

# Discover Scuba Diving - Daymaniyat Islands

📍 Al Mouj Marina, Way 457, Al Mouj, Muscat, Muscat Governorate, 000, Oman



Discover Scuba Diving at the Daymaniyat Islands offers a safe and guided introduction to the underwater world. Swim among colorful coral reefs, encounter tropical fish, and experience the thrill of breathing underwater for the first time. Perfect for beginners or those new to diving, this half-day adventure combines fun, learning, and marine exploration.

## Tour Facts

Group Size:

**4**

Duration:

**6**

Language:

**English, Arabic**

Tour Type:

**continuous**

## Tour Itinerary

### 08:00 AM : Welcome and Orientation



- Meet at Al Mouj Marina



- Introduction to diving instructor
- Initial safety briefing
- Equipment familiarization session

Duration

**6 Hours**

### : Equipment Introduction and Training

- Comprehensive explanation of diving equipment
- Detailed walkthrough of:
  - Mask and snorkel usage
  - Breathing apparatus (regulator)
  - Buoyancy Control Device (BCD)
  - Diving suit and weights
- Basic underwater communication techniques
- Safety protocols and hand signals

### : First Dive Preparation

- On-boat training and final equipment checks
- Breathing and buoyancy control practice
- Instructor-guided entry into water
- Shallow water skill rehearsal
- First guided dive experience
- Focus on marine life observation and technique

### : Surface Interval

- Return to boat
- Rest and recovery period
- Refreshments and hydration
- Discuss first dive experience

- Review marine life observed
- Instructor feedback and guidance

## **: Second Dive**

- Move to alternative dive location
- More confident diving experience
- Apply skills learned in first dive
- Continued instructor supervision
- Enhanced marine exploration

## **02:00 pm : Return Journey**

- Begin return trip
- Dock at Al Mouj Marina