



**Scottish Sub-Aqua Club**

**Sport Diver Award**

**Training Schedule**

The following training programme and tests must be completed to qualify for the Scottish Sub-Aqua Club Sport Diver Award.

## Candidate Requirements

To proceed with Aqualung training the candidate must satisfy the following requirements:

- Be a current member of the Scottish Sub Aqua Club
- Have submitted a valid medical declaration
- Have completed the swimming assessment as detailed below.
- Have completed the Basic Snorkel assessment as detailed below.
- Hood and gloves to be worn for all aqualung pool assessments
- The minimum age for this training 15 years. However, on behalf of specific individuals, in exceptional circumstances, the BDO may ask the NDC and SSAC medical advisor (whose decision is final) for dispensation for 14 year olds.

Should any of these requirements not be satisfied the candidate may not progress with aqualung training in any form.

## Safety

See the 'Health & Safety Manual' for guidance on the safety issues and the resolution of those issues associated with each exercise. At all times any safety issues will be discussed with the trainee and if there is a perceived risk of physical injury (lifting heavy objects etc) agreement will be sort with the trainee. Many of the exercises require physical contact. Where this is the case the nature of the physical contact will be explained and the trainees acceptance of the physical contact. Prior to and after every dive the instructor will work through the SSAC Buhlman air tables.

## Lectures

Satisfactory theoretical knowledge, prior to using an aqualung, must be demonstrated following attendance at the following lectures or by careful studying of the Sport Diving manual.

1. Basic equipment, signals & surfacing drills
2. Ears, sinuses and effects of pressure
3. Burst lung and ascent in emergency
4. Aqualung use, buoyancy control, description and use of buoyancy aids

The further knowledge required for the Sport Diver Award will be obtained from the following lectures:

5. Respiration, hyperventilation, anoxia and hypoxia
6. Exhaustion, protective clothing and hypothermia.
7. Rescue life saving and artificial respiration.
8. Principles of aqualung, air endurance and air cylinders.
9. Maintenance of equipment and diving accessories.
10. Open water diving and dive procedures.
11. Basic decompression, hazards and avoidance.
12. SSAC organisational structure.

Candidates must pass an appropriate lecture assessment to demonstrate knowledge of the above.

## In Water Experience

Pool training may be substituted with confined open water training. Sites suitable must have a clean level bed no deeper than 6m and not subject tidal flows or currents. Candidates must have completed Assessments P1-P6 prior to commencing any open water training.

## Open Water Diving Assessments

Carry out at least 10 dives in sequence at five or more different sites on five or more different days. Each dive to have a duration of not less than 15 minutes. No more than two dives are to be carried out in one day. These dives must include at least seven dives in seawater, and at least two dives from the following list:

- (a) Shore dive along a sloping seabed.

- (b) Dive in moving water (with a current less than 2 knots)
- (c) Low visibility (less than 2metres)
- (d) Dive in cold water (10 degrees C or less)
- (e) Dive in fresh water

The first four dives are to be between 6-10m and the following seven each to be between 10-20m and no deeper. Until the Sport Diver award is completed, trainees must not dive deeper than 20m.

Candidates must log at least 5 hours of underwater time before being awarded the Sport Diver certificate.

Having completed this training programme satisfactorily, with a minimum of 5 hours underwater, the award may be completed and the trainee may then be recognised as a Sport Diver. The depth limit for Sport Diver is 30m. If wishing to dive in the range 30-40m they must be accompanied with a Master Diver Instructor. The award is effective the date of the BDO signature.

## Basic Swimming Assessment

- No time limit exists on any of the exercises.
- All aspects of this assessment must be completed within one pool session.
- No goggles to be worn at any point in this test

No.	Assessment Description	Key Elements and Essential Competency	Instructor notes
S1	Swim 200m freestyle (except backstroke) without stopping	Candidate must complete this exercise without stopping, or holding poolside.	This exercise is not timed, but must be carried out continuously. Candidates who stop should be directed to begin again after a suitable rest.
S2	Swim 100m on back	Candidate must complete this exercise without stopping, or holding poolside Candidate must maintain head above water, but need not perform backstroke	This exercise is performed immediately following the above assessment. This exercise is not timed, but must be carried out continuously. Candidates who stop should be directed to begin again after a suitable rest.
S3	Swim 50m wearing a weight belt of sufficient weight to establish negative buoyancy	Candidate must complete this exercise without stopping, or holding poolside	This exercise should be performed in lanes close to side of pool. Demonstration of weight belt quick release should be given. Candidates should add 4lbs-8lbs of weight, depending on size.
S4	Float on back for 5 minutes	Candidate must float successfully on back with minimal hand and leg movement	Some candidates are naturally negatively buoyancy and find it difficult to float. Minimal hand and leg movement is acceptable.
S5	Treat water for 30 seconds with hands and forearms clear of water	Candidate must successfully maintain hands and forearms above water, therefore using only leg movement to maintain position	Candidates may find it helpful to face the clock timer. Instructor may also call time at 10sec intervals.
S6	Recover 3 objects, one at a time, from the deepest point of the pool.	Candidate must successfully recover object, 3 times from the bottom of the pool and place on the poolside	Black bricks are normally used as suitable objects, and thrown in each time it is recovered.
S7	Swim a distance of 15m underwater	Candidate must successfully swim the distance without surfacing.	Instructor or other swimmer should stand at an appropriate point towards shallow end of pool. Instructor should highlight dangers of hyperventilation

**Basic Snorkel Assessment**

Before commencing the full snorkel assessment shown below, candidates should be introduced to the various items of equipment in the following manner:

- Fitting and adjustment of mask - placing over face, before fitting strap loosely over head
- Fitting of snorkel on left side, with tip facing out of water
- Fitting and adjustment of Buoyancy Control Device
- Fitting of pool fins, or open water fins with wet-boots

Candidates should now be introduced to the following skills

- Mask clearing
- Snorkel clearing
- Finning - surface and underwater
- Buoyancy control using oral inflation
- Duck dives, including descent and ascent procedures
- Basic signals

No.	Assessment Description	Key Elements and Desired Competency	Instructor notes
Sn1	Sink mask, fins and snorkel to deep end of pool, duck dive, recover and refit on the surface whilst treading water	Candidate must successfully recover and refit all equipment whilst treading water. Candidate may recover one item or group of items at a time and in any order	BC to be worn during this exercise, with neutral buoyancy gained at the start of the exercise. Candidate may recover one item at a time, but should achieve the task within 5 duck dives. Candidates who wear contact lenses may wish to remove them for this task.
Sn2	Fin 200m, diving to the bottom at least every 20m	Candidate must successfully complete this exercise without stopping or holding poolside. Candidate must demonstrate successful duck dives, including ascent and surfacing procedure.	BC to be worn during this exercise, with neutral buoyancy gained at the start of the exercise. Candidate must provide 'Ok' signal upon ascent.
Sn3	Submerge for 30 seconds underwater, without mask, snorkel or demand valve	Candidate must successfully remain submerged for 30 seconds and surface without panicking or appearing uncomfortable.	To take place at the poolside, with one hand visible on the poolside. Candidates often find it helpful to receive a tap on the hand/head at 10 second intervals. Instructor should highlight dangers of hyperventilation to candidate.

Pool/Confined Water Practical Assessments

No.	Assessment Title and Description	Key Elements Involved	Essential competencies	Desirable competencies
P1	EQUIPMENT SETUP Assemble, test and put on equipment. Buddy check.	Explain the dangers of high pressure air. Position cylinders when not in use. Check all equipment suitable for use. Connect BC to cylinder. Connect regulator to cylinder. Connect direct feeds to BC. Open cylinder valve and check contents, regulator function and safety in the operation. Assemble / disassemble the weight belt. Fitting & removal of the weight belt. Emergency removal of the weight belt. Put on equipment. Buddy check procedures – Air, buoyancy and releases as minimum Air, Buoyancy, Control (ABC) or BAR (Buoyancy, Air, Releases) Repeat above for stripping down kit Covering of the first stage air input port.	Be aware of safety requirements such as cylinder in test, regulator in good visual condition and contents gauge turned away from diver when opening cylinder. Assembling kit fluently and correctly. Disassemble kit without incident. All actions will be carried out safely. Demonstrate awareness of buddy procedures and carry out correctly	
P2	SNORKEL SWIM Diver to attain neutral buoyancy on the surface without addition of air to BC. Snorkel swim 200m diving to a max depth of 3m every 20m. Snorkel to be cleared by two methods.	Full kit to be worn. Correct & efficient fining style Correct use of snorkel Flood & clear mask without removal Snorkel swim for 200m. Surface dive whilst in motion. Surface and clear snorkel by both blowing clear and displacement methods. Correct surfacing drill. Neutral buoyancy on surface. Use appropriate signals	The diver is to demonstrate an efficient fining style at all times. Diver is to achieve neutral buoyancy such that tidal volume of lungs allows divers face to submerge just below surface when fully exhaled. Demonstrate an efficient style of surface dive at least 10 times over a distance of 200 m using appropriate signals. Clear the mask if it floods without stopping or touching the bottom or sides Clear snorkel by two methods without inhaling water (enough to start coughing)	Participate as a buddy pair while carrying out the exercise. Clear the mask without surfacing. Clear the mask single handed if it floods.
P3	SUBMERGE Submerge underwater for 30 seconds without mask, fins or snorkel	Ability to hold breath for 30 seconds	Complete 30 seconds without distress	
P4	REMOVE & REPLACE REGULATOR Remove regulator underwater. Clear and replace. Two methods of clearing to be demonstrated.	Grip the hose correctly. Remove regulator underwater. Breathe out while the mouthpiece is removed. Replace regulator. Clear water from regulator by blowing clear with air from the lungs Clear water from regulator by using purge button. Recover regulator if lost.	To grip the hose correctly. Grip the hose correctly, keeping regulator purge button clear. Remove regulator without panic. Replace regulator in the mouth. Continually exhale whilst regulator is out of mouth. Be able to blow regulator clear of water after replacement. Be able to clear regulator by using the purge button.	Recover a lost regulator without panic. Recover a lost regulator without panic. Understand clearly why they must exhale whilst regulator out if mouth

No.	Assessment Title and Description	Key Elements Involved	Essential competencies	Desirable competencies
P5	NEUTRAL BUOYANCY Demonstrate neutral buoyancy. + 2 kg	Be properly weighted to begin with then add 2kg Gradually adding, via the direct feed, & releasing air from BC demonstrate buoyancy change. Repeat using orally inflating through the 'mouth piece' (note no change in buoyancy on exhale). Use the fin pivot to demonstrate close the neutral buoyancy & the effect of breath control. Maintain depth in mid-water while fining by adjusting buoyancy. To change depth while fining and maintain neutral buoyancy. Maintain a mid-water position (not touching the sides or bottom) for a period of greater than 30 seconds without fining or hand/arm movement.	Diver to be correctly weight prior to addition of weight. Demonstrate ability to change depth without shooting toward surface or touching bottom whilst attaining mid-water position by adding or releasing air from the BC For oral inflation diver must alternate between regulator and inflation unit without undue haste. Maintain mid-water position for short period of time (1-2min) without undue fluctuation in depth.	To carry out a fin pivot. To float mid water for over 30 s with minimal movement or fining. An understanding of lung buoyancy
P6	MASK CLEARING Remove mask underwater clear and replace twice	Flood mask Clear mask Remove mask from face Make two breath cycles Replace mask over the face safely and form seal Clear mask by exhaling through the nose	Be able to flood mask and remove without panic Breathe normally through the regulator whilst mask is off. Replace mask safely on face without fouling the seal (i.e. no hair under the seal) Clear mask by exhaling through the nose. Mask should be cleared of all but the smallest amount of water	To clear the mask single handed
P7	EQUIPMENT REMOVE & REPLACE Remove all equipment at approx. 2m depth, pass to instructor who will pass it back for refitting at depth without surfacing	Dump all air from buoyancy aid Remove cylinder and if used BCD, ABLJ to be retained. Remove mask fins and snorkel Remove weight belt and if required place over legs. Refit all equipment in the reverse order to removal	Be able to vent all air from buoyancy aid (BCD) Remove cylinder and BCD demonstrating an appreciation of the kits releases. Remove basic equipment without panic or reluctance. Remove weight belt and use to maintain negative buoyancy. Diver should remain close to or on the bottom during the exercise. Kit to be replaced with a minimum of struggling and with all straps and releases properly done up.	
P8	ROLLS Demonstrate mobility and movement control by completing three forward and backward rolls	Correct use of buoyancy. Correct technique to rotate vertically around the horizontal axis (if the pool is deep enough).	Diver should not break the surface of the water or scrape the pool bottom except with their fins Complete manoeuvres without rotation (twisting) from head to toe. Complete manoeuvres without 'flailing' arms like a windmill, small rotations of outstretched arms are permitted. Diver should not lose control of their buoyancy though out.	The 3 rotations to be completed in a single breath & the trainee to remain on the initial orientation and the same depth

No.	Assessment Title and Description	Key Elements Involved	Essential competencies	Desirable competencies
P9	SUPPORT A FULLY KITED DIVER Support fully kited diver on the surface for thirty seconds. Both divers to be neutrally buoyant at start.	Keeping supported diver's face clear of water. Neutrally buoyant means the diver's eye level should be just at the surface when lungs are half empty. The rescuer should support the casualty with a secure grip which will ensure the safety of both in the event of casualty panicking and the casualty's face clear of the water.	Supported diver's chin should be fully clear of the surface for the full 30 seconds. A suitable grip should be used. Casualty's face to be clear of the water.	The rescuer will know what to do in the event of a panic.
P10	BOAT ENTRY On the surface remove weight belt and the aqualung and hand to person to simulate entry to a boat, then refit whilst treading water	Knowledge of the quick release mechanisms. Ability to remove equipment on surface Knowledge of correct order of removal (weights first). Passing of equipment onto boat without loss of contact with boat. Ability to refit kit on the surface.	Not to struggle with the quick releases Removal of kit in the correct order weights, then BC. Ability to do so without undue struggling. Ability to maintain position close to the side whilst removing kit. Ability to don kit without sinking. (Holding the kit is permitted).	Remove kit single handed while maintaining contact with the poolside. To refit without assistance.
P11	SNORKELLING Without wearing mask fin 100m consisting of 50m on front alternating between snorkel and regulator, 50m on back with full kit but using neither regulator or snorkel	Swim with out a mask. Exchange between snorkel and regulator whilst swimming. Fining on back	Ability to exchange snorkel for regulator and back without inhalation of water. Able to swim, breathe through snorkel & regulator when not wearing a mask without stress. Fin on your back.	
P12	AIR SHARING As donor and recipient share alternative air supply with buddy whilst fining 50m. Repeat performing buddy breathing both as donor and recipient.	Using appropriate signals. Removal and refitting of regulator. Correct grip on the regulator. Positioning the regulator for the recipient. Griping the regulator as the recipient. Establishment of breathing cycles with buddy Maintenance of contact, correct grip & positioning with the buddy. Maintaining mid-water position. Slow exhalation between breath cycles Ability to put trust in the buddy.	Use of and reaction to signals. Remove regulator without panic and causing free flow. Correct grip & positioning of the regulator during the exercise. Replace regulator in mouth Continually exhale whilst regulator is out of mouth Be able to clear the regulator of water after replacement The donor controls the breathing cycle and the progress of the exercise. As a recipient receive regulator without panic or snatch. Establish an efficient position for sharing. Depth is controlled throughout the swim. The swim is ended 'properly' using appropriate signals.	Sharing commences from any position without hesitation on receipt of a signal. Understand clearly why they must exhale whilst regulator is out of mouth. Not to panic if the donor retains the regulator for an extra cycle.
13.	BLACKED MASK Fin 50m underwater wearing a blacked out mask whilst being lead by buddy	Fit the mask correctly. Ensure the trainee is comfortable wearing the mask, on the surface, under water in the shallows. 'Natural' breathing by the trainee. Describe & practice methods of communication to be used. Lead the trainee around the pool changing depth and direction frequently.	The trainee has to be lead around the pool without obvious panic or breaking the surface. Appropriate communications	To react calmly if the leader releases their grip.

No.	Assessment Title and Description	Key Elements Involved	Essential competencies	Desirable competencies
P14	<p>RESCUE Emergency Drill; 25m approach swim, Establish contact with causality, buoyant lift causality to surface, establish buoyancy, commence RB and tow 50m then simulate recovery of causality onto a boat and then on to a beach. Once causality is clear of water simulate emergency procedures for varying conditions of consciousness and respiration.</p>	<p>Use appropriate signals Speed of the swim Approach to the unresponsive diver Establish the condition of unresponsive diver. Gain control of causality underwater. Grips to be used on the casualty. Neck extension. Controlled buoyant lift of casualty to surface at correct rate using BC. Stabilise buoyancy of the casualty and rescuer on the surface. Simulate dumping of weight belt and give distress signal to shore/boat. Commence RB and tow to shallow end of pool. Remove kit in the correct order to simulate an emergency beach landing. Repeat tow exercise to deep end of pool. Remove kit in correct order to simulate boat entry keeping casualty during this phase. Knowledge of land based emergency procedures.</p>	<p>Approach should be controlled. Efficient surface dive (on the move). Diver must make positive contact with causality using both touch and visual signals to establish the causality is unresponsive. Diver is to prepare causality for lift establishing good appropriate grip, ensuring airway is open, regulator is fitted and causality's controls are to hand. Ascent is to be controlled at 10m/minute with airway open and contact maintained throughout. At surface the buoyancy of causality then diver to be quickly established. RB is established quickly and tow to be commenced. The rescuer should ensure causality's face is clear of water at all times and airway remains open. Simulation of RB is to clearly demonstrated ability to reach causality's nose without immersion. Whilst removing kit diver must continue RB whilst maintaining the face above the water and contact with causality at all times. Demonstrate ability to lift the causality from the water where pool freeboard is not excessive (H &amp; S issues). Demonstrate appropriate casualty handling. Demonstrate clearance foreign matter from the mouth, moving the casualty for positioning to give EAR, turning to &amp; correct recovery position &amp; treatment for shock demonstrated. Using the available resources, contacting emergency services.</p>	<p>The rescuer may start adding air to the BC when the casualty is less than 1m below the surface. Manage the available resources effectively.</p>
P15	<p>SIMULATED DIVE Perform a simulated dive demonstrating all core diving skills.</p>	<p>Taking into account the pool conditions. Diving with full open water kit including hood and gloves. Buoyancy control using the dry suit. Shall include all core skills including buddy checks, equipment setup, regulator clearing, mask clearing, buddy breathing and good buoyancy control. Exercise 14 is also repeated. Signals and surfacing procedures. On-land emergency procedures.</p>	<p>Diver should be able to complete entire dive without undue hesitation or without breaking surface when confronted with a situation demanding their action. Diver should comply with the competencies noted above whilst completing the simulated dive. Controlled buoyancy throughout the dive. In the rescue situation the rescuer should use the BC for the controlled lift.</p>	<p>To float mid water for over 30sec with minimal movement or fining. To use lung buoyancy to help control depth and poor buoyancy adjustment.</p>

No.	Assessment Title and Description	Key Elements Involved	Essential competencies	Desirable competencies
	<p>Dry suit skills <b>POOL</b></p> <p><i>These skills are only required if candidate is diving in dry suit during training. Alternatively, the skills may be completed at a later date as a dry suit endorsement.</i></p>	<p>Fit all equipment, including undersuit if worn.</p> <p>Demonstrate correct adjustment of buoyancy at the surface i.e. with zero buoyancy in the candidate's suit and BC, demonstrate that the candidate is no more than 3kg negatively buoyant on the surface.</p> <p>Demonstrate the correct operation of inflation and deflation valves by providing good buoyancy, then deflating the suit ready to dive.</p> <p>Where the simulated dive has not been carried out then a full simulated dive is to be carried out and is to include recovery from a buoyant, feet up position.</p> <p>Where the diver has progressed past the simulated dive then an exercise is to be carried out which includes the demonstration of depth and buoyancy control, air sharing, life saving and a recovery from the buoyant feet up position.</p> <p>The instructor is to flood the candidate's dry suit by opening the zip approximately 30cm. The suit is to be allowed to flood as much as possible. The candidate is then to return to the surface in a controlled manner. The weight belt may be removed if necessary.</p>		

Open Water Practical Assessments

No.	Assessment Title and Description	Key Elements Involved	Essential Competencies	Desirable Competencies
1	Signals <i>Ongoing assessment</i>	Knowledge and appropriate use of hand signals.	Demonstrate the use of diving signals, both in-water, and upon prompting by instructor on land.	
2	MASK CLEARING  Flood, Remove and Clear mask (twice)	Achieve negative buoyancy and a stable position on the bottom. Slowly flood mask. Clear the mask without removal. Remove from face. Replace mask Clear water from mask. Repeat exercise.	Diver to flood mask without panic. Removed the mask without panic. After the mask removal breathing must continue at a normal rate. The refit of the mask should be carried out safely and be unhurried with a good seal achieved. Candidate should be able to clear all water from the mask. Clearing should be achieved fluently and without panic. Buoyancy and normal breathing should be maintained at all time.	Clear the mask single handed.
3	REGULATOR CLEARING Retrieve and Refit Regulator	Remove regulator second stage from mouth. Replace and clear. Demonstrate two methods of clearing. Throw regulator over right shoulder. Retrieve regulator by leaning and tucking elbow towards body performing a sweep. Maintain exhalation whilst regulator is not in mouth.	Remove regulator without panic. Hold the regulator hose correctly. Replace regulator cleanly in mouth. Continually exhale whilst regulator out of mouth Blow regulator clear of water after replacement. Clear the regulator by pressing the purge button.	
4	REGULATOR SHARING Stationary buddy breathe/alternate air share	Achieve negative buoyancy and a stable position on the bottom. Give the out of air signal. Take the offered regulator (alternate air supply) & commence using it without panic. Relinquish the regulator when signalled. Repeat sharing a regulator. Attempt the exercise in mid-water if good buoyancy control can be demonstrated.	Give a clear signal. Take the regulator calmly. Diver must be able to share air without panic. Achieve the sharing position calmly. Diver must continue to exhale whilst not receiving air. Diver must not keep regulator any longer than two breaths.	To be able to accept or receive & use the regulator without having to achieve the sharing position. To use an alternate air supply in mid-water.
5	ORAL INFLATION Orally inflate buoyancy device on surface	Change from regulator to BC inflator on the surface & inflate the BC without submerging.	Diver must be able to surface and then fin to keep head out of water whilst inflating BC. Head to be clear of water at all times. Exercise should be completed promptly but without panic	
6	ENTRY Safe entry into water (Jump Entry)	Knowledge off and appropriate use of different methods of entry into a depth of no less than 2m of safe water and how to secure equipment to prevent injury.	Safely execute 2 different types of entry ensuring mask, regulator and sundry equipment are controlled during entry.	

No.	Assessment Title and Description	Key Elements Involved	Essential Competencies	Desirable Competencies
7	COMPASS Straight Line compass swim	From a fixed point swim for 2 minutes on a compass bearing then return on a reciprocal bearing	Arrive back to within visible sight of the point of departure	The candidate should reach the departure point in a cross current and over a 'bottom' which is free of silt.
8	SNORKEL SWIM Snorkel Swim for 100m on face, and 200m on the back	Candidate to be wearing full diving kit, but making use of mask and snorkel throughout this skill.	Diver must be able to swim unaided, using the mask and snorkel without breaking the surface.	
9	BUOYANCY CONTROL  <i>This task is to be an ongoing assessment and not be signed off until a consistent level of competency has been displayed</i>	Changing the mass on the weight belt. To change the buoyancy by adding /dumping air from the dry suit or BC (wet suit diver). Carry out a fin pivot. 'Fine' tune buoyancy by breath control. Maintain depth. Change from a horizontal position to a vertical position. Know how to adjust auto dump valves to compensate change in position. Ascend in a horizontal and a vertical position with minimal fining.	Demonstrate neutral buoyancy at the surface. Demonstrate near neutral buoyancy on the bottom by use of the fin pivot. The trainee will fin and change depth a number of times whilst maintaining position. To change position from horizontal to vertical and maintain 'neutral' buoyancy. To carry out a number of ascents on a gradual and vertical ascent. To carry out a safety stop on each ascent.	To be able to hover mid water without the use of fins for over 30 seconds. To carry out a mid water 'stop'.
<p><b>Buoyancy control MUST be signed off prior to moving forward.</b> Shared ascents may be carried out using a weighted shot lines. This is a safety element. Line must be used as a GUIDE only and not used in the ascent.</p>				
10	ASSISTED ASCENTS Alternative air share ascents from 15m-3m (2 ascents)	Give & respond to appropriate signals. Be able to maintain depth with minimal fining in the vertical position. Achieve a suitable position & 'grip'. Breathe normally during the exercise. Be able to ascend at 10 m/min and stop/start the ascent with minimal fining. Accept and donate an alternate air supply and ascend from a depth of 15m to 4 m ( $\pm 1m$ ). Maintain a depth of 4 m ( $\pm 1m$ ) for 1 minute. Ascend to the surface in a controlled manner.	Diver must give and respond to appropriate signals. Achieve a satisfactory donor/receiver position. Accept & donate the regulator without hesitation. Breathe normally during the exercise. Diver to ascend at 10 m/min with minimal fining, without unreasonable changes in rate while receiving or donating the regulator. Diver must not descend by more than 1m throughout out the ascent. To maintain a depth of 4 m ( $\pm 1m$ ) for a period of 1 minute. To ascend the final 4 m ( $\pm 1m$ ) in a controlled manner.	To accept or donate the regulator before achieving the donor /recipient position.

No.	Assessment Title and Description	Key Elements Involved	Essential Competencies	Desirable Competencies
11	<p>RESCUE Rescue unconscious diver from 10 m Followed by surface rescue</p>	<p>Approach casualty and establish contact. Assess if casualty is unresponsive. Prepare casualty for lift. Use a suitable grip. Ensure a stable clear airway. Control the rate of ascent to 10 m/minute, use the casualty's BC. Maintain a depth of 4 m (±1m) for a safety stop. Using casualty's BC lift the candidate vertically from a depth of 10m to 3m at 10 m/minute. Recommence the ascent. On surfacing make the casualty &amp; one's self positively buoyant by inflating the BC. Signal for assistance. Remove the casualties mask. Move to a position to give Rescue Breaths (RB) (mouth to nose). Tow the casualty using a suitable tow technique for a distance of a distance of 50 m. Give RB to a casualty floating on the surface. Remove the casualty's equipment when the depth of water permits. Land the casualty. Use available resources to summon assistance. Continue to give RB. Give appropriate first aid. E.g. DCI, unconsciousness, trauma. Explain to the instructor actions to be take for care and first aid of conscious/unconscious/bent casualty.</p>	<p>Candidate will demonstrate checking the responsiveness of an unconscious casualty. The candidate will prepare the casualty for lift, by ensuring the casualty is neutrally buoyant, with clear neck extension. Ensure secure grip with access to inflation &amp; dump valves &amp; regulator is secure in mouth. Lift will be at a controlled rate (10 m/min) without loss or gain of buoyancy which would cause a rapid or uncontrolled ascent or a descent of greater than 1m. The casualty will be made positively buoyant on the surface by inflating the BC. Signal for assistance prior to starting RB. The candidate will position them-self &amp; casualty to give RB (mouth to nose). Commence RB (positive contact has to be achieved between the candidate &amp; casualty). The candidate will achieve a suitable towing position. The casualty will be 'secure', with neck extension &amp; limited 'ducking' of the casualty. RB (mouth to nose) will be given at a rate of approximately once every 6 seconds without 'ducking' the casualty. The candidate will remove equipment when appropriate. On landing, check the mouth for debris, ensuring a clear airway. Continue RB The candidate will give appropriate after care on the event of the casualty showing signs of recovery (at the direction of the instructor). Demonstrate putting the casualty into the recovery position, providing protection from the weather &amp; appropriate after care.</p>	<p>The candidate will use the BC to achieve neutral buoyancy and effectively maintain control throughout the ascent. On reaching the surface the casualty may be made positively buoyant by releasing the weight belt. The candidate will not change towing position grip between towing and giving RB. Weight belt, cylinder &amp; BC to be removed in shallow water prior to the casualty 'grounding'. The candidate will show effective management of any shore based recourses.</p>
12	<p>DSMB Deploy a Delayed Surface Marker Buoy</p>	<p>Deploy delayed surface marker buoy from a depth not less than 10m in a safe and controlled manner. DSMB should be deployed at a time appropriate to the conditions of the dive. Candidate to perform controlled ascent.</p>	<p>DSMB to be inflated using an appropriate air source. Maintain appropriate buoyancy control throughout exercise. Reel or equivalent must not be attached to diver during deployment. DMSB must be sufficiently inflated to reach surface and remain inflated for remainder of dive.</p>	

No.	Assessment Title and Description	Key Elements Involved	Essential Competencies	Desirable Competencies
13	<p>Dry suit training skills <b>OPEN WATER</b></p> <p><i>These skills are only required if candidate is diving in dry suit during training. Alternatively, the skills may be completed at a later date as a dry suit endorsement.</i></p>	<p>Open water training shall only be carried out on successful completion of the pool assessment.</p> <p>Fit all normally used diving equipment.</p> <p>Demonstrate correct adjustment of buoyancy at the surface i.e. with zero buoyancy in the candidate's suit and BC, demonstrate that the candidate is no more than 3kg negatively buoyant on the surface.</p> <p>Dive to the bottom of a heavy shot line in 10m, adjust buoyancy to neutral. The candidate is to remain close to the shot line in order to maintain position should buoyancy become too positive.</p> <p>Carry out a dive in which the performance and buoyancy control of the candidate is tested. This exercise should include; several depth/buoyancy adjustments, air sharing, a simulated decompression stop, and a simulated rescue. The depth of the dive is not to exceed 10m.</p> <p>At a depth of not more than 15m dump all possible air from the suit, establish neutral buoyancy using BC and make a controlled ascent.</p> <p>On the surface recover from a buoyant feet up position.</p>		