

Stroud Valley Sub-Aqua Club - Training Record

Diver Name	Completed Date	Verified
Diver Number		
Instructor		
Comments		
Try-Dive		
OT1 - Ocean Diver Training		
OT2 - Diving Equipment and Signals		
OT3 - The Body & Effects of Diving		
OT4 - Planning to Go Diving		
OT5 - Going Diving		
OT6 - What Happens If		
OT7 - Enjoying Your Diving		
OT - Assessment		
OS1 - Being Underwater		
OS1/1.2.3. Fit basic equipment (mask, fins, snorkel) in standing depth.		
OS1/4.5.6.7. Kit up with SCUBA unit and carry out buddy checks. Standing depth. Breathe from DV. Buoyancy control. Surface swim.		
OS1/8.9. Buoyancy check, fin pivot, underwater swim control buoyancy.		
OS1/10.11.12.13. Dekit in water. Exit. Equipment care.		
OS2 - Basic Skills		
OS2/1.2.3.4.5.6. Assemble SCUBA kit. Function check. Kitting up and buddy check. Entry shallow water. Buoyancy check. Oral inflate BC. Surface swim, exchange DV/snorkel.		
OS2/7.8.9 Standing depth. Breathing without mask. Remove/recover DV. Mask clear. Mask remove/replace/clear.		
OS2/10.11. Standing depth. AAS donor/recipient. Swim to deeper water.		
OS2/12.13.14.15.16.17. Controlled ascent using BC (mini/full). Descent. Swim to shallow. Exit Dekit. Equipment care.		
OS3 - Developing Skills		
OS3/1.2.3.4.5.6. Kit up. Buddy check. Stride entry. Descent deep water. Improve finning/buoyancy.		
OS3/7. Shallow. Mask clear. Partial/full flood and clear. Remove replace.		
OS3/8. Standing depth. Free flow DV.		
OS3/9.10. Swim to deeper water. Mask clear/removal/replace.		
OS3/11. Deeper water. AAS static and ascent.		
OS3/12.13.14.15.16. Buoyancy control. BC inflator stuck open. Mid water hover. Normal ascent (buddy pairs). Deep water ladder exit. Equipment care.		
OS4 - Beyond The Basics		
OS4/1.2.3.4.5. Prepare SCUBA. Kit up. Buddy check. Deep water backward roll entry. Controlled descent.		
OS4/6. Deeper water. Mask remove/replace/clear.		
OS4/7. Finning without mask.		
OS4/8.9. Deep water. Forward rolls. Ascent buddy pairs.		
OS4/10. Deep water exit (small boat).		
OS4/11.12.13.14.15.16. Kit up snorkelling equipment. Deep water entry forward roll. Surface dives.		
OS5 - Safety Skills		
OS5/1.2.3.4. Prepare SCUBA. Kit up. Buddy Check. Deep water forward roll entry.		
OS5/5. Deeper water. AAS ascent.		
OS5/6. Standing depth. Towing casualty.		
OS5/7.8.9.10. Deeper water. 'Self' lift. Mini CBL. CBL. CBL and tow. Deep water ladder exit. Equipment care.		
OS1/2/3/4/5 Skills review		

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OO1 - The First Open Water Dive		
OO1/1.2.3.4. Prepare and kit up. Buddy check. Practice operating critical equipment.		
OO1/5.6. Enter water, wading or ladder entry into standing depth. Check mask fit, buoyancy check (fin pivot) lying on bottom. Carry out weight adjustment.		
OO1/7. Max 6m. Buoyancy control with changing depth. Finning action, swimming attitude, impact on underwater environment.		
OO1/8. Max 6m. DV removal/recovery/purge. Partial mask clear.		
OO1/9.10.11.12.13. Standing depth. Weight check, low air contents. Weight belt jettison. Exit. Dekit. Equipment care.		
OO2 - The Second Open Water Dive		
OO2/1.2.3. Kit up. Buddy check.		
OO2/4.5. Max 2m. Buoyancy control, mid water hover. Inversion recovery (dry suit). Dry suit inflator stuck open. DV removal/recovery/purge. Partial/full mask clear. Mask remove/replace/clear. AAS stationary, donor/recipient.		
OO2/6.7.8.9.10. Max 10m. Buoyancy control with on descent. Finning action, swimming attitude. Environment impact awareness. Pilotage awareness. Buoyancy control on ascent. Exit. De-kit. Equipment care.		
OO3 - The Third Open Water Dive		
OO3/1.2.3.4.5.6. Max 6m. Kit up. Buddy check. Deep water entry. Vertical descent using visual datum. Partial/full mask clear. Mask removal/replace/clear. AAS ascent donor/recipient.		
OO3/7.9.10.11.12. Max 12-15m. Buddy monitoring. Depth, air, time management. Pilotage. Interest in topography/environment. Vertical ascent. Deep water exit (ladder or small boat). Dekit. Equipment care.		
OO4 - The Fourth Open Water Dive		
OO4/1.2.3.4.5. Max 6m. Kit up. Buddy check. Deep water entry. Vertical descent using visual datum.		
OO4/6. Max 6m. Mini CBL. CBL. Tow casualty 25m.		
OO4/7. Max 15-20m. Buddy monitoring. Dive leading. Vertical ascent.		
OO4/8.9.10.11.12.13. Chest deep water. Casualty weight jettison. Exit. Dekit. Equipment care.		
OO5 - The Fifth Open Water Dive		
OO5/1.2.3.4.5.6. Max 12-20m. Dive leading practice. Buddy monitoring. Depth/time/air management. Pilotage.		
OO5/7.8.9.10. Max 2m. Weight check with low air content. Weight jettison in standing depth.		