

Course Overview

The GUE Rec 1 course is designed to introduce non-divers to the art and science of sport diving, through cultivating essential diving techniques and sound diving practice from the very beginning. This is the entry point to all GUE training for non-divers.

Prerequisites

To enrol in the course, you must be 16 years of age, be able to swim a distance of at least 50 feet/15 meters on a breath hold and be able to swim at least 300 yards/275 meters in less than 14 minutes without stopping. Please note that GUE does not allow smokers on any of their courses.

What's Involved

The GUE Rec 1 course is normally conducted over an 8 to 10 day period, depending on how the class is scheduled. The course includes a theory element, practical land based sessions, confined water (pool) sessions and open water dives. Upon completion of the course you will be a fully qualified diver, able to use nitrox to a maximum depth of 70 feet/21 metres.

Course Skills

Basic diving skills: mask clearing, regulator recovery, buoyancy and trim; underwater navigation; surface rescue skills; SMB deployment; valve drills; dive planning and communication.

Why Do the Course?

GUE Rec 1 is significantly different from the majority of entry level diving qualifications and as such should not be considered by everyone. The course has a very thorough and rigorous training requirement and runs over a far longer period than most initial training courses – hence the price differential when compared to other entry level classes. However, this additional tuition means that instructor-student time is increased and more time is devoted to developing fundamental diving techniques, which leads to greater skill proficiency and comfort in the water.

What's Included

The course fee covers all instructional time, gas fills, pool fees and hire of tanks, weights, single tank wings, back-plate and regulator. Students pay certification and course material costs directly to GUE.

What You Need

All GUE courses are taught in the standard GUE gear configuration. As this is the introductory course all the specifically required equipment will be provided by your instructor - you only need to bring your basic dive gear: mask, fins, snorkel and exposure suit.



GUE Fundamentals

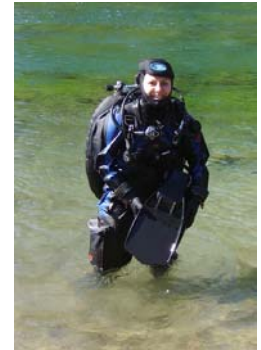
Qualification as a GUE Rec 1 diver is equivalent to a recreational pass in the GUE Fundamentals class. Please contact our instructors if you have any questions regarding this.

Student testimonials

"Friends recommended this course above all others as the best way to learn to dive – having now compared this class with other open water classes I know they were right." [James M. – Auckland]

Further Information

Enquires regarding this course may be directed to your local dive shop, or contact us direct by email: info@techdivenz.com.



Course Information

Course Price
\$1500

Prerequisites
Non-smoker

Student to Instructor Ratio
4:1 (maximum)

No. Sessions
10 theory sessions
10 pool sessions
10 open water dives

Mandatory Equipment
All GUE courses have very specific equipment requirements. Please see our website or contact your instructor for details.

Related Courses
GUE Doubles
GUE Dry-suit



SATISFACTION GUARANTEED!

We are so confident that we can improve both your knowledge and skills on a Techdive course that we offer a money back guarantee.*

* Full terms and conditions can be found on our website.