



OUR MISSION –

To offer the unique opportunity of experiencing SCUBA Diving to our wounded American veterans

OUR MOTTO –

Recover - through adventure
Discover - our underwater world
Rebuild - families and relationships

OUR VISION –

We are professional SCUBA diving instructors and other individuals with a strong passion to give back to our combat wounded veterans. The men and women who served this country and came home with traumatic wounds, amputations or other life changing injuries; as well as their families, deserve the opportunity to experience what SCUBA diving offers.

OUR CONTACT INFO –

PO BOX 1385 TEMECULA CA 92593 | 888.764.6383

WWW.WAVESPROJECT.ORG

PROGRAMS

Initially, when combat wounded American service men and women return home after suffering a debilitating injury, they receive a tremendous amount of support. Immediately a number of great organizations rally together providing greatly needed goods and services to help improve the shattered lives of the returning Veteran. However, as time passes, the aftermath remains and the needs continue, in some cases for years and sometimes for the rest of their lives. The WAVES Project's programs are focused on continued support, services, rehabilitation and diving companionship for a lifetime.

WAVES: DIVER CANDIDATE

This is where it all begins. As a WAVES Diver Candidate you're qualified to learn foundational SCUBA diving skills and the use of basic SCUBA gear including a dive computer, and standard accessories. Our instructional staff works with each student, adapting to the specific needs of each veteran, so the diver candidate can complete the requirements of the, "Open Water Diver" course and receive an "Open Water Diver" certification.

Learning to dive is an incredible experience. You breathe underwater for the first time (something you'll never forget) and learn what you need to know to become a certified diver. During the course, you'll participate in at least five pool dives and four open water dives at local dive sites under the supervision of your WAVES Project Instructor.

WAVES: ADVANCED DIVER MEMBER

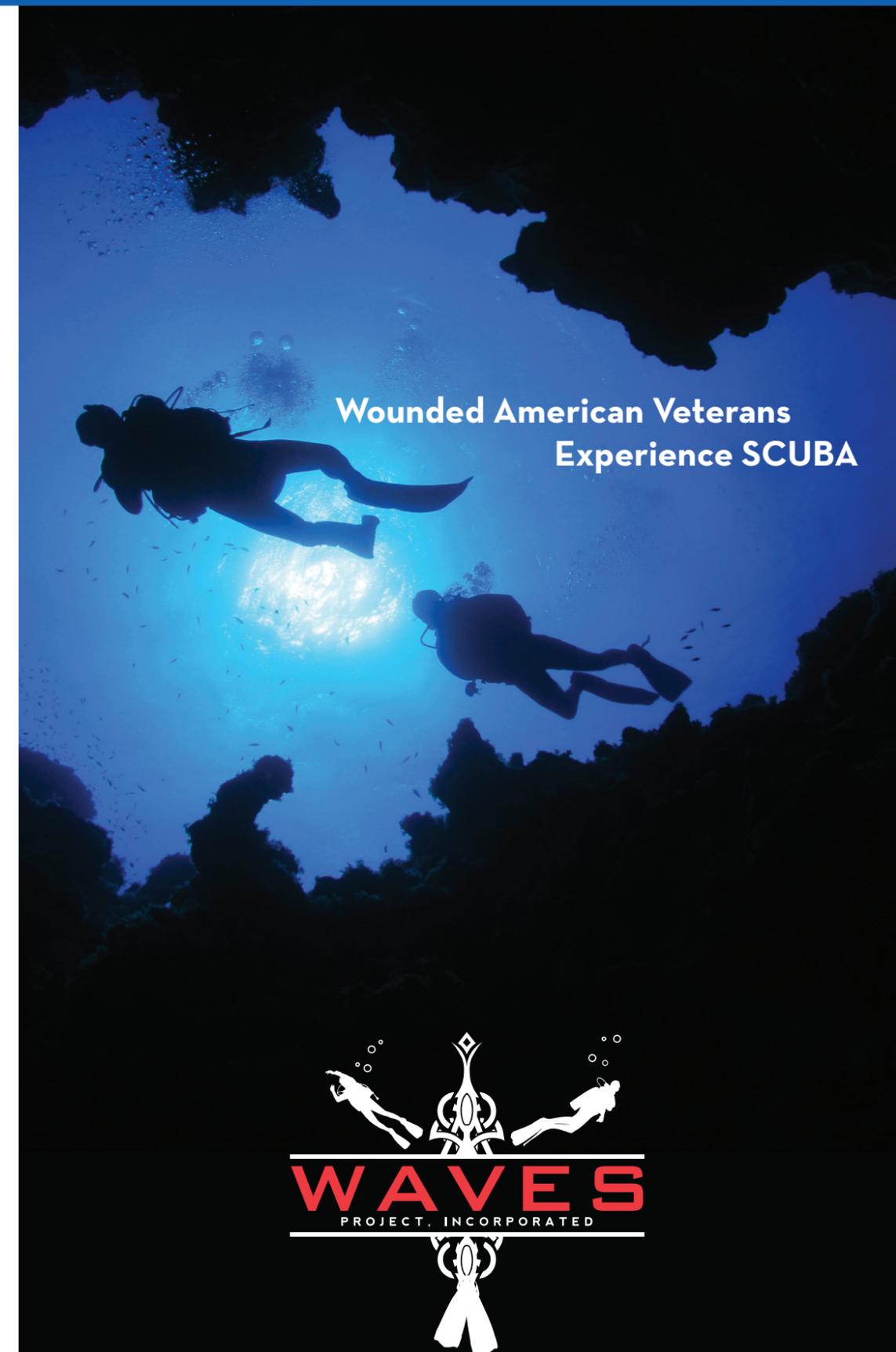
Now that you've achieved your Open Water Diver certification, what's next? Go diving, of course! Many opportunities await you. Additional diving skills, adventures and training that can take you to the next level. The Advanced Open Water Diver program, Rescue Diver, Master Scuba Diver and numerous underwater diving specialties are available to expand your diving horizons. Discuss what's available to you, as well as your interests and goals, with your WAVES Project Instructors.

WAVES: GEAR MEMBER

As a certified Open Water Diver the adventure is only beginning. As a WAVES Gear Member you will be qualified to participate in our gear program, which provides you with a complete set of scuba gear including Buoyancy Control Device (BCD), Regulator, Exposure Suit (Wetsuit), Submersible Pressure Gauge, Alternate Air Source, Compass, and Dive Computer. Ask your WAVES Project Instructor how it works!

WAVES: TRAVEL MEMBER

Now that you have completed your certification and have your own your scuba gear, what's next? How about some exotic dive locations? The crystal clear waters of renowned dive destinations await... dramatic sea walls, shallow banks, coral reefs and an exciting array of marine life. As a WAVES Travel Member you can easily qualify for annual trips to some of the world's most sought after dive destinations.



Wounded American Veterans
Experience SCUBA



WHO

The WAVES Project, a non-profit organization, has been established to provide an opportunity for Wounded American Veterans and their families to experience scuba diving. Scuba diving can help the wounded warrior by promoting independence and self-confidence in many ways. The wounded veteran will benefit from becoming an underwater equal to able-bodied divers and discover new personal goals and opportunities. They will also enjoy the peace and relaxation achieved by the weightlessness that our silent world provides. Through reduced external influences, scuba diving allows them to concentrate on less painful recovery and rehabilitation.

WHAT

The Waves Project helps wounded American veterans participate in a challenging, exciting and rewarding sport designed to facilitate the rehabilitation process of their injuries as well as rehabilitating the entire family unit. Unlike most veteran organizations that focus on serving the veteran only, WAVES Project encourages the veteran's entire family and friends to be a part of the process, creating a true rehabilitation for the entire family.



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WHY

Aquatic therapy takes advantage of the properties of water and weightlessness, to provide a unique exercise and therapeutic environment for patients who experience pain, weakness, muscle spasms, limited range of motion and decreased strength.

PADI AMERICAS

Professional Association of Dive Instructors

PADI provided scuba diving expertise and a variety of resources to help conduct a six-week study, commissioned by the Cody Unser First Step Foundation in partnership with Johns Hopkins University School of Medicine and the International Center for Spinal Cord Injury at the Kennedy Krieger Institute.

Ten paralyzed veterans were selected for the trial which was completed in the Cayman Islands in 2011. PADI provided each veteran and also the researchers with PADI Open Water Diver courses. Eight veterans completed the program; improvement averages include:

- 15 percent drop in muscle spasticity
- 10 percent increase in light touch sensitivity
- 5 percent jump in sensitivity to pinprick

If you or a loved one has suffered from a major, life-changing injury, scuba diving therapy may help in some situations. Importantly, talk with your doctor and therapists about your interest to see if this type of therapy is right for you.

Therapeutic scuba diving is a unique healing activity because water reduces the forces of gravity, which are hard on the body. Water offers a weightless and cushioning environment that gently supports muscles and limbs. This allows patients to use body parts previously too painful to move—injuries seem to disappear. This offers a liberation not found on land.

At the same time that water is gentle on the body, it also presents some resistance to movement, as anyone who has swum under water knows. For wounded warriors, this is an opportunity to increase muscle strength with less pain.

HOW

Our instructors have specialized training from both PADI (Professional Association of Diving Instructors) and HSA (Handicapped Scuba Association) to insure safe and suitable instruction for divers with various injuries or disabilities, whether physically, mentally or emotionally challenged.

Without the specialized training our instructors and dive professionals receive, SCUBA training is not possible for our wounded warriors. The benefits realized through this training are wide ranging; comments include:

"It gives me a great sense of freedom, takes me away from daily irritations."

"Being weightless while I'm underwater is the only time I'm pain free"

"It was about finding an activity I can do with my family; we help each other and get away from the everyday struggle. It's about family and buddy bonding; it's not an individual sport."

We offer this training at no cost to wounded veterans through donations from individuals, groups and corporations. Training includes specialized SCUBA equipment suited to the person based on their physical needs, travel to appropriate dive locations, and accommodations for the family or buddy of the diver.

AQUATIC THERAPY: MAKING A WAVE IN THE TREATMENT OF LOW BACK INJURIES.

National Association of Orthopedic Nurses

Aquatic therapy is a viable rehabilitation for the treatment of spinal pain and dysfunction. The unique physical properties of the water make it an ideal medium for the rehabilitation of low back injuries. Aquatic programs can be used in conjunction with a land-based program or as a sole treatment approach. Orthopedic specialists should consider aquatic rehabilitation in management of spinal injuries to enhance the injured patient's overall functional outcomes.