

FREEDIVE NINGALOO

FAQ'S

What is the difference between freediving and snorkelling?

- By using a mask and snorkel (sometimes with fins) snorkellers get to see what's underwater, whilst typically remaining on the surface. People who snorkel well and frequently may learn to dive down a little to get closer to the marine life yet snorkelling remains a casual activity. Freediving on the other hand, is the learned ability to dive below the surface and spend extended periods of time underwater on a single breath. Though breath control, efficient technique and adaptation training, newly qualified freedivers comfortably explore depths from 5-20m and can learn to hold their breath for minutes underwater.

I struggle to hold my breath. Can I still freedive?

- EVERYONE struggles to hold their breath until they are taught how to hold their breath. This is the reason why learning how to freedive can be so mindblowing and fulfilling, because you discover and develop an ability you never even knew you had. Learning breath control through specialised breathing techniques changes the bodies need for oxygen and prolongs the need to breath; this is the foundational lesson of freediving.

Do I need to be a strong swimmer?

- Prior to starting the course, students are required to swim 200m unaided in the water. There is no time limit for this swim, it is merely to confirm that you have the minimum water confidence and physical ability needed to be safely introduced to freediving.

Why should I do a freediving course? What will I get out of it?

- Everyone starts to freedive for their own reasons. Whether that be for confidence in the water, a longer breath hold, a deeper dive, for photography, spearfishing, surf survival, underwater exploration, self-exploration, or just the pure joy of being in the water; freediving is for everyone, and everyone can benefit from the knowledge and skills gained through freediving. You will learn how to calm your mind, calm your body, swim efficiently, equalise pain free, and explore the underwater world.

FREEDIVE NINGALOO

Is freediving dangerous?

- Due to the aquatic dangers of all water sports, freediving has developed a strict and safety focused approach to everything we teach and practice. Prior to starting the course, you will be required to complete a medical screening questionnaire to rule out any predisposing factors. Everything you will learn throughout your freediving course will build upon a foundational understanding of the bodies limitations and how to safely train and progress as a freediver. (P.S. remember to NEVER FREEDIVE ALONE OR DO IN WATER TRAINING ALONE.)

Safety precautions?

- Safety is at the heart of freediving. We want all our students to feel confident in the water and know their wellbeing and comfort is our highest priority. To name a few precautions: 1) Our Freediving instructor Josh is a trained first aider (and first aid trainer), with 5 years of water sport instructional experience teaching across the globe. 2) Freediving is taught progressively, whereby foundational skills are practiced and mastered in the shallows before going deeper. You will never be pressured into attempting something that makes you feel uncomfortable, the whole point of freediving is to feel relaxed and enjoy your time underwater 3) In the event of an emergency, oxygen and Emergency first aid will always be present, at the pool, on the beach and on the boat.

Is Freediving suitable for children?

- Every child who learns to ride a bike, also learns the rules of riding a bike safely; wear a helmet, don't ride across roads, use your breaks down hills etc. If your child enjoys being in and under the water, should they not learn how to maximise this enjoyment safely? Freediving teaches the foundations of water safety, how to avoid dangers, how to help others, how to relax and breathe properly while snorkelling and diving. (The minimum age to start the Basic Freediver course is 10 yrs, and for the Lv.1 Course 12 yrs.)

What depth will we be training in? What depth will we be diving to?

- Coral Bay is the perfect place for introductory Freediving courses. Prior to training in depth, we will practice our skills from the beach where we can stand if needed and then venture out to explore the reef in 4-5m of water surrounded by pristine coral and fish. Our depth training will start in a very protected dive site around 10-12m depth. Here we will apply our new skills and progress towards the bottom. If we're successful and comfortable (weather conditions allowing), we can continue to areas of the bay that drop to 20m (max depth for Lv.1 Course).

FREEDIVE NINGALOO

How long does a Freediving course take?

- The Lv.1 Freediver Course takes 2 ½ days. One evening session followed by 2 full days training. View outline here: [LEVEL 1 FREEDIVER](#)
- The Basic Freediver Course is the first 1 ½ days of the Lv.1 course. One evening followed by a full day's training. View outline here: [BASIC FREEDIVER](#)
- Contact us for up to date scheduled courses and bookings - 0498 962 867 or email: freediving@ningaloooralbay.com

How much does a Freediving course cost?

- The Lv.1 Course is \$550, and the Basic Course is \$350. This includes all equipment hire, a day out on the Ningaloo reef with an opportunity to swim with manta rays (only on Lv.1. Course), RAID materials and certification, no hidden costs. Bay View camping and backpacker guests also receive 10% off!

What equipment do I need, or what's provided?

- All specialised Freediving equipment is provided on the course. This includes low volume mask and snorkel, freediving fins, weight belt, freediving buoys (wetsuits in winter). Feel free to bring any of your own gear as well or check out our retail equipment in the store.

Are there any pre-requirements before starting the course?

- Prior to starting your Freediving course, you will be required to complete a medical screening questionnaire: [FREEDIVE NINGALOO_RSTC-Medical-Questionnaire-for-Scuba-Diving](#). This is to rule out any predisposing factors (such as fainting/epilepsy/recent surgeries) and to ensure you're medically fit to begin freediving.
- You will also be required to swim 200m unassisted at the start of the course. We encourage you to attempt this beforehand and to spend time in the water leading up to your course to make sure you're comfortable in the water.

What to bring?

- Bring everything you would usually bring to the beach: water bottle, towel, sunscreen, hat, light snacks. All equipment is provided, and then the best thing about freediving is that our lungs, brains and bodies are the most important pieces of equipment!

FREEDIVE NINGALOO

What can I do prior to the course to prepare?

- Prior to arriving and starting your course, you can sign up to RAID Freediving online and create an account [<https://www.freedivingraid.com/asp/members/register.asp?fromdc=142>]. From there you will be able to pass the medical questionnaire and liability paperwork, download your manuals, and get studying!
- It's also highly recommended that you spend as much time in the water before starting your course, a recurring factor among successful students is water comfortability whether that be a pool, beach, or open water (DO NOT PRACTICE BREATH HOLD DIVING IN THE WATER ALONE).

Places to stay?

- Coral Bay is a small town with accommodation options for all tastes and budgets. Rest assured that everything in the bay is a within 5 minutes walk to the pool and the beach. Check out our selection of accommodation here: <https://www.ningaloooralbay.com/accommodation/>

Best way to book

- Check our upcoming courses and availability via phone - 0498 962 867 or email freediving@ningaloooralbay.com