



Student's Name: \_\_\_\_\_

Instructors: please tick each item when completed, and sign off each lesson with your name and the date when completed.

2014.8

***S/DS1 – Basic Water Confidence - (shallow pool 19:00)***

***Bottlenose Dolphin***

Swim 3 lengths freestyle/breaststroke and 1 length backstroke

Dive to bottom to recover object (max 2 metres)

Passed:

***S/DS2 – Fitting and clearing Mask and Snorkel - (shallow pool 19:00)***

***Spinner Dolphin***

Fit and use the mask - check for leaks and correct

Fit and use the snorkel, including clearing

Demist Mask

Breathe through Snorkel with head submerged

Breathing through snorkel without a mask while standing

Passed:

***S/DS3 – Fitting Fins, Finning with Mask and Snorkel - (shallow pool 19:00)***

***Dusky Dolphin***

Fit Fins

Static finning against pool side

Fin 10 metres, turn and fin back

Fin with hands at side, behind back

Fin 4 lengths on the surface on front, improve finning

Fin 2 lengths on the surface on back

Passed:



***S/DS4 – Entries and Exits, Finning in a Buddy Pair - (deep pool 18:00)***

***Striped Dolphin***

- Slide (or silent) Entry
- Exit to pool side
- Stride Entry
- Ladder (large boat) exit
- Backwards roll entry
- Buddy snorkelling on surface
- Passed:

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***S/DS5 – Clearing Mask and Snorkel underwater, Surface Dives - (deep pool 18:00)***

***Clymene Dolphin***

- Mask clearing (main pool)
- Snorkel clearing – blow and displacement (main pool)
- Head first dive (main pool)
- Buddy snorkelling with surface dives (main pool)
- Breath-holding swims underwater (10 – 12 meters) (main pool)
- Stride entry from 1 meter board (deep pool)
- Dive to bottom of pool and swim across (repeat 4 times) (deep pool)
- Backward roll entry from 1 meter board (deep pool)
- Passed:



***S/DS6 – Finning Techniques, feet first dives, buddy rescue - (deep pool 18:00)***

***River Dolphin***

- Forwards Flutter kick (main pool)
- Backwards Flutter Kick (main pool)
- Sideways Flutter Kick (main pool)
- Frog Kick (main pool)
- Dolphin Kick (main pool)
- Fast Finning (overarm) (main pool)
- Surface Dives (deep pool)
- Feet First Dives (deep pool)
- Treating cramp (main pool)
- Snorkel tow (main pool)
- Passed:

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***S/DS7 – Skills Assessment - (deep pool 18:00)***

***Rissos Dolphin***

- Plan a snorkel dive
- Brief the Dive - SEEDS
- Kit up and buddy check
- Entry
- Finning and surface dives
- Exit
- Debrief
- Rescue and tow buddy to safety
- Passed:

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*Congratulations*