

OCEAN DIVER COURSE AT 7 SEASDIVERS 2006

The Ocean diver course offered by 7seasdivers consists of lectures, pool training and open water training. The cost of the course is £80 and this includes training material, all scuba equipment for pool and open water (excluding hire of dive suits). Club subs (£110), BSAC subs (£44) and Legion subs (£26) are extra and comes to an all-in cost of £260

Definitions of a qualified Ocean Diver:

- Can dive with another OD or SD within their maximum training depth
- Can dive with a DL or above who may extend their depth progressively beyond training depth up to 20m but supervised by an Nationally Qualified Instructor (NQI) and supervised by the Dive Marshall
- Cannot conduct decompression stops and there must be divers with rescue skills available on site

The Course consists of:

- 7 Classroom lessons
- 5 Pool lessons (includes a 200m swimming assessment)
- 5 Open Water lessons (which may be condensed to 4). The minimum time underwater achieved must be 120 minutes and the maximum depth achieved will be 15-20m
- Test: can be done after all theory lessons are finished and before OW assessment

Classroom lessons:

1. OT1 Training: structure of BSAC, the club, the course, the costs and training opportunities within the club
2. OT2 Equipment and Signals: effects of pressure, basics of scuba kit, use of signals
3. OT3 Body and Effects of Diving: body functions, pressure and air spaces, thermal protection, buoyancy control
4. OT4 Planning to go Diving: nitrogen effects and risks of DCI, using tables (inc levels), computers, planning air requirements
5. OT5 Going Diving: role of Dive Marshall, dive planning, buddy checks, analysis of a complete dive, pilotage
6. OT6 What Happens if: DCI, narcosis, incident pit, AAS, CBL techniques
7. OT7 Enjoying your Diving: different types sites/boats, wreck diving, night diving

Pool lessons:

1. OS1 Being Underwater: use of equipment, fining, buoyancy
2. OS2 Basic skills: DV, mask clear, shallow AAS (casualty now takes buddy's DV from stowage)
3. OS3 Developing skills: stride entry, mask clear, free flowing DV, deep AAS with ascent
4. OS4 Beyond basics: forward roll, remove/refit scuba
5. OS5 Safety skills: deep AAS, towing, self CBL, casualty CBL, CBL and tow

Open water lessons:

1. OW1 Partial mask and DV, wt belt jettison in chest deep water (not covered in pool!)
2. OW2 Inversion recovery 2m, dry suit inflater release/reattach, direct feed hose release/reattach
3. OW3 Full mask, AAS ascent, dive leading demo 12-15m
4. OW4 CBL 6m and 25m tow, dive leader demo 15-20m, wt belt jettison
5. OW5 Assessment, student acts as dive leader

John Christofides
Diving Officer