

Annual Fitness Test

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It's the beginning of the new Dive Season! The Annual Fitness Test is being held in the Gleneagle Pool on Tuesday 26th Jan at 7.30pm.

This MUST be completed by ALL members otherwise you will NOT be insured. See below to be completed in one session:

- Snorkel or Swim 200m without stopping without Fins in 10mins or less
- Snorkel dive with Fins & Mask & Fin 25m Underwater.
- Tow a Snorkel Diver 50m.

Also make sure your annual medical disclaimer is completed.