

OCEAN DIVER
SHELTERED WATER TRAINING

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 and 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

OCEAN DIVER
OPEN WATER DIVES

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