

Ilkeston and Kimberley Sub-Aqua Club (IKSAC) Diver Training Programme

The training programme set out in these pages follows the guidance of the Sub-Aqua Association (SAA) for Edition 12 of the log book, 2007.

Trainees should only be signed off for a skill when the instructor is satisfied that an acceptable standard has been achieved.

Trainee's Name:	
SAA Number:	

	Prerequisites	Date	Signature
a	IKSAC Membership		
b	SAA Membership		
c	Sports Diver Medical Certificate		

	Fitness Assessment	Date	Signature
a	Swim 200 metres breaststroke		
b	Swim 100 metres backstroke		
c	Swim 50 metres breaststroke wearing a 5 kg weight belt		
d	Float on back for 5 minutes with minimal use of arms or legs		
e	Tread water with arms above head for 1 minute		
f	Dive and retrieve 6 objects from the deep end of the pool		

Age Restrictions

Age Range	Maximum Diving Grade	Maximum Depth	Other Limitations & Requirements
up to 12 years	Snorkel Diver	Personal limitation	No SCUBA
12-14 years	Open Water Diver	15 metres	Must be qualified Snorkel Diver
14-16 years	Open Water Diver	20 metres	none
16-18 years	Club Diver	30 metres	none

Adult Divers

Training Grade	Maximum Depth during Training	Maximum Depth once qualified
Elementary Diver	10 metres	10 metres
Open Water Diver	20 metres	20 metres
Club Diver	35 metres	50 metres
Diver Leader	50 metres	50 metres
Dive Supervisor	50 metres	50 metres