



**Los Angeles County Underwater
Instructor Certification Course
58 U.I.C.C.**

Dear Instructor Candidates:

Thank you for your interest in our Underwater Instructor Certification Course. Enclosed you will find an application, medical history and physician approval form, course description and requirements. Please review this information carefully before completing your application.

If you are committed to applying for this year's UICC, you should begin by having a medical examination. Please fill out the medical history form and take it to your physician.

You can submit your completed application and medical history form to us and participate in the pre-qualification assessment without obligation. The physician approval is due by the start of the program. Two pre-qualification assessments will be held November 20th & 21st and December 18th & 19th, 2010. Information on the pre-qualification assessment is also enclosed.

If you would like an opportunity to practice the pre-test skills in advance, plan on attending the November date.

Please call us if you have any questions regarding the course or pre-qualification assessment.

Sincerely yours,

Bill Wm. Lidyoff #3408
UICC Course Director

PH: (323)726-2155
blidyoff@lacountyscuba.com



Los Angeles County Underwater Instructor Certification Course 58 U.I.C.C.

INTRODUCTION

Our history began when sport diving first became popular in Southern California. The Los Angeles County Department of Parks and Recreation was the first to recognize the need for highly skilled and dedicated Underwater Instructors to effectively teach proper and safe practices in recreational SCUBA Diving.

Since 1954 we have trained qualified professionals who continue to provide an example for the entire industry. The courses are staffed by volunteer Los Angeles County Underwater Instructors and offer some of the finest curriculum and highest set of standards in sport diving.

The County of Los Angeles Department of Parks and Recreation offers a selection of courses dedicated to those interested in the underwater world, with an emphasis on the varied conditions found along the Southern California coastline and beautiful Channel Islands.

Certifications ranging from entry level to instructor are available. Emphasizing safety and respect for the environment, novice divers are taught how to handle themselves to increasingly more stringent standards.

The strength of all Los Angeles County Underwater Programs is the Underwater Instructor Certification Course (UICC). During the winter months an extensive 15-weekend program is offered for the development of highly qualified instructors. Instruction in all facets of diving is reviewed, with lectures from some of the most respected professionals in the field.

Dive exercises are conducted weekly with some multi-day excursions to locations such as Scripps Institute of Oceanography in San Diego. Exercise in practical teaching situations enhance and develop those skills, and each candidate is required to prepare individual research paper and develop his/her own SCUBA course outline/schedule.

Only highly skilled and qualified candidates receive certification as a Los Angeles County Underwater Instructor. Upon successfully completing UICC you will also be awarded a NAUI Instructor Certification.



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ELIGIBILITY

This course is highly selective in its choice of eligible applicants, and only the top candidates will be considered for enrollment. Our eligibility requirements include:

Age minimum:

- Must be 21 years of age at time of enrollment.

Credentials: Prior to start of course

- Must possess scuba certification in the following:
 - Divemaster or Assistant Instructoror
 - Diver Rescue Certification
 - Letter of Completion from a NAUI Prep Program

Prior to Graduation:

- Current First Aid skill verification
- Current CPR skill verification
- Oxygen Provider Training

Medical:

- Must submit a current (within the last year) SCUBA Diving medical exam report by a qualified physician.

Experience:

- Must have been SCUBA diving actively (50 logged dives) for at least one year prior to the beginning of UICC.
- Letter of recommendations by two active Scuba Instructors.

To be a Los Angeles County Underwater Instructor, you must have a wealth of diving experience under varying environmental conditions. It is important to document your experience and log all open water dives. You must be at ease in open water and display the ability and confidence that only comes with experience. The broader your background in varied diving conditions, the better prepared you will be to meet the water skills demands of the Los Angeles County Underwater Instructors Certification Course. The applicant must be knowledgeable in the science of underwater activities, possess diving skills that exhibit a high level of proficiency and have the ability to communicate effectively.



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APPLICATION REQUIREMENTS

Each applicant will be tested and evaluated and must possess diving skills that exhibit a high level of proficiency and have the ability to communicate effectively.

- Application and medical history form are due on or before the pre-qualification assessments November 20th & 21st or December 18th & 19th, 2010.
- Deposit (refundable) in the amount of \$125 is due upon application.
- Medical history and physician approval form (with physician's signature) is required on the first day of the course, Saturday, January 8th, 2011.

Candidate Skills Workshop

An optional, pool evaluation will be conducted during the pre-qualification assessment on Saturday, November 20th, 2010. This workshop is designed to help familiarize candidates with pre-test performance requirements.

Pre-Qualification Assessment

Each applicant must be evaluated in academics, pool skills. The applicant must demonstrate a level of proficiency in each area, in order to be accepted into UICC.

Saturday: Pool Skills & Written Test

Written exam (100 questions) covering:

- Physics, physiology / medicine, equipment, decompression theory, skills / rescue and environment.

Swimming Skills:

- 400 meters. Swim within 11 minutes.
- 75 ft. underwater swim- retrieving 10 lbs.
- 50 meters buddy tow.
- 10 minute tread/float.

Skin Diving Skills:

- Skin diving ditch & recovery.
- Rescue of an unconscious scuba diver

Scuba Skills: Full ocean gear

- Scuba bail-out.
 - 5 minute tread immediately following bail-out with an extra 10 lbs. (without use of added buoyancy).
- Scuba ditch and don
- Scuba equipment exchange
- Buddy Breathing 200 meter Swim (100 meters without mask)



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Sunday Prep Program

This is required for candidates without Divemaster or AI certification.

- Classroom
- Ocean skills testing maybe required at the discretion of the staff and Course Director.

Bring both pool and full ocean gear to the pre-qualification assessment.

- Typically one full scuba cylinder will be enough to complete the pool session.
- Bring a bathing suit and towel
- Activities will include skills requiring both 3mm and/or 7mm suits; bring appropriate weight for both types of suits. Weight belts are recommended.

TIME CONSIDERATIONS

The course runs for a total of 20 sessions. Pool and class time account for over 75 hours of lectures, practical teaching, and written exams. Ocean training will account for an additional 50 hours of open water training and testing. A candidate can expect to spend an additional 50 to 100 hours or more in preparation, study, and practice. Some of the areas outside the schedule that have time considerations are:

- Travel: To and from sites, etc.
- Dive Team Meetings: Teams may elect to meet between sessions to practice or study.
- Preparation and Study Time: Written test, oral presentations, etc.
- Course Structure: Each candidate will be responsible for developing his/her own basic course outline showing schedule and structure.
- Research Project: Each candidate will be responsible for writing a research paper in the field of sport diving.
- Surveys: Each candidate will be responsible for writing a survey on Dive Store, Classroom Facility, Pool Facility, and two beaches (one rocky, one sandy).
- Audit: Before, during or after the course, each candidate will be required to audit (monitor) a basic scuba course. (It is highly recommended to begin auditing a class prior to the start of the program).
- Internship: After graduation, each graduate will be required to assist in teaching one complete basic course. The supervising instructor will evaluate your overall perform.



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COURSE FEES

Deposit	\$ 125
Registration	\$ 200
Tuition	<u>\$ 670</u>
Total Cost	\$ 995

The registration and tuition payment of \$870 is due January 8th, 2011. Please make check or money order payable to LA County Scuba or pay online at <http://shop.lacountyscuba.com>.

The initial course registration fee and the program tuition will cover the following:

- Three months of classroom and water work instruction.
- Boat dive.
- A candidate shirt.
- Transportation to Catalina.
- Awards Banquet and Dinner.
- First year's instructor renewal fees.

Each Candidate is required to have the complete NAUI Instructor Library of books, **NAUI Item #96000**. These books can be obtained directly through NAUI www.naui.org, a NAUI Dive Store or the UICC Course Director. Retail is \$1677.33. Many Dive Stores have discounts for UICC Candidates. You can also purchase these materials at our eStore at <http://shop.lacountyscuba.com>.

REFUNDS: The Underwater Instructor Certification Course cost: Facilities, material for the staff and candidates, etc., require planning and budgeting. Once you are accepted into UICC and have paid your fees, there will be no refunds. Deposits are refundable up to January 1st.

If you foresee schedule problems or personal problems that would interfere with you attending this intensive course, it is recommended that you postpone enrollment until the following year. If you have any questions contact LA County Scuba at (323) 726-2155, or email us at apply@lacountyscuba.com.



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Medical History Form

NAME _____

ADDRESS _____ CITY _____

STATE/PROVINCE _____ ZIP _____ DAYTIME PHONE _____

EMAIL _____

EMERGENCY CONTACT PERSON _____ TEL _____

Write Y (yes) or N (no) next to all of the following, and explain under remarks, any yes answers.

Behavioral Health Problems	Ulcers
Claustrophobia	Colostomy
Agoraphobia	Hernia
Migraine Headaches	Dizziness or Fainting
Epilepsy	Recent Surgery
Ear or Hearing Problems	Hospitalized
Trouble Equalizing Pressure	Pregnant
Sinus Trouble	Motion Sickness
Severe Hay Fever	Glasses or Contact Lenses
Heart Trouble	Dental Plates
Angina	Physical Disability
Heart Surgery	Serious Injury
Asthma	Over 40 Years Old
Bronchitis	Hepatitis
Tuberculosis	HIV Positive
Respiratory Problems	Regular Medication
Back Problems	Alcohol or Drug Abuse
Back/Spinal Injury	Drug Allergies
Rejected from Activity for Medical Reasons	Any Medical Condition Not Listed

Remarks:

MEDICAL HISTORY STATEMENT: I understand that skin and scuba diving are strenuous activities involving significant pressure changes and that normal, healthy heart, lungs, ear and sinus, are essential prerequisites for my safety and well-being. I hereby confirm that to the best of my knowledge my circulatory and respiratory systems and body air spaces are healthy and normal and that I have no severe emotional or neurological problems or communicable diseases. I understand that I need to seek unconditional approval for diving from a licensed physician.

Participant Signature: _____ Date: _____



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Application Form

PERSONAL INFORMATION

Name:		Age:	Birth Date:	
Address:		City:		Zip:
Contact Tel:		Email:		
Height:	Weight:	Shirt Size:	Jacket Size:	
In case of emergency contact:			Phone#:	

SCUBA BACKGROUND

Original Certification:	Date of Certification:	Instructor:	
Number of Dives Per Year:	Total Underwater Hours:		
Total Number of Ocean Dives to Date:	% of Beach:	% of Boat:	
How many years of experience in Skin or Scuba diving do you have?			
Membership(s) in any dive clubs or associations:			
What has been your deepest diving depth with Scuba?			

WATERMANSHIP BACKGROUND

	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>
Swimming Ability				
Skin Diving Ability				
Physical Fitness				



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OTHER AQUATIC OR SCUBA BACKGROUND

	<u>Agency</u>	<u>Certification Date</u>
Basic First Aid		
CPR		
Enriched Air Nitrox		
Diver Rescue		
Oxygen Management		
Assistant Instructor		
Divemaster		
Instructor		

Please summarize your last two years of Skin and Scuba diving experience:



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REFERENCES:*

Please list two Scuba Instructor references.

Name:	Agency:	Instructor#:
Address:	City:	Zip:
Telephone(Hm):	Telephone(Wk):	

Name:	Agency:	Instructor#:
Address:	City:	Zip:
Telephone(Hm):	Telephone(Wk):	

***Letters of recommendation are required.**



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MAKE SURE YOU HAVE:

- Completed and signed the application form.
- Completed and signed the waiver.
- Completed the medical history form.
- The medical exam form completed and signed by your physician.
- Copies of all your Scuba certifications.
- Copies of your most current logbook.
- Sent in a deposit (\$125.00) refundable.

Make Checks Payable To:

LA County Scuba
1012 W. Beverly Blvd. #997
Montebello, CA 90640

For your convenience you can also pay online with a credit card or PayPal account at <http://shop.lacountyscuba.com>.

I certify that the statements made here are true and correct. I understand that this information is supplied to the Underwater Unit in confidence for the purpose of establishing my eligibility to attend UICC. I further understand that I must successfully complete the course in order to become eligible for certification.

Signature _____ Date _____



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PHOTOGRAPHY CONSENT, RELEASE AND WAIVER OF LIABILITY

I hereby give my consent to the County of Los Angeles and LA County Scuba to photograph and video me and use my photographs(s) and video for informational, educational, promotional, or publicity purposes concerning the County and its services.

I understand that the photographs(s) and video may be used on the County's Websites, LA County Scuba's Websites, County publications or displays, public newspapers, magazines, reports, or other public documents; or electronic or digital recordings. I also understand that the photograph(s) and video may be used without further consent or authorization from me; the County may modify the photograph(s) and video in the process of editing, and I will not be entitled to any compensation for the use of the photograph(s) and video.

I also agree to release the County of Los Angeles, LA County Scuba, its officers, employees, or agents from any and all liability arising out of or connected to the use of the photograph(s) and video stated above.

I have read and understand the foregoing consent, release and waiver of liability, and voluntarily accept and agree to its terms.

Name (print): _____

Signature (if 18 years of age or older): _____

Date: _____

If under 18 years of age

Name of Parent/Guardian (print): _____

Parent/Guardian Signature: _____

Date: _____



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LOS ANGELES COUNTY
UNDERWATER INSTRUCTOR CERTIFICATION COURSE

VERIFICATION OF CLASS AUDIT/INTERNSHIP

U.I.C.C. Candidate: _____
(Print)

Verifying Instructor: _____
(Print) Agency / Instructor #

As the Instructor, I verify that the above named U.I.C.C. Candidate has successfully completed the following:

AUDIT

Location: _____
(Location of class)

From: _____ To: _____
(Start Date) (End Date)

Please check off which C-Cards were issued to the class

LACO NAUI PADI SSI OTHER _____

Instructor Signature Telephone Number Date

INTERNSHIP

Location: _____
(Location of class)

From: _____ To: _____
(Start Date) (End Date)

Please check off which C-Cards were issued to the class

LACO NAUI PADI SSI OTHER _____

Instructor Signature Telephone Number Date