

Club Diver

Juniors below 16 may not start Club Diver training. During training, adults have a depth limit of 35 metres and 50 metres once qualified; juniors 16-18 have a depth limit of 20 metres during training and 30 metres once qualified.

	Lectures	Date	Signature
CDL1	Diver Rescue		
CDL2	An Introduction to Nitrox Diving		
CDL3	Dive Planning		
CDL4	Underwater Navigation		
CDL5	An Introduction to Boat Diving		

Qualifying Dives

A further 10 qualifying dives, to be determined by the Club DO, with at least 5 in the sea (maximum depth 35 metres). No more than two qualifying dives per day, no more than two qualifying dives at any dive site. Dives should show a range of experience and should include at least 5 of the following:

- 1 Shore dive along a shelving bottom
- 2 Dive from a RIB
- 3 Dive in fresh water
- 4 Dive in moving water (1 knot max)
- 5 Dive in sea water
- 6 Low visibility dive (less than 2 metres)
- 7 Dive in cold water (less than 10°C)
- 8 Dive from a hard boat

Qualifying dives should show an acceptable level of competence at:

- 1 Water entry and exit from shelving/rocky beach or shore, jetty, piers, steps, small boats, gentle surf (0.5 m)
- 2 Buddy, bubble and equipment checks, dive briefings and debriefings
- 3 Surface swims in different water conditions with or without aid from BCD
- 4 Descent and ascent techniques
- 5 Ascent procedure
- 6 Buoyancy adjustment by correct use of weights and buoyancy control techniques at depth
- 7 Correct buddy diving practices, keeping together, buddy monitoring and signals
- 8 Lost buddy technique
- 9 Mask removal, refitting and clearing
- 10 Use of an Alternative Air Source (AAS)
- 11 Horizontal sharing of air
- 12 Surface rescue and towing with Rescue Breathing (RB)
- 13 Dry suit diving
- 14 Small boat diving procedures: kitting up, entry, return to boat
- 15 Basic underwater navigation, awareness of position
- 16 Use of SMB and buddy line
- 17 Use of DSMB
- 18 Shore dive site selection, dive plan, choice of best (safest) entry & exit points, dive leadership
- 19 Correct use of Decompression Tables
- 20 Completion of Dive Record sheets

	CDS3 Skills (over a number of dives)	Date	Signature
a	Rescue a buddy on the surface: tow the casualty for 50 m applying RB, land the casualty (using assistance), continue RB, explain Chest Compressions; explain after care – this skill must not be done immediately following a dive		
b	Identify a suspected decompression problem and provide Oxygen		
c	Swim 250 metres on the surface wearing SCUBA, breathing through a snorkel – swim on front and back		
d	Demonstrate correct buoyancy control and swimming attitude		
e	Demonstrate horizontal air donation both as donor and receiver using an alternative air source (AAS) – 50 m each		
f	Demonstrate vertical donation from 5 metres to surface, including a 3 metre Safety Stop using AAS – use a shot line; ascent rate 10 m per minute max		
g	Demonstrate on land two methods of recovering an unconscious diver from depth – use BCD inflation only		
h	Demonstrate correct use of an SMB		
i	Demonstrate correct use of a Delayed SMB		

Ilkeston and Kimberley Sub-Aqua Club (IKSAC)

Name: _____

	Practical Assignment (over a number of outings)	Date	Signature
a	Phone the local Coastguard for the region and say that they are planning a dive in two weeks time. Ask what information should they provide to the Coastguard about the dive and when should that information be logged		
b	Draw up an information sheet with the required information about the proposed dive and phone it into the Coastguard at the specified time		
c	Recover a (simulated) unconscious diver into a boat at sea using the available resources. This task should be outlined to Trainees before the dive day and they should prepare and present a summary plan to the DO/DM for implementation on the day		
d	Ensuring the dependence of the Club's Oxygen kit for the next dive, in accordance with SAA document DX, PA&A – 2006		

	CDS3.1 Examination	Date	Signature
	Pass mark 80 %		