



## Sporting Activity Program

1. Action Title	
Sporting Action name:	Diving baptism
Date:	[Date of the Event]
Duration:	6 hours
Location:	Beach or natural sea pool with safe access and suitable conditions for Scuba diving initiation (maximum depth: 4 meters )
Organizer	[Insert organisation]

2. Event Objectives
<ol style="list-style-type: none"><li>1. <b>Promote social inclusion</b> through a recreational and educational activity in contact with nature, creating a space where young people can interact, collaborate, and strengthen bonds, both among themselves and with other participants.</li><li>2. <b>Promote physical and emotional well-being:</b> Offer a rewarding experience that boosts self-esteem, reduces stress, and enhances self-confidence through sport and connection with nature.</li><li>3. <b>Develop personal skills:</b> Encourage skills such as communication, cooperation, resilience, and overcoming fears or insecurities.</li><li>4. <b>Introduce a new recreational activity:</b> Provide the opportunity to experience diving as an innovative and motivating activity, which may spark an interest in new skills and hobbies.</li><li>5. <b>Raise awareness about marine conservation:</b> Use the activity to raise awareness about the importance of protecting the environment, especially marine ecosystems.</li><li>6. <b>Provide a memorable day:</b> Offer a unique and rewarding experience that will remain in the participants' memories as a moment of enjoyment and learning.</li></ol>

3. Participants	
<b>Target Group:</b>	<p>Direct group: Young people aged 16 to 25, especially those with fewer opportunities</p> <p>Indirect groups: partner's staff , external youth workers, volunteers.</p>
<b>Number of Participants:</b>	At least 20 young people from the target group will be invited, although the activity will be carried out in small groups (no more than 5 people per group) and over several sessions.
<b>Staff trainers:</b>	2 (at least 1 for every 5 young people).
<b>External youth workers</b>	2 (at least 1 from each collaborating entity).
<b>Volunteers</b>	Several volunteers will be invited

4. Event Program	
<b>Start Time and Registration</b>	<ul style="list-style-type: none"> <li>• <b>08:30-9:15:</b> Participant Arrival, Registration. <ul style="list-style-type: none"> <li>• <b>Description:</b> Check-in.</li> <li>• <b>Rules:</b> Be punctual, follow the instructors' directions.</li> </ul> </li> </ul>
<b>Opening Briefing</b>	<ul style="list-style-type: none"> <li>• <b>09:15 – 09:45:</b> Welcome Speech and Group Organization <ul style="list-style-type: none"> <li>• <b>Description:</b> <p>Organizer's Welcome Speech:</p> <p>The participants will be welcomed and organized into small teams to facilitate supervision.</p> <p>Introduction of instructors, youth workers, and volunteers.</p> <p>Overview of the recreational/sporting activity and its objectives.</p> </li> <li>• Selection of the necessary diving equipment for each participant (by size): wetsuit, regulator, vest, mask, weights, fins.</li> <li>• <b>Rules:</b> Punctuality, respect the instructors' instructions.</li> </ul> </li> </ul>
<b>Transfer</b>	<ul style="list-style-type: none"> <li>• <b>09:45 – 10:15:</b> Transfer to the activity location</li> </ul>

<b>Activity 1:</b>	<ul style="list-style-type: none"> <li>• <b>10:15 – 10:45: Safety Briefing. Equipment Introduction_</b> <ul style="list-style-type: none"> <li>• <b>Description:</b> <p><b>Theoretical and practical instruction:</b> Before starting to gear up, the instructors will explain to the participants the safety procedures, the components of the diving equipment, how to gear up, how to use the equipment, and how to communicate underwater. This includes breathing techniques, warning signals, and emergency procedures.</p> <p>They will also explain to the participants that they must ensure the mask is properly fitted to prevent water from entering; the regulator mouthpiece should fit comfortably in the mouth, and they should breathe only through the mouth. Fins should be the correct size to avoid chafing.</p> <p>Additionally, they will explain that touching marine life or the ocean floor should be avoided, as it could harm the ecosystem and cause injury.</p> <p>If they feel cold or tired, they should communicate this to the instructor.</p> </li> <li>• <b>Basic rules:</b> Pay attention and respect the instructions given by the instructors.</li> <li>• <b>Objectives:</b> Ensure safety during the activity and the proper use of the equipment.</li> <li>• <b>Trainers:</b> [trainer's Name]</li> </ul> </li> </ul>
<b>Activity 2:</b>	<ul style="list-style-type: none"> <li>• 10:45 – 11:15: Participants gear up, helping each other and with the supervision and support of the instructors and volunteers.</li> </ul>
<b>Activity 3:</b>	<ul style="list-style-type: none"> <li>• <b>11:15 – 13:15: Discover Scuba Diving</b> <ul style="list-style-type: none"> <li>◦ <b>Description:</b> <p>Once equipped, participants will listen to the “briefing,” where the instructor will review the hand signals for underwater communication (for example, in case of cold or fatigue) and the emergency procedures to follow.</p> </li> </ul> </li> </ul>

	<p>The activity plan will be explained, including depth, dive time, and general expectations to ensure a safe and controlled experience. Participants will also be reminded of the importance of not touching or disturbing the species to preserve their habitat.</p> <p>Each pair of participants will be accompanied by a volunteer who will assist them until they enter the water, after which the instructor will take over.</p> <p>The dive will not exceed 4 meters in depth and will last no longer than 25 minutes.</p> <ul style="list-style-type: none"> <li>◦ <b>Biodiversity:</b> During the dive, participants will observe common species such as the old grouper (a brightly colored fish), the seabream (easily identified by its black stripes), and the fula (recognizable by its violet color). Schools of salemas or breams, octopuses (masters of camouflage), and starfish are commonly found on the rocks.</li> <li>◦ When the instructor decides it's time to finish the activity, participants will exit the water in an orderly fashion, assisted by volunteers if necessary.</li> <li>◦ <b>Basic rules:</b> <ul style="list-style-type: none"> <li>- Stay within the designated areas.</li> <li>- Once in the water, do not stray from the instructor at any time.</li> <li>- Strictly follow the instructions of the instructors.</li> <li>- Respect the natural environment, do not harm or touch marine life.</li> <li>- Remain calm in the water.</li> </ul> </li> <li>◦ <b>Objectives:</b> <ul style="list-style-type: none"> <li>- Familiarize with the equipment</li> <li>- Introduce scuba diving in a safe manner</li> <li>- Learn about the species that can be observed during the dive and raise awareness about the importance of preserving the marine ecosystem</li> </ul> </li> <li>◦ <b>Trainer:</b> [trainer's Name].</li> </ul>
Closing Session	<ul style="list-style-type: none"> <li>• <b>13:15 – 14:00:</b> <u>Event Closing. Summary and Comments.</u> <ul style="list-style-type: none"> <li>◦ <b>Description:</b> Collecting the equipment - Group Reflection and Sharing</li> </ul> </li> </ul>

	<p>Experiences:</p> <ul style="list-style-type: none"> <li>◦ After changing, with the help of volunteers if needed, all the equipment is collected following the instructors' instructions.</li> <li>◦ Group reflection on the activity: What did we learn? How did we feel? The participants will share their learnings and feelings about the activity.</li> <li>◦ Participant feedback through the evaluation questionnaire.</li> <li>◦ Group photo.</li> <li>◦ Thanks and final remarks from the organizer.</li> </ul>
<b>Transfer</b>	<ul style="list-style-type: none"> <li>• 14:00 – 14:30: END OF THE ACTIVITY AND TRANSFER TO THE DIVING CLUB.</li> </ul>

<b>5. Required Resources</b>	
<b>Sport materials</b>	<ul style="list-style-type: none"> <li>• <b>Diving Equipment:</b> <ul style="list-style-type: none"> <li>a) Buoyancy control device (BCD).</li> <li>b) Diving mask or full-face mask.</li> <li>c) Fins.</li> <li>d) Gas supply with two second stages (regulator).</li> <li>e) Gas supply pressure control device.</li> <li>f) Cutting device.</li> <li>g) Depth control device.</li> <li>h) Time control device.</li> <li>i) Decompression management device or tables.</li> <li>j) Acoustic surface signaling device.</li> <li>k) Surface signaling buoy device.</li> <li>l) Wetsuit, booties, weights.</li> <li>m) Dive tank.</li> </ul> </li> </ul>
<b>Responsibilities of Staff and Volunteers</b>	<ul style="list-style-type: none"> <li>• <b>1 diving instructor</b> for every 5 participants at a minimum. The instructor will be responsible for guiding the activity, giving informational talks, and supervising the dive, ensuring that participants are safe, comfortable, and enjoying the experience.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>1 Youth Worker from the collaborating organization.</b> Although the educator does not lead the activity and is not the direct beneficiary, they play an important role in supporting the young participants, so they will be invited (though their presence is not mandatory): <ul style="list-style-type: none"> <li>- Emotional Support: The educator is a trusted figure for the young participants and helps resolve any conflicts or personal issues that may arise.</li> <li>- Communication: They will relay any potential needs of the participants to the instructors, if necessary.</li> <li>- Reinforcement of Objectives: They ensure that the experience aligns with the group’s educational or personal development goals, reinforcing values such as teamwork, responsibility, and respect for nature.</li> </ul> <p>If the educator is unable to attend on the day of the activity, they will meet with the instructors beforehand to prepare the activity, discuss any needs of the participants, and ensure everything is well-organized.</p> </li> <li>• <b>Various volunteers:</b> Volunteers complement the instructor's work by assisting in various areas, such as logistical support. They help the participants gear up and get into the water, providing them with support, confidence, and reassurance.</li> </ul> <p>Together, the instructor, volunteers, and educator work in coordination to ensure that the activity is safe, educational, and provides a positive experience for the young participants.</p>
<b>Safety and First Aid</b>	<b>Safety Requirements:</b> <ol style="list-style-type: none"> <li>1. <b>Adequate Supervision</b> <ul style="list-style-type: none"> <li>• <b>Certified Instructors:</b> Ensure that diving instructors are properly certified and have experience working with diverse groups, especially with individuals who may not have prior experience in such activities.</li> <li>• <b>Constant Monitoring:</b> Participants must be under constant supervision throughout the activity. Volunteers should be strategically placed to ensure all participants are well attended to.</li> </ul> </li> <li>2. <b>Informed Consent Form</b> <ul style="list-style-type: none"> <li>• Participants and their legal representatives (if applicable) must</li> </ul> </li> </ol>

sign a consent form to participate in the activity.

### 3. **Health Questionnaire or Pre-medical Assessment:**

Check if the national legislation of the activity implementation location requires it.

### 4. **Proper Equipment**

- **Well-maintained Diving Equipment:** The diving equipment (mask, fins, regulator, tank, etc.) should be in perfect working order and appropriate for the experience level of the participants.

### 5. **Pre-Activity Training and Preparation**

- **Theoretical and Practical Instruction:** Before starting the dive, participants must receive an explanation of safety procedures, how to use the equipment, and how to communicate underwater. This includes breathing techniques, hand signals, and emergency procedures.
- **Emergency Simulations:** It is advisable to conduct simulations of possible emergencies so that all participants and volunteers know how to respond to any incidents.

### 6. **Environmental Conditions**

- **Dive Site Review:** The dive area must be safe, with conditions suitable for beginners, such as calm and clear waters. Before beginning, instructors should inspect the beach for potential risks, such as rocks, strong currents, or unsafe swimming areas.
- **Weather Forecast:** Check the weather conditions before the activity.

### 7. **Depth and Time Limits**

- **Limited Depth:** The depth should be restricted to a safe zone, typically between 2-4 meters.
- **Controlled Dive Time:** The dive time should be limited to 20-25 minutes.

### 8. **Emergencies and First Aid**

- **Staff Trained in First Aid:** At least one instructor or volunteer must be trained in first aid and CPR.
- **Evacuation Plan:** Have a clear evacuation plan in case of emergencies, with quick access to nearby medical services.
- **First Aid Kit:** It should be available at all times and include gauze, bandages, antiseptics, tape, scissors, basic medications for allergic reactions, and materials to treat minor wounds or

	<p>cuts.</p> <ul style="list-style-type: none"> <li>• <b>Additional Safety Equipment:</b> Emergency oxygen.</li> </ul> <p>9. <b>Emotional Considerations</b></p> <ul style="list-style-type: none"> <li>• <b>Emotional Support:</b> It is important that the young participants feel comfortable and secure before, during, and after the activity.</li> <li>• <b>Individual Adaptation:</b> Ensure that participants receive personalized attention based on their emotional or psychological needs, especially if they have fears or anxieties related to water (pre-activity communication with their educator is essential).</li> </ul> <p>10. <b>Constant Communication</b></p> <ul style="list-style-type: none"> <li>• <b>Underwater Communication:</b> Instructors must ensure that all participants understand hand signals for underwater communication in case of an emergency.</li> <li>• <b>Continuous Communication with Volunteers:</b> Volunteers should stay in constant contact with the instructors to ensure the entire group remains safe throughout the activity.</li> </ul> <p>11. <b>Activity Planning</b></p> <ul style="list-style-type: none"> <li>• <b>Adaptation to Participants:</b> Ensure the activity is adapted to the physical and emotional levels of the young participants, considering their capabilities and limitations.</li> <li>• <b>Breaks and Rest Periods:</b> Plan regular breaks to avoid fatigue and keep participants hydrated and rested.</li> </ul>
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6. Collaborators
[List of Collaborators]



7. Contact Information	
Persona de Contacto:	[Name of Contact Person]
Número de teléfono:	<ul style="list-style-type: none"> <li>[Contact Phone Number]</li> </ul>
Dirección de Email:	<ul style="list-style-type: none"> <li>[Contact Email Address]</li> </ul>

Additional Notes
<ul style="list-style-type: none"> <li>• Ensure that all participants are informed about the location and schedule of the event.</li> <li>• Make sure all participants are aware of the weather forecast and are prepared accordingly.</li> <li>• Participants should wear appropriate beach attire (swimsuit, towel, flip-flops), a cap to protect from the sun, and comfortable shoes for walking.</li> <li>• Volunteers should receive an informational session about their roles and responsibilities before the event.</li> <li>• A photographer will document the event, and permission will be requested to use the images for promotional purposes.</li> </ul>