



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/SD1 – Basic skills - (shallow pool 19:00)

- Dry practise: the snorkelling equipment, diving signals
- Swimming assessment: swim 4 lanes, improve swimming technique
- Fit and use the mask, check for leaks and correct
- Demist Mask
- Fit and use the snorkel, including clearing (blow and displacement)
- Breathe through Snorkel with head submerged
- Breathing through snorkel without a mask while standing
- Fit Fins
- Static finning against pool side
- Fin 10 metres, turn and fin back
- Fin with hands at side, behind back
- Fin forward 4 lanes on the surface, 2 lanes backwards
- Exit, dekit and kit care.
- Passed:

S/SD2 – Finning techniques - (shallow pool 19:00)

- Entry: silent entry
- Forward flutter kick
- Backwards flutter kick
- Sideways flutter kick
- Keep position using fins and arms
- Slow move using in&out technique
- Speed finning by using arms crawl strokes
- Frog kick
- Finning in buddy pairs
- Exit, dekit and kit care.
- Passed:



S/SD3 – Mask clearing, surface dives - (shallow pool 19:00)

- Entry: Backward entry
- Mask clearing on surface
- Mask clearing underwater
- Snorkel clearing blow and displacement
- Surface dives head first
- Surface dives feet first
- Surfacing: superman position rotating
- Surface dives in buddy pairs (one up, one down)
- Exit, dekit and kit care.
- Passed:

S/SD4 – Diving in deep water - (deep pool 18:00)

- Entry: stride entry
- Entry: forward entry
- Surface dives head first
- Surface dives feet first
- Recover objects underwater
- Forward roll underwater
- Snorkelling as buddy pairs
- Exit: big boat, via ladder
- Exit: small boat or jetty, dolphin jump
- Dekit and kit care.
- Passed:



S/SD5 – Buddy rescue - (deep pool 18:00)

- Entry: practise any (silent, backward, forward, stride)
- Rescue: cramp procedure
- Rescue: exhausted diver, towing long distance on surface
- Rescue: unconscious diver, recover buddy and lift to surface
- Snorkel in buddy pairs: buddy gets exhausted
- Surface dives in buddy pairs (one up, one down), buddy get unconscious
- Exit: practise any (big boat, small boat) Dekt and kit care.
- Dekt and kit care.
- Passed:

S/SD6 – Dive planning - (deep pool 18:00)

- Dry practise: Plan a dive, brief using SEEDS
- Entry as planned
- Snorkel as buddy pairs and execute exercises as planned (e.g. recovering objects)
- Practise rescue (should be discussed in planning)
- Exit as planned
- Dekt and kit care.
- Passed: