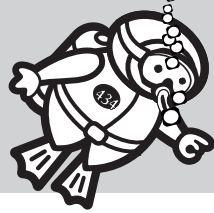


BSAC SDC: Drysuit Training

Student name:



Theory Lessons 1 & 2

- Lecture 1: drysuits and equipment
- Lecture 2: drysuit diving techniques

Date

Instructor

Sheltered Water Lesson 3

Using a drysuit

- Dressing and seals
- Kit up & buddy checks
- Buoyancy checks in standing depth
- Surface swims with varying degrees of inflation

Underwater

- Buoyancy & trim
- Head first and feet first descents
- Inversion / Blow up drills
- Forward roll to head up position
- Quick disconnect of inflator hose

Surface

- Over-inflate to blow seals
- Face down, roll to face up
- Recovery using BC

Diver rescue

- Controlled self ascent using drysuit
- CBL buddy using drysuit

Open Water Lesson 4

Drysuit dive experience

Trainee ODs

- Skills integrated into all OD OW lessons

Ocean Divers

- Completed SO1 diver rescue lesson using a drysuit

Sports Divers and above

- Dive to max 15m demonstrating full drysuit control
- CBL (max 6m)