

Snorkel Diver Training Program

Welcome to the Stroud Valley Sub-Aqua Club and its snorkelling section.

We meet at Archway School's indoor pool at 06.00 pm until 07.30 pm training with nationally qualified instructors either in the pool or attending lectures in the adjoining classroom.

Enjoy Your Training

The pool is the safest environment to begin training and as member equipment will be available to use for the first three months, after which time it is hoped that personal equipment will have been purchased for training in preparation for entering sheltered open water.

Practicing Your Skills

Gain confidence in your abilities and skills in the use of basic equipment.

Theory Lectures

Increase your knowledge and understanding of the underwater environment. Please ask your instructor if you require further help with any aspect of the training.

The B.S.-A.C. System of Training

Training will closely follow your green qualification record book. When you have achieved the required standard it is your responsibility to make sure your instructor has signed the relevant section in your book. As you complete each section in your book present it to the Snorkelling Officer for the official B.S.-A.C. stamp and arrange for your qualification certificate to be printed.

Remember to bring your logbook to the pool each week keeping it in the waterproof wallet provided for you when you joined which will ensure it stays in good condition.

Pool Training and Discipline

When you arrive at the pool always ask before entering the water.

Walk NEVER run or play around the pool area. DO NOT push each other into the water and remember to respect other pool users.

Be Proud Of Your Achievements

SNORKELLING WITH THE BSAC

Increasingly people take their annual holidays in climates warmer than the UK offers and are tempted by the various films and documentaries about the underwater world and want to explore it for themselves.

Such a window on this fascinating environment, which covers more than two thirds of the world's surface, can be provided by a simple facemask.

Our eyes were not designed to focus underwater and require airspace in order to see clearly. Correct use of this simple piece of equipment forms the basis of one of the fastest growing sports worldwide - Snorkelling.

The addition of a simple tube to allow easy breathing without lifting the head, and a pair of fins to aid propulsion, complete the basic kit. However, as with most sports, in order to gain the most from it, some basic instruction in the use of this equipment is advised.

Just a few hours of tuition with a BSAC Branch or Approved Training Centre or School and the aspiring snorkel diver will be ready to explore the watery world. Such training will lead to recognised qualifications for which badges, certificates and certification cards are available. The BSAC is the UK Governing Body for underwater swimming, which includes both snorkelling and SCUBA diving.

Those interested in developing their skills can become members of the organisation through the BSAC Branch system and can continue their training to higher grades. Qualified BSAC instructors supply instruction in the Branches.

Basic Snorkel Diver Anyone trained to use the basic snorkelling equipment of mask, fins and snorkel in a pool environment.

Snorkel Diver A Basic Snorkel Diver who has progressed with pool training to be proficient in the basic snorkelling skills and been assessed for readiness for open water snorkelling.

On completion of training the student should be competent in the safe and correct use of mask, fins and snorkel for surface and brief breath hold dives in warm waters.

Ocean Snorkel Diver A member of BSAC, who has achieved the status of Snorkel Diver, and trained further to take a full and active part in open water snorkelling activities, including rescue techniques and further advanced exercises.

This grade of student, on completion of training, should be competent in the safe use of all appropriate open water snorkelling equipment including protective clothing and should be able to act safely as one of a buddy pair of snorkellers.

SNORKELLING INSTRUCTOR GRADES

All BSAC snorkelling instruction must be conducted under the supervision of a qualified BSAC instructor.

All pool training must be conducted under the supervision of a BSAC Snorkel Instructor or above.

All open water activities must be conducted under the supervision of BSAC Open Water Snorkel Instructor or above.

Many BSAC Snorkelling Branches have no connections with a BSAC Diving Branch or with aqualung diving activities. Instead, they are connected to educational establishments, Youth clubs and the like. Clearly, a different instructor training Programme is required compared to that for teaching aqualung diving.

The BSAC has training and qualification programmes to suit the needs of any prospective snorkelling instructor. Former BSAC National Snorkellers Club Instructor grades will continue to be recognised upon proof of qualification. Any BSAC Club, Advanced or National Instructor can apply for the corresponding Snorkelling Instructor grade at the discretion of the Chief Examiner for Snorkelling Activities.

Assistant Snorkel Instructor

A Snorkel Diver who has received training in pool instructional techniques at Branch level and shows the ability to become an assistant Instructor.

Snorkel Instructor (Minimum age 18 years)

A Snorkel Diver, minimum age 18 years, who has attended the Snorkel Instructor Training Course and passed the BSAC Snorkel Instructor assessment.

Open Water Snorkel Instructor

An Open Water Snorkel diver and Snorkel Instructor who holds the Snorkel Lifesaver award and has attended an open Water Instructor courses successfully submitting 6 hrs of recognised open water practical instruction and 2 hrs of theory presentations.

To become a member please complete the following: -

1. A Medical Declaration

Yourself, a parent or guardian must complete a medical declaration stating that you believe yourself fit to take part in the required training program. The completed form should then be returned to the membership secretary.

2. A Membership Application Form

The membership application form available from the membership secretary should be completed as soon as possible.

3. The Standing Order Form

Should you decide to enrol as a member of the Snorkelling Section a standing order form giving subscription details should be completed and taken to your bank. The slip at the foot of the form should be filled in and returned to the membership secretary so payment details can be confirmed.

4. The B.S-A.C. yearly Membership's

The cost of the BS-AC yearly membership is £10.00. Payment in the form of a cheque should be forwarded to the membership secretary.