



3R's 2011 Schedule Rocks, Rips and Reefs

The 3R's (**Rocks, Rips and Reefs**) is a series of free sessions designed to orient new and update experienced skin & scuba divers to site specific shore based diving conditions and safe practices for popular local dive sites.

Conducted by certified Los Angeles County Scuba Instructors and other volunteers, the **Rocks, Rips and Reefs** sessions include a short 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 that includes a skin diving tour of the actual dive site.

Mandatory Sign-in & Gear Check: 7:30am-8:00am
Session Starts at 8:00am

No in-water participation for late arrivals after 8:00am.

MANDATORY REQUIRED GEAR: Full OCEAN Skin Gear (FOSG) **REQUIRED.** Full Skin Gear is full wetsuit (recommended 7 mil.), hood, gloves, booties, mask, fins, and a snorkel. We highly recommend sturdy booties with open heel fins 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 need to wear a snorkeling vest or buoyancy compensator and 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. It's also a good idea to bring snacks.

Topics and skills covered in each session include:

- 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 shore types
- How to plan your dive by observing swell and surf 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

UPCOMING SCHEDULE

Date	Location
May 14, 2011	Redondo Beach
June 11, 2011	Cabrillo Beach
July 9, 2011	Malaga Cove DATE CHANGE
August 13, 2011	Point Dume
September 10, 2011	White Point
October 8, 2011	Nicholas Canyon

We recommend bringing a folding style beach chair to each session for the lecture portion of each session as well as a pen & paper.

For More Information Call: (323) 726-2155 or Email: apply@lacountyscuba.com
www.lacountyscuba.com

Additional & Individual Site Information Also Available on Website