

Stroud Valley Sub-Aqua Club - Training Record

Diver Name	Completed Date	Verified
Diver Number		
Instructor		
Comments		
ST1 - Sport Diving		
ST2 - Diver Rescue		
ST3 - Equipment and Techniques		
ST4 - Deeper Diving		
ST5 - Air Planning and Systems		
ST6 - Going Diving		
ST - Assessment		
SOR/O - Sports Diver Refresher/Orientation		
SOR/O/1.2.3.4.5.6 Standing depth. Kit up and buddy check. Buoyancy check/fin pivot. Partial/full mask flood/clear. Remove/replace/clear mask.		
SOR/O/7. Max 3m. Mask clear. Dry suit inflator stuck open. Buoyancy check mid water.		
SOR/O/8. Max 6m. Buoyancy control as ascent/descent.		
SOR/O/9.10. Max 15m. Buoyancy control and swimming attitude. Buddy awareness. Impact on environment. Near vertical ascent.		
SOR/O/11.12.13.14.15. Max 2m. Weight check with low air contents. Standing depth, weight belt jettison.		
SS1 - Rescue Skills		
SS1/1.2. No SCUBA equipment. Standing depth then max 2m. Tow and AV, static and mobile.		
SS1/3. Dry run on surface. Kit up and buddy check. AAS and CBL practice.		
SS1/4. Max standing depth. Tow including AV. Static and mobile.		
SS1/5. Deeper water. AAS ascent, donate/receive, revision.		
SS1/6. Deeper water. CBL. Tow and AV.		
SS1/7.8. Standing depth. Kit removal and AV.		

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SO1 - Diver Rescue		
SO1/1.2.3. Full SCUBA equipment. Standing depth then max 3m. Static recap tow hold/AV technique. Tow and AV - mobile.		
SO1/4. Standing depth. Landing casualty's weight belt. Casualty face down on bottom.		
SO1/5. Standing depth. Landing casualty onto shelving shore. Remove kit. Landing casualty all whilst continuing AV. Recovery position.		
SO1/6.7.8. Full SCUBA kit. Dry run CBL. Max 6m. Mini CBL. Complete rescue sequence.		
SO2 - Use of Surface Marker Buoy (SMB)		
SO2/1.2.3.4.5.6.7. Dry run SMB operation. Kit up and buddy check. Max 15-20m. SMB use during exploratory dive. Awareness of controlled descent/entanglement/tension/change of depth/overhead snag hazard. Use as buddy line. Vertical ascent.		
SO3 - Simulated Decompression Dive		
SO3/1.2.3.4.5.6.7. Max depth 20m. Carry out decompression dive plan using tables and/or computer. Plan use of distance line and timing for in/out legs and tying line at turning points. Dry run of distance line. Kit up and buddy check. Descent down shot line. Secure line to shot. Outbound swim. Buddy following line simulate low vis dive. Secure line at turning points. Check time/depth/air. Inbound swim. Prepare for ascent. Stow line/reel.		
SO3/8.9.10.11.12. Ascent on shot to 6m. Simulated deco stop for 3 mins. Ascent to surface. Exit deep water.		
SO4 - Compass Navigation/DSMB Deployment		
SO4/1.2. Dry practice compass use.		
SO4/3. Dry practice DSMB use.		
SO4/4.5.6. Surface only. Compass use on surface. Swim out/return to shot/buoy.		
SO4/7. Max depth 2-6m. Descent on shot. From shot navigate to visible/know object. Repeat to another object. Practice reciprocal bearing.		
SO4/8.9.10.11. Max depth 20m. Exploratory dive using compass navigation and pilotage. End dive in 10m max. DSMB deployment from bottom at 10m. Ascent and practice safety stop for 1 min at 6m.		
SO5 - Dive Leading/Basic Skills Review		
SO5/1.2.3.4.5. Max depth 10m. Plan dive and discuss/agree objectives. Consider conditions, diver skills, route/navigation, dive profile/deco planning, air management. Kit up and buddy check. Entry. Skills at 10m. Remove/replace mask. From swimming situation, proceed AAS ascent to 6m, separate and descent to 10m. Repeat donor/receiver. Continue exploratory dive as planned student leads to max 15m checking buddy, depth/time/air, navigating and correct ascent/safety stop. At 2m do weight check with low air content. In standing depth, jettison weight.		
SP1 - Assistant Dive Marshall		
SP1/1.2. Explanation of purpose for dive log. Procedure for logging and planning dives and for dealing with incidents. Consideration for correct pairing and reasons why. Instructor/student needs, common interests, experience limits. Awareness of diving conditions and providing opportunity. Student to be fully involved in the process of marshalling dive by maintaining dive log, ensure divers are ready at right time, monitor surfacing times and surface cover, recording post-dive info, ensure adequate hand-over.		