



BUNDUBAZ ADVENTURES

TRY DIVE — CONFINED WATER PROCESS

STEP 1 — Arrival & Registration

On arrival, the participant:

- Sign in with Bundubaz Adventures.
- Completes the required **RAID Try Dive registration and documentation**.
- Completes the required medical questionnaire/medical statement.
- Completes the liability release and safe diving practices documentation.
- Participants under 18 require the appropriate **parent/guardian consent**. ([Dive Raid International Ltd](#))
- The instructor confirms that the participant is comfortable in the water and able to swim.

Important: Any medical concern requiring further clearance must be resolved before the participant enters the water. RAID specifically requires medical clearance where potential medical issues are identified. ([Dive Raid International Ltd](#))

STEP 2 — Welcome & Safety Briefing

The RAID instructor introduces the participants to the Try Dive experience.

The briefing covers:

- What to expect during the session.
- Basic scuba diving principles.

- Why we never hold our breath while scuba diving.
- Basic equalization.
- Basic underwater communication/hand signals.
- What to do if the participant feels uncomfortable or wants to stop.
- How to communicate with the instructor underwater.
- General pool and dive safety.

The objective is to make the participant **comfortable, informed, and relaxed before entering the water**.

STEP 3 — Scuba Equipment Introduction

The instructor introduces the participant to the equipment they will use.

This includes:

- Mask
- Fins
- BCD
- Scuba cylinder
- Regulator
- Alternate air source
- Pressure gauge/instrumentation
- Weight system, where applicable

The instructor explains **what each piece of equipment does and how it is used**.

RAID specifically identifies an equipment workshop explaining how the scuba equipment is assembled and the purpose/use of each component as part of the Try Dive structure. ([Dive Raid International Ltd](#))

STEP 4 — Equipment Fit & Safety Check

The instructor assists the participant with fitting their equipment.

Before entering the water:

- Mask fit is checked.
- Fins are fitted.
- BCD is fitted correctly.
- Cylinder and regulator connections are checked.
- Air supply is confirmed.
- Weighting is assessed where applicable.
- Equipment is checked for correct operation.
- The participant is shown how to inflate and deflate the BCD.

The participant should be comfortable with the equipment before proceeding.

STEP 5 — Entering the Confined Water

The participant enters the swimming pool with the instructor.

The session begins in shallow water.

The instructor allows the participant time to:

- Get comfortable with the equipment.
- Become accustomed to breathing through the regulator.
- Experience the sensation of breathing underwater.
- Establish confidence before progressing.

There is **no rushing**.

If a participant becomes anxious or uncomfortable, the instructor stops, reassesses, and provides additional assistance.

RAID describes the Try Dive as a controlled underwater adventure conducted under the watchful supervision of a qualified instructor. ([Dive Raid International Ltd](#))

STEP 6 — First Breath Underwater

This is the key moment of the Try Dive.

The instructor demonstrates and guides the participant through:

Breathe in → Breathe out → Relax → Look around.

The participant experiences breathing underwater while remaining under close instructor supervision.

The objective isn't to make the participant perform complicated skills.

It is to allow them to experience:

“I can breathe underwater!”

STEP 7 — Basic Try Dive Skills

Once comfortable, the instructor introduces the appropriate basic skills from the RAID Try Dive programme.

These may include:

Regulator Familiarization

The participant learns how to breathe from the regulator and become comfortable with the mouthpiece.

Regulator Recovery

The participant is introduced to recovering the regulator should it leave their mouth.

Regulator Clearing

The participant learns how the regulator is cleared before breathing normally again.

Mask Skills

The instructor introduces appropriate basic mask skills in accordance with the participant's comfort and ability.

Equalization

The instructor teaches the participant how and when to equalize their ears.

BCD Familiarization

The participant learns how the BCD affects buoyancy.

Buoyancy & Movement

The participant is introduced to controlled movement through the water and the feeling of neutral buoyancy.

The instructor determines which skills are appropriate and the level to which they are taught based on the participant's age, ability, comfort and the applicable RAID instructor standards.

STEP 8 — Underwater Adventure

Once the participant is comfortable and has demonstrated the necessary skills, the experience becomes the fun part.

Under direct instructor supervision, the participant can:

- Swim around the pool.
- Practice controlled movement.
- Experience neutral buoyancy.
- Use basic underwater communication.
- Play appropriate underwater games.
- Explore the underwater environment.
- Have photographs taken where appropriate.

This is where the participant gets to **experience what scuba diving is really like**.

RAID describes the purpose of the Try Dive as giving participants their first breaths underwater and introducing them to the sensation of moving through the underwater environment. ([Dive Raid International Ltd](#))

STEP 9 — Continuous Safety Monitoring

Throughout the entire session:

The instructor remains responsible for the participant's safety and supervision.

The instructor continuously monitors:

- Participant comfort.
- Breathing.
- Buoyancy.
- Equipment.
- Air supply.
- Behaviour and communication.
- Signs of anxiety or fatigue.

The participant can signal **STOP** at any time.

There is no requirement for a participant to continue a skill or activity if they are uncomfortable.

STEP 10 — Finish the Dive

The instructor brings the participant back to the designated exit area.

The participant:

- Exits the water safely.

- Removes equipment with assistance where required.
- Returns equipment to the designated area.
- Hydrates and rest.

STEP 11 — Post-Dive Debrief

The instructor conducts a short debrief.

Discuss:

- How the participant felt.
- What they enjoyed.
- Skills they experienced.
- Questions they may have.
- What they could do next.

The participant should leave understanding that the **Try Dive is an experience and not a scuba certification.**

RAID explicitly describes the Try Dive as an introduction to scuba rather than a certification programme. ([Dive Raid International Ltd](#))

STEP 12 — What's Next?

If the participant loved their first experience, Bundubaz Adventures can explain the pathway into further RAID training.

Try Dive → Scuba Diver / Open Water

The participant can discuss progressing to a formal RAID certification course with the instructor.

IMPORTANT FOR THE BUNDUBAZ OPERATING PROCEDURE

I would **not** publish a fixed list of individual underwater skills as an absolute checklist saying “*every participant must complete all these skills*” unless it exactly matches the current RAID Try Dive Instructor Guide being used by your instructor.

RAID's current published information confirms the sequence of:

Paperwork → Academic knowledge → Equipment workshop → Confined-water skills → Supervised experience, and its standards require at least **one confined-water/pool dive for the confined-only Try Dive experience**. ([Dive Raid International Ltd](#))

That gives Bundubaz a safe framework while allowing the **qualified RAID instructor to apply the current instructor-level standards and make the final decision on participant readiness and skill progression**.

One important point

RAID's current public website gives **8 years** as its general minimum Try Dive age, while specifically discussing young participants **10 years and older** in its kids/scuba section. ([Dive Raid International Ltd](#))

Since **Bundubaz has chosen a minimum participant age of 10**, your operating procedure can state:

Minimum participant age: 10 years. Participants under 18 require parent/guardian consent.

That is a more restrictive operating requirement than the general RAID minimum and is appropriate to your chosen programme.

The simple participant journey

1. REGISTER

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2. MEDICAL & CONSENT



3. SAFETY & THEORY BRIEFING



4. EQUIPMENT WORKSHOP



5. EQUIPMENT FIT & SAFETY CHECK



6. ENTER THE POOL



7. FIRST BREATH UNDERWATER



8. BASIC RAID TRY DIVE SKILLS



9. UNDERWATER ADVENTURE



10. SAFE EXIT



11. DEBRIEF



12. DISCOVER YOUR NEXT DIVE ADVENTURE



Prepared by Bundubaz Adventures in accordance with Raid Standards & Procedures