

Elementary Diver

Minimum age 12 years; during training, the depth limit for all ages is 10 metres.

	Lectures	Date	Signature
EL01	An Introduction to our Club, the Sub-Aqua Association and Basic Equipment and Diving with Respect for Marine Wildlife and Wrecks		
EL02	Air Filled Spaces, Medication & Hydration		
EL03	Principles of SCUBA		
EL04	Physics and the Diver		
EL05	Buoyancy Management and BCDs		
EL06	Metabolism, Respiration and Circulation		
EL07	Decompression, Part 1		
EL08	Accident Avoidance		
EL09	Protective Clothing		
EL10	An Introduction to Open Water Diving		

	Elementary Skills Training (EST)	Date	Signature
	EST3 Elementary Diver: Mobility & Confidence		
a	BCD jacket familiarisation		
b	Assemble, test and fit SCUBA; perform buddy checks (A-B-C-D-E)		
c	Safe entry (3 methods), buoyancy control and method of descent; ascent must be at 10 metres per minute maximum and BCD must not be inflated to ascend		
d	Remove mouthpiece and clear; repeat 3 times – clear by expired air and purge button		
e	Demand valve recovery – repeat 3 times: i over-shoulder-reach method ii lean-and-sweep method		
f	Remove mask, refit and clear – repeat 3 times		
g	Ditch and retrieve: remove SCUBA and refit without surfacing		
h	Fin 50 metres on bottom wearing a blacked-out mask		
i	Fin 50 metres on surface, fully kitted with SCUBA & weight belt, breathing through a snorkel; swim on front and on back		
j	Correct surface procedure to exit the water: at surface remove weight belt then SCUBA and hand to assistant; dismantle, wash and stow equipment		
	EST4 SAA Ascent Procedure Emphasise starting the ascent on time	Date	Signature
a	Exchange signals with buddy		
b	Check that your buoyancy is neutral		
c	Dump a little gas from BCD		
d	Ensure gas dumping is gentle and in small quantities		
e	Monitor ascent rate – maximum 10 metres per minute		
f	Ascent facing buddy; stay together		
g	Monitor buddy regularly		
h	Maintain neutral buoyancy throughout; dump gas little and often		
i	Safety Stop at 3 metres for 1 minute; look up and listen for boats (if unsure, wait)		
j	With one hand above head, ascent slowly to surface, turning and looking/listening		
k	At the surface, inflate BCD; check buddy; exchange signals with boat/shore		

EST5 Buoyancy Skills		Date	Signature
a	Pre-dive checks		
b	BCD inflate and deflate on land using power inflator and dump valves		
c	Mini-cylinder operation on land (where fitted)		
d	Adjust in-water buoyancy at surface with cylinder at 50 bar (or adjust for air weight)		
e	Swim attitude adjustment		
f	Venting a BCD to descend slowly, using appropriate hand signals & responses		
g	Use the BCD underwater to compensate for changes in buoyancy – also practice with wet suit and with heavy object		
h	Buoyancy control using only the lungs		
i	Hovering in mid-water – simulating a Safety Stop		
EST6 Elementary Diver: Out-of-air diver recovery		Date	Signature
a	Demonstrate on poolside the correct procedure for air sharing, using the correct signals		
b	Start 5 metres apart underwater and exchange correct signals; rescuer should respond promptly and attain correct position and contact; alternative air source (AAS) must be offered; fin 50 metres together. Repeat and ascend slowly with a Safety Stop – simulating an abort situation		
c	Repeat the above swapping roles of receiver and donor		
EST7 Basic Diver Rescue		Date	Signature
a	Rescue a fully-kitted unconscious diver from depth to the surface; start Rescue Breathing (RB) and signal for assistance then tow for 50 metres; remove equipment and land the casualty; place the casualty in the Recovery Position; explain after care Two methods of ascent. Rescue should be swift but controlled. Emphasise that a boat would probably get to them quicker than towing to the boat		
b	Carry out Rescue Breathing (RB) and Chest Compressions (CC) on a resuscitation mannequin		
Practical Assignment (before the simulated pool dive)		Date	Signature
Prepare a dive plan, details supplied by the Club DO, in terms of decompression and required air			
EST8 Elementary Diver: Simulated Dive		Date	Signature
a	Mark off a poolside area approx the size of a RIB; Trainee must keep within this area while kitting up		
b	Remind Trainee about Dive Marshal and Dive Leader duties		
c	Trainee must be kitted in wet suit and inflated BCD whilst in the “boat”; hood & gloves required for in-water skills		
d	Assign buddy pairs and prepare a Dive Log sheet		
e	Trainee should prepare the Dive Plan using SAA Bühlmann Tables; select a realistic depth		
f	Dive duration should be at least 10-15 minutes		
g	Trainee will perform both DV recovery and out-of-air rescue without surfacing		
h	Kit up with weight belt, BCD, cylinder, mask & snorkel within the “boat”; must perform buddy check and signals check before entering water and bubble check when in the water		
i	Explain what the boat handler will be doing during the dive – including the ‘A’ flag		
j	Buoyancy control at the surface		
k	Use a SMB & weight to simulate a shot line; use this for descent and ascent including a Safety Stop		
l	Remove mask, refit and clear, wearing hood & gloves – repeat 3 times		
m	Remove weight belt and refit, wearing hood & gloves – repeat 3 times		
n	Ascend at a maximum of 10 metres per minute with a Safety Stop; inflate BCD and signal to boat; assistance in getting back into “boat”		
o	Complete Dive Log sheet; relate other experiences of boat diving and clarify any questions raised		

Ilkeston and Kimberley Sub-Aqua Club (IKSAC)

Name: _____

	EST9 Elementary Diver: Open Water Assessment	Date	Signature
a	Carry out all pre-dive checks on his own equipment and perform a buddy check		
b	Enter the water in a safe manner and demonstrate correct buoyancy starting at the surface and following good diving practice		
c	Remain below surface for not less than 15 minutes and varying the dive depth between surface and a maximum of 10 metres		
d	Remove mouthpiece of DV a total of 3 times		
e	Remove mask, refit and clear a total of 3 times		
f	Demonstrate correct dive signals		
g	Perform the correct ascent procedure with a 1 minute Safety Stop at 3 metres. At the surface exchange signals with shore/boat		
h	Inflate BCD by means of direct feed or orally		

	Elementary Diver Qualifying Dive	Date	Signature
1	One to be determined by the Club DO		

	EST10 Elementary Diver Written Examination (EDX)	Date	Signature
	Pass mark 80 %		