

## 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**