RACHEL ROSE BRITZ



PADI Open Water Scuba Instructor | 200-hr Yoga Teacher | Ocean Educator

rachel@rachelrose.online • rachelrose.online
PADI #577308 — Teaching Status, in good standing
Languages: English (native), Afrikaans (fluent)
Available from 1 December 2026, worldwide • DAN insured to May 2027

PROFESSIONAL PROFILE

PADI Open Water Scuba Instructor and 200-hour trained yoga teacher with international experience across the Indo-Pacific and Red Sea — liveaboards, wrecks, shark diving and biodiversity research operations — and 300+ logged dives. Teaching is my through-line: from Bubblemaker and Junior Open Water to anxious adult students, guest yoga classes and marine-life education, my goal is that guests leave the water more confident, more knowledgeable and more inspired than when they entered it. All five specialty instructor ratings required for Master Scuba Diver Trainer already held. Comfortable in high-volume operational settings, with a 5-star guest-service mindset.

PROFESSIONAL EXPERIENCE

Sodwana Bay Lodge Scuba Centre — PADI Instructor, Operation Wallacea research season Jun – Jul 2026

- Asked back by the centre that trained me as an instructor to help staff the Operation Wallacea (Opwall) biodiversity-research season — high-volume training, supervision and guiding of visiting European student groups within a working research operation, with exposure to reef-survey methods. Trained 7 Open Water students and guided 20+ dives as part of a team that qualified more than 70 Open Water students.
- Conducted dive and marine-life briefings, managed equipment preparation, and supported surf-launch boat operations through peak-season volume.

Into the Blue Dive Centre, Cape Town — Divemaster Apr – May 2026

- Divemaster duties, instruction support and guiding in cold-water kelp-forest conditions across all guest experience levels.
- Reception, bookings, retail and customer service — day-to-day running of a busy city dive centre.

Sodwana Bay Lodge Scuba Centre — Divemaster, then PADI Open Water Scuba Instructor Dec 2025 – Mar 2026

- Completed instructor development and qualified as a PADI OWSI on site; taught Open Water and Advanced Open Water courses, ran Discover Scuba try-dives and assisted Rescue Diver training.
- Guided groups of up to 12 certified divers; conducted briefings; managed equipment and daily dive-centre logistics.

DIVE PROFILE

Logged dives	300+ (max depth 40 m)	**Students certified**	13 (12 Open Water, 1 Advanced)
Countries dived	South Africa • Egypt • Indonesia	**Youth training**	Bubblemaker to Junior OW, ages 8–17
Liveaboards	Red Sea • Raja Ampat	**Largest guided group**	12 certified divers
Signature dives	SS Thistlegorm • Ras Mohammed • Protea Banks & Aliwal Shoal shark dives	**Environments**	Reef • Wreck • Drift • Shark • Kelp • Night • Nitrox

SIGNATURE DIVE EXPERIENCE

- **Indonesia — Raja Ampat (liveaboard):** multi-day Coral Triangle itinerary; drift diving in strong currents; manta encounters.
- **Egypt — Red Sea (liveaboard):** SS Thistlegorm wreck; Ras Mohammed National Park; deep walls and drift diving.

- **South Africa:** Sodwana Bay (instruction & guiding), Protea Banks and Aliwal Shoal (shark diving), Cape Town (cold-water kelp forests).

CERTIFICATIONS

Professional: PADI Open Water Scuba Instructor • EFR Instructor • Divemaster • Rescue Diver • DAN Diving First Aid for Professional Divers (DFA Pro) — in progress

Specialty Instructor ratings (all five required for MSDT): Enriched Air (Nitrox) • Deep • Underwater Navigation • Underwater Naturalist • Underwater Videography

Diver level: Advanced Open Water • Nitrox • Deep • Night • Wreck • Freediver (PADI) • Underwater Navigator • Underwater Naturalist • Underwater Videographer

Other: 200-hr Yoga Teacher Training, Yoga Life Cape Town — Yoga Alliance RYS 200 (June 2026) • See-en-Sand Lifesaving Course (2023)

YOGA & WELLNESS

Completed 200-hour Yoga Teacher Training at Yoga Life, Cape Town (Yoga Alliance RYS 200), June 2026. Able to plan and lead guest and staff classes — from sunrise flows to recovery and breathwork sessions for divers — and to support resort wellness programmes alongside full-time dive duties. Combining ocean education with wellbeing is central to how I work.

CONSERVATION & RESEARCH

- Dive staff, Operation Wallacea research season, Sodwana Bay (2026) — supporting biodiversity fieldwork and reef-survey data collection.
- Two-year Marine Sciences volunteer, Two Oceans Aquarium, Cape Town (2022–2024).
- President, School Eco Committee (2024–2025) — led environmental campaigns and beach clean-ups.
- Confident marine-life interpreter across Indo-Pacific reef species; deliver naturalist and fish-ID briefings guests remember.

ADVENTURE & FITNESS

- Summited Mount Kilimanjaro; completed the Otter Trail and Fish River Canyon hikes — multi-day expedition endurance and temperament.
- South African National Champion in Eventing (equestrian); school colours for academics, horse riding and orchestra — plays cello and ukulele.
- Competitive dinghy sailing with practical small-craft seamanship experience; accustomed to 10-hour operational days, cylinder handling and long surface swims.

TEACHING & OPERATIONAL STRENGTHS

Adaptive instruction — children from 8 (Bubblemaker) to Junior Open Water and teens, anxious and previously traumatised students, and a student with a limb difference, all to standard • Emergency response: as beach staff, administered emergency oxygen to a diver when a boat returned with a medical emergency; have safely terminated a dive on medical grounds • Guest experience & 5-star service mindset • Equipment: Cressi, Aqualung, Sherwood, Scubapro; DIN & Yoke; steel & aluminium • Briefings, surf-launch boat support, dive-centre administration • Microsoft Office, Canva, Adobe Lightroom

REFERENCES

> *"Rachel is a calm instructor who is good at helping troubled divers. Rachel has proven herself to be reliable and responsible while helping divers and students dive comfortably. Rachel can spot and identify problems from afar..."* — Nicola Sequeira, PADI Staff Instructor & School Manager, Sodwana Bay Lodge Scuba Centre

References from Sodwana Bay Lodge Scuba Centre (Owner and Manager) and Into the Blue Dive Centre, Cape Town. Contact details on request.

Written reference letters and certification e-cards available on request.