

NEW SPORTS DIVER TRAINING COURSES AFTER SEPTEMBER 2002

Progression to new grades

- Training packs available for each grade
- Separate QRB overlay to record transition

Credit carried forward to SD from old CD:

- SMB
- Compass work

Definitions of SD: depth and buddy limitations:

- Another OD or SD to least max training depth
- DL or above can extend progressively from 20m beyond training depth up to max 35m supervised by an NQI/DM
- Can plan deco dives
- Must have rescue assistance and management cover available at surface

SD Course:

- 6 Classroom
- 1 Pool
- 5-6 OW inc 1 optional refresher dive
- 1 Dry practical lesson (Assistant DM)
- Theory test (can be taken after all classroom lessons)

Classroom lessons:

1. ST1 Why become a SD: underwater conditions, tides, water temperature/salinity, surface vis, site knowledge, risk assessment
2. ST2 Diver rescue: buddy awareness, landing casualty, resuscitation and CPR
3. ST3 Equipment: shot lines, SMB, DSMB, surface aids, distance lines, compass, navigation,torches
4. ST4 Deeper diving: gases, narcosis, tables, computers, flying
5. ST5 Air planning: AAS, pony, twin cylinders
6. ST6 Going diving: different buddies, dive leading, nitrox diving, rebreather diving (CCR limit 40m)

Pool lessons:

1. SS1 Rescue skills: AV/towing, AAS, CBL, dekit casualty

Dry Practical lesson

- SP1: Assistant DM: DM demo to student: comms, slack, reason for pairings, purpose, 1 wave or 2, surface cover, surface monitoring, dive sheet info, air consumption

Open water lessons:

1. SO1 Diver rescue: AV and tow, shallow belt jettison, land casualty
2. SO2 Using SMB 15-20m
3. SO3 Sim deco dive: distance line , 3 min sim deco
4. SO4 Compass navigation/ DSMB: dry compass, surface compass, 6m compass, DSMB from 10m
5. SO5 dive leading skills: full mask 10m, AAS 10m to 6m, student leads 15m dive with 3m stop, shallow wt belt jettison

Instruction of SDs

Instructor manual contains:

- Theory lesson “add in” notes
- Pool lesson notes
- Open water notes
- “Dry” lesson notes

ADIs/SD:

- OW: in-water supervision by NQI
- Pool or classroom: on site supervision

ADIs/DL

- OW and Pool and classroom: on site supervision by NQI

Assistant OWIs:

- OW and Pool and classroom and dry practical lesson: on site supervision by NQI

Theory Instructor: can teach theory unsupervised

Practical Instructor: can teach pool and OW unsupervised and dry practical lesson

Student/Instructor ratios

- Pool: max 4/1
- OW: 2/1 max
- Pool: 6/1 max if NQI in charge helped by DL
- OW: instructor recommended to carry pony

Lesson Sequencing:

- ST1/2, SS1, SO1, ST3, ST4, SO2, SO3, ST5, SO4, ST6, SO5, SP1
- Theory test can be done after all theory lessons done and before OW assessment

SD OW lesson structure:

- Must accumulate 150 mins underwater time
- Must include 5/8 of following dives (no combinations allowed)
 1. Shelving shore
 2. Steep shore (deep water entry/exit)
 3. Dive using a shot line
 4. Low vis 2-4m
 5. drift 0.25-0.5kn
 6. RIB : backward roll entry/RIB exit
 7. Hard Boat: stride entry/ladder exit
 8. Wall dive: solid bottom deeper than 4m below
 9. Wet suit/dry suit dive

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