

SAA Training Overview

<u>Practical</u>	<u>Lectures</u>
<p><u>BASIC Fitness Assessment</u></p> <ol style="list-style-type: none">1. Swim 200 metres freestyle2. Recover three objects from the bottom of the pool <p><u>ELEMENTARY DIVER</u></p> <p>BASIC SNORKELLER</p> <ol style="list-style-type: none">1. Sink basic equipment, recover and refit on the surface and give the O.K. signal.2. Fin 200 metres, surface dive every 25 metres and swim underwater.3. Demonstrate ability to establish positive buoyancy with aid of a BCD.4. Fin 100 metres wearing appropriate weight belt.5. Fin 50 metres face submerged breathing through snorkel and not wearing a mask.6. Clear snorkel during surface drill <p>POOL ASSESSMENTS</p> <ol style="list-style-type: none">1. Assemble, test and fit S.C.U.B.A.2. Demonstrate safe entry and buoyancy control, safe method of descent.3. Clear mouthpiece and mask three times.4. Remove S.C.U.B.A. and refit.5. Demand Valve recovery6. Fin 50 metres on bottom of swimming area wearing full S.C.U.B.A. with mask blacked out7. At surface remove weight belt and S.C.U.B.A. and hand to assistant.8. Fin 50 metres on surface breathing through snorkel, but wearing full S.C.U.B.A.9. SAA ascent procedure10. Buoyancy checks and control11. Air share (AAS) for 50 meters both as donor and receiver on bottom of swimming area.12. Bring fully kitted diver casualty to surface and tow for 50 meters on surface while giving RB.13. Simulated dive. <p>OPEN WATER ASSESSMENT</p> <p>The trainee is to carry out all pre-dive checks on personal equipment also carry out a buddy check with signals to be agreed upon. Enter the water in a safe manner and demonstrate correct buoyancy. Starting at the surface and following good diving practise commence dive. Remain below surface not less than 15 minutes, and varying the dive depth between the surface and a maximum of 10m. During the dive the trainee will demonstrate the ability to remove, retrieve, refit and clear mouthpiece of the demand valve a total of 3 times. Remove mask, replace and clear a total of 3 times. The trainee will also demonstrate during the dive the correct signals to carry out any of the drills required for the dive. At the end of the dive the trainee will carry out the correct surfacing drill. At the surface, exchange signals with shore/boat.</p> <p>DIVE EXPERIENCE</p> <p>Two dives of not less than fifteen minutes duration. During the second dive the trainee will demonstrate neutral buoyancy by hovering in mid water for not less than one minute.</p>	<p><u>Elementary Diver</u></p> <p>EL1 Introduction to Club, SAA and basic equipment</p> <p>EL2 Air filled spaces, Medication and Hydration</p> <p>EL3 Principles of S.C.U.B.A.</p> <p>EL4 Physics and the diver</p> <p>EL5 Buoyancy Management and BCDs</p> <p>EL6 Metabolism, Respiration and Circulation</p> <p>EL7 DCI Avoidance Part 1</p> <p>EL8 Accident Avoidance</p> <p>EL9 Protective Clothing</p> <p>EL10 Open Water Diving</p>
<p><u>OPEN WATER DIVER – CMAS 1 Star</u></p> <p>OPEN WATER ASSESSMENT</p> <ol style="list-style-type: none">1. Assemble, test and fit S.C.U.B.A.2. Complete buddy and bubble checks3. Safe entry, buoyancy control and method of descent4. Clear mouthpiece and mask three times.5. Demand Valve recovery6. Fin 50 metres on surface breathing through snorkel, but wearing full S.C.U.B.A.7. Correct surface removal of weights, SCUBA and exit from water.8. Switch to Alternate Air Source (AAS)9. Air share (AAS) for 50 meters both as donor and receiver10. Dry suit divers display correct use of suit and ability to right themselves when inverted.11. Dive to a maximum depth of 20 meters. <p>DIVE EXPERIENCE</p> <p>Four dives of not less than fifteen minutes. No more than two qualifying dives in any one day.</p>	<p><u>Open Water Diver</u></p> <p>OWL1 Oxygen Provider</p> <p>OWL2 Dr ABC</p> <p>OWL3 Basic First Aid</p> <p>OWL4 Equipment and Gauges</p> <p>OWL5 Personal Dive Computers</p> <p>OWL6 DCI Avoidance Part 2</p> <p>OWL7 Diving air and deep diving</p> <p>OWL8 Diving Risk Assessment</p> <p>OWL9 Dry Suit Diving</p>

SAA Training Overview

Practical

CLUB DIVER

OPEN WATER ASSESSMENT

Carried out over a number of dives

Carry out open water dives demonstrating the following skills:

1. Rescue a buddy diver, tow for 50 metres on the surface incorporating RB. Land casualty and continue A.V.
2. Identify a suspect decompression problem and provide oxygen.
3. Swim 250 meters on the surface wearing S.C.U.B.A. breathing through snorkel.
4. Demonstrate correct buoyancy and swimming attitude.
5. Demonstrate horizontal sharing both as donor and receiver, with an alternative air supply
6. Demonstrate vertical sharing from 5 meters to surface, with safety stop.
7. Demonstrate on land 2 methods of recovering an unconscious diver from depth.
8. Demonstrate correct use of an SMB
9. Demonstrate correct use of a Delayed Surface marker buoy

DIVE EXPERIENCE

Ten dives with a total minimum underwater duration of five hours. At least five of the dives must be sea dives and the trainee should experience five separate types of diving, from the prescribed list. No more than two qualifying dives in any one day and no more than two qualifying dives at any one site.

CMAS 2 Star

DIVE EXPERIENCE

Ten dives with a total minimum underwater duration of five hours. At least five of the dives must be sea. No more than two qualifying dives in any one day and no more than two qualifying dives at any one site.

DIVE LEADER

OPEN WATER ASSESSMENT

Must be carried out over a number of dives.

1. 35 metre dive.
2. Plan and execute a simulated stage stop dive
3. Carry out assisted ascent from 10 meters to 3 metres.
4. Act as a dive leader on 4 occasions.
5. Plan and execute a rope search.
6. Demonstrate ability to recover an unconscious diver from 20 meters to 10 meters using a buoyant lift.
7. Plot a simple navigation course taking into account the tidal stream.

DIVE EXPERIENCE

Fifteen dives with a total minimum underwater duration of eight hours. At least eight of the dives must be sea dives and the trainee should experience six separate types of diving, from the prescribed list. No more than two qualifying dives in any one day and no more than two qualifying dives at any one site.

DIVE SUPERVISOR – CMAS 3 Star

OPEN WATER ASSESSMENT

1. Plan and lead 4 diving expeditions (including 2 boat dives).
2. Plan and execute a simulated stage stop dive at a sea location for a group of at least six divers.

DIVE EXPERIENCE

Twenty-five dives with a total minimum underwater duration of thirteen hours. At least twelve of the dives must be sea dives and the trainee should experience five separate types of diving, from the prescribed list. No more than two qualifying dives in any one day and no more than two qualifying dives at any one site.

All listed assessments are detailed in the instructors guidelines, which should be regarded as the definitive authority on diver instruction

Lectures

Club Diver

CDL1 Diver Rescue

CDL2 Intro to Nitrox

CDL3 Dive planning

CDL4 Intro to Underwater Navigation

CDL5 Intro to Boat Diving

Dive Leader

DDL1 Stage Stop Diving

DDL2 Dive Leadership

DDL3 Search diving

DDL4 Advanced diving

Dive Supervisor

DSL1 Duties of a Dive Marshal & Accident Management

DSL2 Compressors and Recharging

DSL3 Chartwork and Navigation – Part 1

DSL4 Chartwork and Navigation – Part 2