

**Stroud Valley Sub-Aqua Club - Training Record**

Diver Name	Completed Date	Verified
Diver Number		
Instructor		
Comments		
DT1 - The Role of Dive Leader		
DT2 - Cardio Pulmonary Resuscitation (CPR)		
DT3 - Oxygen and Diving Incidents		
DT4 - Casualty Assessment		
DT5 - Oxygen Administration Equipment		
DT6 - Oxygen Administration in Practice		
DT7 - Use of Oxygen Administration Equipment		
DT8 - Dive Planning		
DT9 - Rescue Management Part 1		
DT10 - Helicopter Operations		
DT11 - Rescue Management Part 2		
DT12 - The Role of the Dive Marshal		
DT - Assessment		

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<b>DO1 - DSMB Deployment</b>		
DO1/1.2.3.4.5.6. Dry practice DSMB use. Kit up, buddy check. Max depth 15-20m. Exploratory no-stop dive. Ascent with no visual aid. Visual relative to buddy. No overtaking small bubbles. Particles suspended in water. Feel your buoyancy. Check gauge or computer. Do not fixate. Remain with buddy.		
DO1/7.8. Max depth 15-20m. DSMB deployment at 10m. Ensure line/reel/buoy are unattached and clear from entanglement. Partial inflate. Check buoyancy then further inflate and release. Do not lock reel until line is fully extended. Ascent to 6m for decompression stop for 3 mins.		
<b>DO2 - Dive Leading Demonstration</b>		
DO2/1. Surface. During briefing instructor will demonstrate how to lead an Ocean Diver. Trainee will take on role of Ocean Diver and training will cover exercises for that level. Instructor will check Ocean Divers experience, discuss dive profile and route and establish air management.		
DO2/2.3.4.5.6.7. Max depth 20m. During kitting up instructor will demonstrate attention to Ocean Diver skills, including practice AAS operation and buoyancy controls. Buddy check. Entry with appropriate assistance demonstrated. Instructor enters first. Exploratory dive will be demonstration of Dive Leader leading Ocean Diver, showing frequent use of 'OK' signals, air checks etc. Position of DL should enable him to monitor OD. Demonstration of attention to OD's depth and buoyancy with assistance given when required. Demo of pointing out navigation/pilotage in accordance with plan. Demo of pointing out points of interest whilst observing depth/time/air/profile. Exit and kit removal, demo of how to assist each other. Demo debrief.		
<b>DO3 - Dive Leading Practice</b>		
DO3/1.2.3.4.5.6.7. Instructor to act as trainee OD with 4 dives completed. Student to cover briefing: "Trainee's" diving experience. Dive profile and route. Air management. Kit up and buddy check. Entry appropriate to "Trainee's" level. Dive to max depth 20m in accordance with briefing. Must practice: Buddy monitoring, navigation, depth/time management, dive interest. Exit. Kit removal. Debrief: "Trainee's" debrief and overall debrief.		
<b>DO4 - Shot Recovery by Simple Lift</b>		
DO4/1. Briefing. Dry practice using lifting bag, weight, 'safety' weight and AAS/inflator to both.		
DO4/2.3.4.5.6.7.8. Kit, buddy check, entry. Dive to max depth 10m. Lifting bag attachment and partial inflation (use safety weight), deflate. Lifting bag controlled inflation to 2 to 3 kg neg buoyancy (use safety weight), deflate. Reposition weight (no safety weight) 5-10m along bottom, deflate. Recover shot weight by controlled inflation (use safety weight) until show lifts off bottom. Attach safety weight to shot and inflate until both are lifted off bottom. Release both weights and allow them to ascent. Divers swim out from under weights ascent path. DSMB initial inflation, full inflation and ascent to surface. Exit. Debrief.		
<b>DO5 - Rescue Management Scenarios</b>		
DO5. Briefing of scenario and explanations of the options. Acting out practical scenarios, slow to start with giving guidance, then at pace when students have assimilated concepts. Exercise repeated with a variety of scenes. Full debrief and analysis of performance and skills.		
<b>DO6 - Diving and Rescue Skills Review</b>		
DO6/1.2.3.4. Briefing. Kit up. Buddy check. Entry. Max depth 15m. Mask clearing, full/partial/remove/replace.		
DO6/5. Max depth 15m. AAS Ascent to 6m as donor and recipient.		
DO6/6. Exploratory dive. Keep conservative; consider multiple ascents during session.		
DO6/7.8.9.10. Weight check with low air content. Max depth 2m. Weight/weightbelt jettison. Casualty and own weights. Max depth standing depth. Exit. Debrief.		
<b>DO7 - Rescue Skills Review</b>		
DO7/1.2.3.4. Briefing. Kit up and buddy check. Entry. CBL rescue from max depth 15m. Tow with AV for 50m.		
DO7/5.6. Exploratory dive. Keep conservative; consider multiple ascents during session.		
DO7/7.8. CPR skills. Use of Resuscitation Anny. Single rescuer. Two rescuer. Swapping rolls. Debrief.		

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<b>DP1 - Dive Marshalling 1</b>		
DP1/1.2.3.4. Instructor is appointed marshal on dive. Student is acting dive marshal and takes full and active part in all disciplines. Pre-dive planning and preparation.		
DP1/3.4. Instructor is appointed marshal on dive. Student is acting dive marshal and takes full and active part in all disciplines. On-site during dive.		
DP1/5. Instructor is appointed marshal on dive. Student is acting dive marshal and takes full and active part in all disciplines. Post-dive activities. Debrief.		
<b>DP2 - Dive Marshalling 2</b>		
DP2/1.2. Student to take on lead in marshalling. Instructor overall responsibility. Briefing. Pre-Dive planning.		
DP2/3. Student to take on lead in marshalling. Instructor overall responsibility. On-site during dive.		
DP2/4. Student to take on lead in marshalling. Instructor overall responsibility. Post-dive activities. Debrief.		