

SNORKELING & DIVING FACTSHEET

The warm seas of Maldives have high visibility throughout the year and makes for an amazing destination for scuba diving and snorkeling. Add to that the marvelous formation of over 3000 coral reefs and thousands of marine animals and corals, the result of these perfect conditions have created one of the world's best diving and snorkeling destinations and what better way to explore these than by a cruise.

Atoll Explorer has a fully equipped and professionally run diving base on board. Operated by Euro Divers and exacting the high standards of PADI, the Dive Team welcomes both beginners and experienced divers.

Next to a full range of PADI beginners programs and courses and continuing education, Atoll Explorer offers complimentary diving with Nitrox for certified enriched air Divers. Courses are available on board to become a PADI enriched Air diver.

Euro-Divers Atoll Explorer is also a member of BASC friendly Centers.

The diving is adventurous and varies as the ship cruises through the atolls, giving you the opportunity to experience the fantastic dive areas in the Maldives. During each tour you will discover some of the most celebrated and famous dive sites in the world.

Whale sharks, turtles, morays, lobster, octopus and stingrays will be your company as you discover the magnificent underwater world.

Snorkeling Equipment

The snorkeling equipment is supplied complimentary from Euro Divers on board Atoll. If you require prescription masks, we would suggest that you purchase these prior to arrival or email us on board to see if we have any in stock.

Daily Snorkeling Schedules

Snorkeling is normally offered twice daily depending on the local of Atoll. Atoll will arrive at its next destination approximately 08.00 - 10.00 hrs. and immediately set of the closed cay, deserted Island or Island Resort. At this time, you can take your snorkeling equipment with you for snorkeling. A transfer back from the Island or cay will happen just before lunch time. After lunch, an afternoon Island or snorkel option will be provided. In a normal day, there is normally 2 hours in the morning and approximately 2-3 hours in the afternoon which allows time for snorkeling.

Guide for Snorkelers

Whilst the Maldives is suitable for a variety of snorkeling from beginners to the very experienced, it is also important to highlight the following points to ensure an enjoyable and safe experience.

- Snorkeling is only permitted from the shore of the cays
- Snorkelers are recommended to snorkel with a buddy
- Watch your buoyancy so that you do not drag your fins on the coral and never stand on the coral
- Do not touch any coral or any marine creature
- Do not snorkel alone and out of sight of our crew, family and friends
- Be aware of high currents and ensure that you plan your snorkeling with your buddy prior to entry.
- If you are not a strong swimmer, please use a life vest.

Snorkeling in general is a safe activity; however exercise can aggravate certain medical conditions such as Asma and heart conditions. You should only participate in the activity with this understanding.

Night Snorkeling

Ever wondered what happens underwater once the sunsets? Our weekly night snorkeling program gives you the chance to find out! Armed with a powerful torch, let yourself be amazed at how intense the reef becomes as night. Nocturnal creatures come out of hiding, making the reef their own for the night. This is suitable for advanced snorkelers and subject to weather conditions and torch hire charges apply.



DIVING

Why dive the Maldives using Atoll Explorer?

- Only 5-15 minutes from each dive site
- Dive site change every day due to being in different locations so that you will never need to dive the same sight twice, unless it is requested.
- Dive instructors will be on every dive
- Shallow dives of an average of 18 meters are all that is required to allow for greater bottom times.
- Easy Giant stride entries from the Diving Dhoni
- We offers Nitrox facilities
- Generally low numbers of divers allow for an exclusive feel to the diving
- High quality diving equipment
- Diving is run professionally though with a relaxed and social ambience

Climate and Water Temperature

Year round tropical weather as we are close to the equator. The sun shines a high percentage of the year with an average temperature is around 29/32° Celsius. The higher likelihood of a passing shower or thunderstorm are normally between May to June and September to November. The water temperature ranges from 26/30° Celsius.

- We do encourage a short wetsuit year round due to the 45-60 minute bottom times.

Dive Requirements – Key rules and Maldives diving guidelines

- Certified divers will need to have a "C" card or Diving License and dive log to present to Euro Divers upon check-in.
- All divers will need to read and agree to the medical and waiver term and conditions form.
- If there are guest want to complete a dive course whilst on board, a dive medical clearance will be required. Please see below for these requirements.
- All divers are required to complete an orientation dive to recheck key skills
- Open water Divers cannot go below 20 meters
- Advanced Open Water Divers cannot go below 30 Meters.
- Dives have a maximum of 60 minutes bottom time.
- After all dives, a safety stop must be made for at least 3 minutes at 5 meters
- Inflatable surface balloons are required for all divers
- Solitary Dives and decompression dives are strictly prohibited in the Maldives.
- Other regulations shall be briefed on board Maldives Recreational Diving Regulations 1999.
- Dive participation is subject to the completion of the medical questionnaire and acceptance of the disclaimer form.

Orientation Dive

An orientation dive shall be completed with the Dive instructor to recheck your skills. This is also a good opportunity for you to practice you breathing buoyance and other key skills.

Medical Conditions

Maldives Scuba Diving Regulations require that all certified divers are medically fit to dive. Certain medical conditions that may be accepted in other countries (IE USA and Canada) may exclude you from diving in the Maldives. These medical issues would be such things as Asma, epilepsy, diabetes, high blood pressure etc. Dive clearances can be organised at Kurumba Maldives or at a certified dive medical practitioner.

Please see our medical requirement form on www.atollexplorer.com/divemedical

Divers Travelling by Aircraft

Safety regulations in the Maldives require that guest travelling from the Maldives by air must not dive for a minimum of 24 hours prior to flying.

Daytime Diving

Day dives are available twice daily whilst the vessel is cruising from Tuesday to Sunday. Your orientation and 1st dive can be completed at Kurumba is you are keen to get as many dives as possible in during the week. Third daily dives can be organized upon requests.



Night Diving

Night Dives are conducted once per week – weather and numbers permitting. Divers must have a minimum of 20 dives and logged a previous night dive. You will need to be assessed by the dive team before diving at night.

PADI Discover Scuba (Non certification trial dive)

As the name suggests, this course is for beginners who want to try diving without committing to the full course. “Discover” courses include equipment hire, classroom and lagoon session and one supervised reef dive to a maximum depth of 12 meters with your instructor. Follow up dives are subject to availability.

Dive course – PADI – Scuba Diver Course

This is a simplified and accelerated dive course that allows you to dive anywhere in the world, under the supervision of a dive master or instructor to a maximum depth of 12m. Courses take approximately 3 days and include 3 Lagoon Dives with lessons, 2 Boat / Reef Dives and 3 Theory Lessons (knowledge reviews from the open water Manual video's and quizzes)

Dive Course – PADI Open water diver

The PADI Open Water Diver certification allows you to dive anywhere in the world to a maximum depth of 18m with a buddy. Courses take around 5 days to complete and have 5 lagoon dives, 4 boat dives and 5 theory lessons with an exam at the end. (Please see E-Learning initiative)

Euro Divers now offer a PADI ELEARNING initiative; it is now possible to complete the theory section of the Open Water Course online before coming to the Maldives, leaving more valuable time for diving and the sunbed.

These four courses build on to one another (e.g. Discover Scuba is the first part of Discover Scuba Diving). If you enjoy what you have experienced, you can continue to the next level easily. The Open Water Course can be easily completed in a week.

Dive Course – PADI Advanced Open water diver

Get certified to dive to 30m! The Advanced Open Water Course is a practical and experience based course and can be completed in 3 days. The Advanced Course consists of 2 compulsory dives (Deep & Navigation) and 3 dives of your choice - choose from the long list of Adventure dives. Five knowledge reviews from Adventures In Diving manual will be required.

Dive Course – Nitrox Certifications

Nitrox is becoming more and more popular with recreational divers who want to increase their safety whilst diving. In a nutshell...the nitrogen in the air that we breathe underwater is the gas responsible for limited bottom times and decompression sickness.

If we replace some of that nitrogen with oxygen – which our body can use and therefore does not need to get rid of - we can do one of two things: we could extend our allowed time underwater and still have the same safety margin as if we were diving with normal air, or, we could stick to the same time limits as with normal air but breathe Nitrox - therefore increasing the safety.

The PADI Nitrox Course is split into two levels and allows you to pick a level that suits your diving needs. Each level consists of one theory session which lasts 1 - 2 hours. Contrary to what a lot of people think, Nitrox is not only for technical divers, but looks like it will be the standard for recreational diving in years to come.

PADI Specialty Dive Courses

The following are Specialty Dive Courses that are available on board Atoll Explorer:

- Underwater Naturalist
- Underwater Photography
- Shark
- Project Aware Fish I.D.
- Peak Performance Buoyancy

We also offer Emergency First Response Courses, for divers and non-divers. PADI Rescue Diver Course and PADI Master Courses. Prior notification is required should you be interested in these three courses.



Rental Equipment on Board

Tanks	Luxfer Aluminum 10, 11 and some 13 liter tanks are available
Tank valves	K-Valves with European Standard for Yoke and Din regulators
Regulators	Aqua Lung (completed)
BCD	Aqua Lung and Sea Quest
Weight Belt Buckle	1 kg lead weights
Fins	Full foot (all sizes)
Masks	Various
Snorkels	Full
Dive Computers	Uwatec Aldin Sport and Suunto Gekko
Camera	Digital underwater Camera (Olympus 6.0 pixels)
Dive Suites	3mm Neoprene in various sizes

Dive Medical Statement and History Questionnaire

The purpose of this medical questionnaire is to find out if you should be examined by a physician before participating in recreational diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of a physician. To Scuba dive safely, you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs should not dive. If taking medication, consult a doctor and the instructor before participation in this program.

Please answer the following questions on your past or present medical history with a YES or NO. If you are not sure, answer YES. If any of these items apply, we must request that you consult with a physician prior to participating in Scuba diving. If you did not bring a current note from your physician specifically stating fitness for Scuba Diving, a list will be provided to you of local physicians.

- Are you pregnant?
- Do you regularly take prescription medications?
- Do you smoke a pack or more of cigarettes daily?
- Do you currently suffer from a cold or congestion?
- Have you ever had or do you currently have:
- Asthma, or wheezing with breathing, or wheezing with exercise?
- Unable to perform moderate exercise (example: run up a flight of stairs)?
- Frequent of severe attacks of hay fever or allergy?
- History of high blood pressure or take medicine to control blood pressure?
- Frequent colds, sinusitis or bronchitis?
- History of any heart disease?
- Any form of lung disease?
- History of heart attacks?
- Pneumothorax (collapsed lung)?
- Angina or heart surgery or blood vessel surgery?
- History of chest surgery?
- History of ear or sinus surgery?
- Claustrophobia or agoraphobia (fear of closed or open spaces)?
- History of ear disease, hearing loss or problems with balance?
- Epilepsy, seizures, convulsions or take medicine to prevent them?
- History of bleeding or other blood disorders?
- Recurring migraine headaches or take medicine to prevent them?
- History of ulcers or ulcer surgery?
- History of blackouts or fainting?
- History of colostomy)?
- History of diving accidents or decompression sickness
- History of drug or alcohol abuse?
- History of back surgery?
- Behavioral Health Problems?
- History of recurrent back problem?
- History of diabetes?
- History of back, arm or leg problems following surgery, injury or fracture?