British Sub-Aqua Club

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Admin Information

A.10

SUMMARISED CONTENTS OF OCEAN DIVER TRAINING PROGRAMME

The BSAC Ocean Diver Course includes theory lessons in a classroom, practical lessons in a swimming pool or similar sheltered water, and five open water dives.

The Ocean Diver Course consists of the following elements:

- seven classroom lessons
- a theory assessment
- a basic swimming assessment
- five Sheltered Water lessons
- five Open Water lessons

OCEAN DIVER - THEORY TRAINING

INTRODUCTION: OUR BRANCH/ CENTRE & OCEAN DIVER TRAINING

Our BSAC Branch/Centre BSAC - the organisation

Benefits of BSAC membership

Benefits of training with a branch/centre Benefits of diving with the branch/centre

What will it cost?
Ocean Diver training
Further branch training

DIVING EQUIPMENT AND SIGNALS

Air and the atmospheric pressure

Water pressure

Basic equipment - mask, fins and snorkel

The difference between basic and scuba equipment

Scuba equipment

Diving signals

THE BODY AND EFFECTS OF DIVING

Body metabolism

Respiration - the lungs

Heart and blood

Breath hold diving and hyperventilation

Respiration

The ear

The sinuses

Teeth

Buoyancy

Density

Buoyancy and divers

PLANNING TO GO DIVING

Diving and effects of nitrogen

Nitrogen absorption

Nitrogen release

Nitrogen management

BSAC tables

Dive computers

Dive planning

GOING DIVING

Buddy diving

Overall dive organisation

The dive marshal's role

Before the dive

Underwater pilotage

Vision underwater

Colour underwater

WHAT HAPPENS IF....?

DCI

Diver's first aid tool - oxygen

The incident pit

Preventing problems

Prevention and resolution

Surface support

ENJOYING YOUR DIVING

Inland sites

Underwater conditions, planning and preparation:

- Sea diving
- Shore & Boat diving

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OCEAN DIVER SHELTERED WATER TRAINING

OCEAN DIVER OPEN WATER DIVES

BEING UNDERWATER

Basic skills including: fit a face mask, fit and clear a snorkel, develop finning action and be comfortable breathing from a demand valve underwater.

BASIC SKILLS

Assemble and check SCUBA unit

Buoyancy control; while swimming underwater and while ascending and descending

Initial remove, refit and clear mask of water in shallow water

Use AS, static, as both donor and recipient in shallow water

DEVELOPING SKILLS

Consolidate clearing mask of water

AS ascent as a donor and recipient

Maintain true neutral buoyancy ad perform controlled descents and ascents in deeper water

BEYOND THE BASICS

Further develop personal diving skills including buoyancy, mask clearing etc.

SAFETY SKILLS

Consolidate AS ascent as both donor and recipient

Recover an unconscious buddy to the surface using a Controlled Buoyant Lift (CBL), secure at the surface, signal for help and tow the casualty

DIVE ONE

Have an enjoyable dive

Establish correct weight required for the conditions and the protective clothing worn

Develop buoyancy control skills appropriate to the standard of protective clothing worn

DIVE TWO

(if drysuit used) Recover from an inversion and disconnect their drysuit inflation hose in the event of the inflation valve sticking open

Clear mask, retrieve and clear mouthpiece

Static AS skills as both donor and recipient

Further develop buoyancy control, finning action and swimming attitude

Develop an awareness of pilotage as a means of navigation

DIVE THREE

Basic diving and emergency procedures

DIVE FOUR

Recover an incapacitated diver to the surface, summon assistance and tow an incapacitated diver

DIVE FIVE

Plan and lead a dive within the limitations of previous experience

DIVING EXPERIENCE

Experience a range of four different diving conditions during a minimum in water time of not less than 120 mins.

OCEAN DIVER - THEORY TEST