



County of Los Angeles Department of Parks and Recreation

3R's Rocks, Rips and Reefs



The 3R's (**Rocks, Rips and Reefs**) is an entire series of courses designed to safely introduce divers to popular, local dive sites. Conducted by certified Los Angeles County Scuba Instructors, the **Rocks, Rips and Reefs** course includes a short educational seminar covering safe beach diving skills, 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 that includes a skin diving tour of the actual dive site.

Topics and skills covered in the course include:

- Choosing appropriate entry and exit points, and safe entry and exit skills
- Identifying, anticipating and navigating hidden obstacles in the surf zone
- How to use the ocean's natural wave motion to your advantage
- How to plan your dive by reading the ocean's surface and using tide tables
- How to find interesting stuff at each location

Full Skin Gear (FSG) for 3R's. Full Skin Gear is full wetsuit, mask, fins, and a snorkel. We highly recommend sturdy booties with open heel fins to provide foot protection. A hood and gloves are also recommended for comfort and safety.

If you desire to wear a weight belt for practicing skin diving, you need to wear a snorkeling vest of buoyancy compensator and wear only half the weight you would normally wear for scuba diving. Don't forget to bring sunscreen and other exposure protection (depending on the day) as well as drinking water to maintain hydration.

UPCOMING SCHEDULE

Date	Time	Location
May 8, 2010	8:00 AM	Redondo Beach
June 5, 2010	8:00 AM	Leo Carrillo South
July 10, 2010	8:00 AM	Malaga Cove
August 14, 2010	8:00 AM	Point Dume
September 11, 2010	8:00 AM	White Point
October 9, 2010	8:00 AM	Nicholas Canyon

We recommend bringing a folding style beach chair to each session

For More Information:

Call: (323) 726-2155 or Email: apply@lacountyscuba.com

www.lacountyscuba.com