



Student's Name: _____

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

Oct 2013

B1 - SSR "Refresher" - (deep pool 18:15)

- Swim 4 lanes in the main pool free style
- SEEDS (explain meaning)
- Assemble equipment, kit up and buddy check
- Stride entry
- Buoyancy check - fin pivot
- Mask clearing
- Buoyancy check - mid water hover
- Buoyancy control – controlled ascend, controlled descend
- AAS as donor and recipient
- CBL, controlled ascent (no casualty)
- Exit via ladder
- Passed:



B2 - SS1 "Rescue Skills 1" - (main pool 19:00)

- Swim 4 lanes free style
- Rescue breaths demo (standing depth)
- Towing a casualty demo (standing depth)
- Towing a casualty in water with ABC equipment, 2 lanes
- RB and towing with ABC equipment, 2 lanes
- CBL demo in shallow water
- RB with scuba equipment, 2 lanes
- Towing with scuba equipment, 2 lanes
- Rescue sequence (CBL, RB, towing) with scuba equipment
- Casualty's kit removal - standing depth
- Casualty removal from water, with help from other divers
- Passed:

B3 – SS1 "Rescue Skills 2" - (deep pool 18:15)

- Assemble equipment, kit up and buddy check
- Stride entry
- AAS ascent
- Check casualty responsiveness underwater
- Controlled buoyant lift (CBL only)
- Controlled buoyant lift, rescue casualty to surface
- Controlled buoyant lift, rescue casualty to surface and towing
- Casualty's kit removal
- Remove casualty from water with help from other divers
- Swim 2 lanes in the main pool backwards with scuba equipment
- Passed:



B4 - "Buoys and lines" - (deep pool 18:15)

- Dry run: shot line configuration – static reel / moveable reel
 - Assemble equipment, kit up and buddy check
 - Entry: forward roll
 - Dropping a shot line and descent in the shot line
 - CBL (no casualty) using the shot line as guide
 - Use of SMB
 - Deployment of D-SMB
 - Vertical ascent with safety stop in the shot line
 - Swim 2 lanes in the main pool backwards with scuba equipment
- Passed:*

B5 - "Advanced skills" - (deep pool 18:15) optional

- Entry: forward roll from board
 - De-kit and kit up underwater
 - De-kit and surface (leaving the kit in the bottom)
 - Descend and kit up underwater
 - De-kit and swim 10 mts carrying the kit.
 - Exit: small boat simulation
- Passed:*

Congratulations