
- Price: €450
- Includes: Scuba diving equipment, boat trips, CMAS/FEDAS certification.
- Does not include the medical certificate for those over 45 years of age.
- Does not include the compulsory diving license/insurance: +65 € per year/365 days.
- Minors under 18 years of age with parental consent.

