

SSAC training record

Branch: MUSSELBURGH

Name:
Date of Birth:
Membership no:

Address:
Tel no:

Date of Medicals			
1	2	3	4
5	6	7	8

Joining date & renewal			
1	2	3	4
5	6	7	8

Swimming assessment S1- S7

Sport Diver

Date completed:

Date completed:

Snorkel Assessment

Pool Training
Sn1 Recover fit & clear mask using snorkel etc.
Sn2 Fin 200 m surface every 20m
Sn3 Submerge for 30 sec etc.
Sn4 Advanced Snorkel Rescue

Date completed:
Date _____ Instructor _____

Pool Training	Date	Ins	Lectures	Date	Ins
P1 Assemble & test equipment			1 Basic Equipment		
P2 Buoyancy adjustment & snorkel dive			2 Effects of pressure		
P3 Submerge for 30 sec			3 Aqualung use & buoyancy control		
P4 Clear mouthpiece x 2			4 Burst lung & emergency ascent		
P5 Buoyancy control			5 Respiration		
P6 Remove & refit mask x 2			6 Exhaustion		
P7 Remove & refit equipment			7 Rescue & life saving		
P8 Demonstration of mobility			8 Principles of the aqualung		
P9 Support diver			9 Maintenance & diving		
P10 Remove & refit equipment on surface			10 Open water diving & diving procedures		
P11 Swim without mask on surface			11 Decompression, hazards & avoidance		
P12 Share as a donor & recipient			12 SSAC Organisation		
P13 Swim with blacked out mask					
P14 Simulated rescue			Lecture tests		
P15 Simulated dive					
Basic Drysuit training					
Deploy DSMB					

Ten Open Water Dives (ssac) + 10 musac dives

Open Water Training

Place	Date	Dive Leader	Date	Ins
1			1 Test neutral buoyancy	
2			2 Demonstrate hand signals	
3			3 Jump in > 1m, & 2 entries	
4			4 Remove mask & refit x 2	
5			5 Clear mouthpiece	
6			6 Share regulator	
7			7 Inflate lifejacket	
8			8 Snorkel swim	
9			9 Assisted ascent x 2	
10			10 Rescue	
			11 Compass course	
			12 Deploy DSMB	

Diving Officers Signature