

## Topics and skills covered in each Ocean session include:

- Review of “Day of” Dive Conditions Forecast Models and actual conditions
- 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 turbulence 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

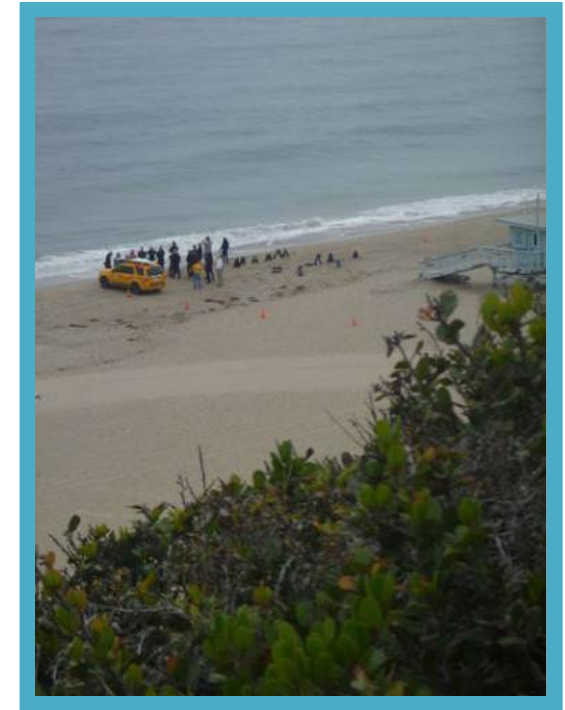
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Date	Location
May 14, 2022, 2pm Long Beach SCUBA Show	How to Utilize Forecasting Tools in Dive Planning
May 15, 2022, 2pm Long Beach SCUBA Show	How to Utilize Forecasting Tools in Dive Planning
May 22, 2022 June 4, 2022	Staff Training
June 11, 2022	Cabrillo Beach –Near Shore
July 23, 2022	White Point
August 20, 2022	Point Dume
September 10, 2022	Cabrillo Beach – Point Fermin Kelp Beds



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# 2022 3R's



## Rocks, Rips and Reefs – “3R’s”

The 3R's (Rocks, Rips and Reefs) is a FREE public service designed to educate and update freedive & scuba divers on the seasonal environmental awareness considerations for diving in Los Angeles County to site specific shore-based diving considerations, current year swell & surf turbulence patterns and safe practices for popular local dive sites in Los Angeles County. This program generally offers 4-5 sessions, from June through September at different shore-based dive sites & land-based sessions.

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 and practice in navigating existing swell & surf turbulence patterns.

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 at selected locations.



## How to Utilize Forecasting Tools in Dive Planning

The presentation centers on current year weather, swell & surf turbulence patterns and safe practices, with examples of popular dive sites in Los Angeles County utilizing NOAA and CDIP forecasting tools and real time data feeds from NOAA & CDIP buoy arrays.

## Supervision & Staffing

Supervised experience for participants is led conducted by certified Los Angeles County Scuba Instructors. There are also other volunteers who help with each ocean session. These volunteers often consist of instructors from various agencies, rescue certified divers, divemasters, and 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.

**RSVP: [lacscuba.com](http://lacscuba.com)**

**Sessions will be limited to 16 participants per session**

**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.**

**Covid protocols will be followed**

## 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 2022 sessions. Repeat session participants will be asked to confirm that all information previously submitted is current and correct. This form is available on the website at [lacscuba.com](http://lacscuba.com).
2. Full OCEAN Skin Gear (FOSG) REQUIRED. Full Skin Gear is full wetsuit (recommended 5mm-7mm), 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 are allowed 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.