

Admin Information

A.10

SUMMARISED CONTENTS OF OCEAN DIVER TRAINING PROGRAMME

The BSAC Ocean Diver Course includes theory lessons in a classroom, practical lessons in a swimming pool or similar sheltered water, and five open water dives.

The Ocean Diver Course consists of the following elements:

- seven classroom lessons
- a theory assessment
- a basic swimming assessment
- five Sheltered Water lessons
- five Open Water lessons

OCEAN DIVER - THEORY TRAINING

INTRODUCTION: OUR BRANCH/ CENTRE & OCEAN DIVER TRAINING

Our BSAC Branch/Centre
BSAC - the organisation
Benefits of BSAC membership
Benefits of training with a branch/centre
Benefits of diving with the branch/centre
What will it cost?
Ocean Diver training
Further branch training

DIVING EQUIPMENT AND SIGNALS

Air and the atmospheric pressure
Water pressure
Basic equipment - mask, fins and snorkel
The difference between basic and scuba equipment
Scuba equipment
Diving signals

THE BODY AND EFFECTS OF DIVING

Body metabolism
Respiration - the lungs
Heart and blood
Breath hold diving and hyperventilation
Respiration
The ear
The sinuses
Teeth
Buoyancy
Density
Buoyancy and divers

PLANNING TO GO DIVING

Diving and effects of nitrogen
Nitrogen absorption
Nitrogen release
Nitrogen management
BSAC tables
Dive computers
Dive planning

GOING DIVING

Buddy diving
Overall dive organisation
The dive marshal's role
Before the dive
Underwater pilotage
Vision underwater
Colour underwater

WHAT HAPPENS IF....?

DCI
Diver's first aid tool - oxygen
The incident pit
Preventing problems
Prevention and resolution
Surface support

ENJOYING YOUR DIVING

Inland sites
Underwater conditions, planning and preparation:
- Sea diving
- Shore & Boat diving

OCEAN DIVER
SHELTERED WATER TRAINING

BEING UNDERWATER

Basic skills including: fit a face mask, fit and clear a snorkel, develop finning action and be comfortable breathing from a demand valve underwater.

BASIC SKILLS

Assemble and check SCUBA unit

Buoyancy control; while swimming underwater and while ascending and descending

Initial remove, refit and clear mask of water in shallow water

Use AS, static, as both donor and recipient in shallow water

DEVELOPING SKILLS

Consolidate clearing mask of water

AS ascent as a donor and recipient

Maintain true neutral buoyancy and perform controlled descents and ascents in deeper water

BEYOND THE BASICS

Further develop personal diving skills including buoyancy, mask clearing etc.

SAFETY SKILLS

Consolidate AS ascent as both donor and recipient

Recover an unconscious buddy to the surface using a Controlled Buoyant Lift (CBL), secure at the surface, signal for help and tow the casualty

OCEAN DIVER
OPEN WATER DIVES

DIVE ONE

Have an enjoyable dive

Establish correct weight required for the conditions and the protective clothing worn

Develop buoyancy control skills appropriate to the standard of protective clothing worn

DIVE TWO

(if drysuit used) Recover from an inversion and disconnect their drysuit inflation hose in the event of the inflation valve sticking open

Clear mask, retrieve and clear mouthpiece

Static AS skills as both donor and recipient

Further develop buoyancy control, finning action and swimming attitude

Develop an awareness of pilotage as a means of navigation

DIVE THREE

Basic diving and emergency procedures

DIVE FOUR

Recover an incapacitated diver to the surface, summon assistance and tow an incapacitated diver

DIVE FIVE

Plan and lead a dive within the limitations of previous experience

DIVING EXPERIENCE

Experience a range of four different diving conditions during a minimum in water time of not less than 120 mins.

OCEAN DIVER - THEORY TEST