

**Snorkel Diver**

This is the maximum grade achievable before age 12; juniors 12-14 must achieve this before continuing training.

|     | <b>Snorkel Diver Lectures (SDL)</b>   | <b>Date</b> | <b>Signature</b> |
|-----|---|-------------|------------------|
| SL1 | An Introduction to our Club, the Sub-Aqua Association. Basic equipment and Diving with Respect for Marine Wildlife and Wrecks |             |                  |
| SL2 | Air Filled Spaces, Medication and Hydration   |             |                  |
| SL3 | Metabolism, Respiration and Circulation   |             |                  |
| SL4 | Protective Clothing   |             |                  |
| SL5 | Accident Avoidance  |             |                  |
| SL6 | Dr ABC  |             |                  |
| SL7 | Basic First Aid   |             |                  |
| SL8 | Oxygen Provider   |             |                  |

|   | <b>Snorkel Diver Skills (SDS)</b>   | <b>Date</b> | <b>Signature</b> |
|---|---|-------------|------------------|
| a | Explain mask squeeze and how to overcome any problems   |             |                  |
| b | Explain ear clearing and how to overcome any problems   |             |                  |
| c | Demonstrate four basic hand signals – OK – UP – DOWN – DISTRESS   |             |                  |
| d | Safe entry (3 methods): sink basic equipment to the pool floor, dive and recover the equipment (mask, snorkel then fins) to the surface, refit at the surface without touching the sides and give "OK" signal each time |             |                  |
| e | Fin 200 metres, surface dive every 25 metres and swim underwater (for approx 4 metres); clear snorkel without pausing and dive both head and feet first   |             |                  |
| f | Demonstrate ability to establish positive buoyancy with BCD (orally inflate); wear suitable weight belt, no tank  |             |                  |
| g | Fin 100 metres wearing an appropriate weight belt   |             |                  |
| h | Fin 50 metres, face submerged breathing through a snorkel and not wearing a mask  |             |                  |
| i | Tow a casualty 50 metres by SAA method incorporating Rescue Breathing (RB); land the casualty; place in the Recovery Position; explain after care   |             |                  |
| j | Carry out Rescue Breathing (RB) and Chest Compressions (CC) on a resuscitation mannequin  |             |                  |
| k | Fin 15 metres underwater  |             |                  |
| l | Hold breath underwater for 30 seconds   |             |                  |

|   | <b>Open Water Snorkel Diver Assessment</b>                          | <b>Date</b> | <b>Signature</b> |
|---|---|-------------|------------------|
| a | Swim 500 metres neutrally buoyant                                   |             |                  |
| b | Surface dive and recover object (5 to 7 metres max)                 |             |                  |
| c | Complete 2 qualifying open water snorkel dives at separate meetings |             |                  |

|   | <b>Snorkel Diver Qualifying Dives</b> | <b>Date</b> | <b>Signature</b> |
|---|---------------------------------------|-------------|------------------|
| 1 | Two to be determined by the Club DO   |             |                  |
| 2 |                                       |             |                  |

|   | <b>Practical Assignments (at Open Water meetings)</b>   | <b>Date</b> | <b>Signature</b> |
|---|---|-------------|------------------|
| a | Administer Oxygen to a simulated casualty – this means assembling the Oxygen kit on site (on a boat or on the beach)  |             |                  |
| b | Deliver the correct response to a near-drowning casualty on site (on a boat or beach using a resuscitation mannequin) |             |                  |
| c | Lay a recovering casualty in the Recovery Position  |             |                  |

|  | <b>Snorkel Diver Written Examination (SDX)</b> | <b>Date</b> | <b>Signature</b> |
|--|--|-------------|------------------|
|  | Pass mark 80%                                  |             |                  |

**Advanced Snorkel Diver**

|   | <b>Basic Skills (ASDS)</b>   | <b>Date</b> | <b>Signature</b> |
|---|--|-------------|------------------|
| a | Recover a surface casualty; tow the casualty 50 metres giving Rescue Breathing at approved rate  |             |                  |
| b | Land the casualty and continue Rescue Breathing (RB) and Cardiopulmonary Resuscitation (CPR). Trainee must obtain assistance to land the casualty but the assistant can only do what they are told. Use a resuscitation mannequin for the RB and CPR |             |                  |
| c | Explain after care and answer questions  |             |                  |

|   | <b>Open Water Assessment</b>  | <b>Date</b> | <b>Signature</b> |
|---|---|-------------|------------------|
| a | During an Open Water snorkel dive demonstrate the rescue of a buddy. Swim 50 metres to where the casualty is on the surface, unconscious and not breathing. Tow the casualty for 50 metres giving RB at the approved rate. Land the casualty and continue Rescue Breathing (RB) and Cardiopulmonary Resuscitation (CPR). Use a resuscitation mannequin for the RB and CPR. Complete the Rescue and First Aid treatment; place the casualty in the Recovery Position and demonstrate & describe after care |             |                  |
| b | Lead two qualifying Open Water Snorkel Dives, at separate meetings  |             |                  |
| c | Provide First Aid Oxygen to an Open Water Snorkelling simulated casualty  |             |                  |

|  | <b>Practical Assignment (in the pool)</b>   | <b>Date</b> | <b>Signature</b> |
|--|---|-------------|------------------|
|  | Using just snorkelling equipment, demonstrate line cutting underwater. Use 3 types of line: standard line used by divers for DSMBs, mono-filament fishing line and 13 mm rope |             |                  |

|  | <b>Advanced Snorkel Diver Written Examination (ASDX)</b> | <b>Date</b> | <b>Signature</b> |
|--|--|-------------|------------------|
|  | Pass mark 80%  |             |                  |