



Student's Name: _____

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

Oct 2019

Pool Module OS1 – Being Underwater

- Use of mask, fins and snorkel – standing depth
- Breathing from SCUBA – standing depth
- Buoyancy control using BC – standing depth
- Horizontal trim using breathing control and BC
- Basic signals
- Passed:

Pool Module OS2 – Basic Skills

- Kitting up including assembly and functional equipment check
- Underwater swimming maintaining neutral buoyancy – deeper water
- Mask removal and clear – standing depth
- Demand valve clearing – standing depth
- Alternative source as donor – standing depth
- Alternate source as recipient – standing depth
- Passed:

Pool Module OS3 – Developing Skills

- Deep water stride entry
- Mid-water hover
- Vertical descent and ascent procedures
- Mask removal and clear – deeper water
- Breathing from a free flowing regulator – standing depth
- Alternate source as donor – deeper water
- Alternate source as recipient – deeper water
- Passed:



Pool Module OS4 – Beyond The Basics

- Backward roll entry
- Mobility Skills
- Buddy skills and instrument monitoring
- Horizontal swim without mask
- Deep water exit
- Equipment disassembly
- Passed:

Pool Module OS5 – Safety Skills

- Kit up and buddy check
- Forward roll entry
- Swimming AS, ascent and surface action as donor – deeper water
- Swimming AS, ascent and surface action as recipient – deeper water
- Controller buoyant lift (CBL) – deeper water
- CBL and surface tow
- Deep water (boat) exit
- Passed:



Open Water Module 001 – Introduction To Open Water

- Buoyancy control and weight check
- Demand valve recovery and clear at 2-3 m
- Mask removal and clear at 2-3 m
- Dry suit inversion recovery (if worn) at 2-3 m
- Direct feed disconnection
- Buoyancy control and underwater swimming at 4-6 m
- Weight system quick release operation
- Beach entry and exit
- Passed:

Open Water Module 002 – Developing Open Water Skills

- Buoyancy control – maintain hover 1m off bottom
- Mask removal and clear at 4-6 m
- AS ascent as donor from 4-6 m
- AS ascent as recipient from 4-6 m
- Exploratory dive to 7-10 m
- Buoyancy control on vertical ascent
- Passed:

Open Water Module 003 – Open Water Rescue Skills

- Check cylinder contents with oxygen analyser (if Nitrox is used)
- Deep water entry (stride or backward roll)
- Controlled vertical descent in 4-6 m
- CBL from 6m and tow
- 10-20 m tow of casualty to safe exit
- Exploratory dive to 12-15 m
- Jettison of weights / weight belt from casualty – shallow water
- Passed:



Open Water Module 004 – Open Water Rescue Skills

- Plan no deco dive using a up to 36% EAN blend to a max depth of 17-20 m
- Lead kit up and thorough buddy check
- Dive leading practise at 14-17 m
- Alternative finning technique (frog kick)
- Exploratory dive to 20m max
- Jettison of weights / weight belt in shallow water
- Deep water exit
- Passed:

Congratulations