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/AS1 – Review of Basic Skills - (shallow pool 19:00)*

Hand signals review. ❒

Kit-up & entry: walking with fins ❒

Fit mask on face. Clear mask on surface. ❒

Buoyancy check. Weight check. ❒

Fit snorkel. Practise mask and snorkel. ❒

Snorkel clearing: blow technique, displacement technique ❒

Finning action: arms forward, arms aside the body, arms on the back. ❒

Finning at different speeds. ❒

Finning in buddy pairs. ❒

Exit, dekit, kit care. ❒

Passed:

## *S/AS2 – Finning techniques and surface dives – (deep pool 18:00 or shallow pool 19:00)*

Silent entry and backwards entry ❒

Finning: flutter kick, backwards flutter kick, sideways flutter kick ❒

Keep position using arms or fins ❒

Move slowly using the in&out technique ❒

Speed finning using arms crawl strokes ❒

Mask clearing underwater: partial flood, full flood ❒

Breathing techniques (breath normally, slow breathing rate). Ear and mask equalization. ❒

Surface dives: head first, feet first ❒

Surfacing technique: superman position turning around. ❒

Snorkel swim in buddy pairs. ❒

Exit: jump to small boat or jetty. ❒

Dekit, kit care. ❒

Passed:

## S/AS3 – Using SMB – (deep pool 18:00)

Dry practise: use of SMB, safe guards ❏

Entry with SMB ❏

Finning (forward, backward, sideways) with SMB on surface. Entanglement safe guards. ❏

Surface dives marked with SMB (buddy holds SMB) ❏

Swim in buddy pairs using SMB (one holds, the other dives, and swap) ❏

Exit with SMB ❏

Dekit, kit care. ❏

Passed:

## S/AS4 – Compass navigation – (shallow pool 18:30)

Dry practise: compass navigation ❏

Entry ❏

Setting a bearing and follow the bearing on surface, reciprocal bearing ❏

Follow a bearing as buddy pair, split roles navigation vs count distance ❏

Navigation with obstacles, turn points, change of bearing ❏

Principles of pilotage (use objects underwater) ❏

Exit, dekit, kit care. ❏

Passed:

## S/AS5 – Use of mini datum - (deep pool 18:00)

Dry practise: set up and use of shot line ❏

Entry with SMB and finning to open water ❏

Shot line deployment ❏

Surface dives using the shot line ❏

Shot line recover, individually and as team work ❏

Exit with SMB ❏

Dekit, kit care. ❏

Passed: