Section 5B: AUSI Scuba Teaching Guidelines

LEVEL I SCUBA DIVER – October 2005

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- **AUSI MEDICAL HISTORY FORM**
- **AUSI LEVEL I SCUBA DIVER PARTICIPATION AGREEMENT**
- **AUSI LEVEL I SCUBA DIVER TRAINING RECORD**
- **AUSI LEVEL I SCUBA DIVER THEORY TEST**
- **AUSI LEVEL I SCUBA DIVER THEORY TEST - ANSWER SHEET**
- **AUSI LEVEL I SCUBA DIVER THEORY TEST - ANSWER TEMPLATE**
- **AUSI LEVEL I SCUBA SKILLS CUE CARD**

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COURSE PLANNING

The AUSI Level I Scuba Diver (Supervised Scuba Diver) course is designed to train divers to dive to nine metres (30ft) in open water that has direct vertical access to the surface while under the direct supervision of an instructor during daylight hours. Training is valid for 12 months.
The course has three components:
1. Theory - two presentations, lesson reviews and test,
2. Practical Skills - two sessions plus one optional session, and
3. Ocean Dives - two ocean dives.

Instructor
The course can only be conducted by an AUSI Level II Scuba Instructor or higher.

Ratios
1. Theory 24:1
2. Pool >1.5m 8:1 or 12:1 with the assistance of one AUSI Level I Scuba Instructor, or 16:1 with the assistance of two AUSI Level I Scuba Instructors,
   <1.5m 16:1, and
3. Ocean 8:1 or 10:1 with the assistance of one AUSI Level I Scuba Instructor.

NOTE: Ratios are for ideal conditions and may need to be reduced due to water conditions or student requirements.

Prerequisites
Prerequisites for the AUSI Level I Scuba Diver course are:
1. Be at least 12 years of age, and
2. Be medically fit to scuba dive; use the *AUSI Medical History Form* or approved equivalent.

Before conducting the course, ensure that the students have met all the prerequisites and signed the *AUSI Level I Scuba Diver Participation Agreement*.

Materials
During the course it is compulsory for the instructor to use the following:

1. **AUSI Open Water Scuba Diving Manual** or relevant AUSI Course Notes,
2. *AUSI Medical History Form* or approved equivalent,
3. *AUSI Level I Scuba Diver Participation Agreement,*
4. *AUSI Level I Scuba Diver Training Record,*
5. *AUSI Level I Scuba Diver Theory Test,*
6. **AUSI Certification Sheet,** and
7. **AUSI Logbook** or other suitable diver's logbook.

Items 1, 6 & 7: Can be purchased from AUSI Head Office.

In lieu of Item 4: AUSI Level I Scuba Course Notes and lesson reviews (AUSI Scuba Learning Modules 1 & 2) can be downloaded from www.ausi.com.au.

Items 2, 3, 4 & 5: Can be photocopied from the Course Materials section of the AUSI Instructor Manual or registered instructors can download an AUSI Level I Scuba Instructor Pack from www.ausi.com.au.

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Equipment
Each instructor and student shall use the equipment required by Australian Standard AS 4005.1-2000 during all practical training and ocean diving throughout the course:

1. Mask, snorkel and fins,
2. Approved air cylinder and valve (Australian Standard AS 2030.1),
3. Buoyancy control device with scuba feed inflator designed to maintain the head above water surface when inflated (separate back pack if appropriate),
4. Regulator (instructor's must use a balanced first stage),
5. Alternate air source,
6. Depth and cylinder pressure gauges, and timing device, and
7. Adequate exposure protection with appropriate quick release weight system.

Instructors must have all of the above plus a knife and compass.

Upgrades

AUSI Scuba Adventure to AUSI Level I Scuba Diver

Within 30 days:
If the upgrade is within 30 days of completion of the AUSI Scuba Adventure program, the student is only required to complete the outstanding Level I Theory Module and Lesson Review, Theory Test, Practical Training Modules and ocean dive.

Outside 30 days:
If the upgrade is beyond 30 days since completion of the AUSI Scuba Adventure program the student should complete the revision sessions as outlined below before progressing with further training:

1. Review Theory 1 and the lesson review in the **AUSI Open Water Diving Manual,**
2. Review Practical Skills Module 1, and
3. Do a Refresher Dive similar to Ocean Dive 1 of the AUSI Level I Scuba Diver program.

Credit for AUSI Level I scuba dives:
If satisfactory dives have been completed beyond the AUSI Level I Scuba program, credit for AUSI Level II Scuba Diver ocean dives may be granted, where appropriate.

AUSI Level I Scuba Diver to AUSI Level II Scuba Diver

Within 30 days:
If the upgrade is within 30 days of completion of the AUSI Level I Scuba Diver program, the student is only required to complete the outstanding Level II Theory Modules and Lesson Reviews, Theory Test, Practical Training Module and ocean dives.

Outside 30 days:
If the upgrade is beyond 30 days since completion of the AUSI Level I Scuba Diver program the student should complete the revision sessions as outlined below before progressing with further training:

1. Review Theory 1 & 2 and the lesson reviews in the **AUSI Open Water Diving Manual,**
2. Review AUSI Level I Scuba Diver Practical Modules 2 & 3, and
3. Do a Refresher Dive similar to Ocean Dive 2 of the AUSI Level I Scuba Diver program.

Credit for Level I Dives:
If satisfactory dives have been completed beyond the AUSI Level I Scuba Diver program, credit for AUSI Level II Scuba Diver ocean dives may be granted where appropriate but the student must complete a skills assessment dive during the upgrade program.

NOTE: Before proceeding with an update programs the instructor must cite the student's Training Record from the previous instructor and have the student sign a new *AUSI Level I Scuba Diver Participation Agreement.*

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Suggested Timetable

Below is a suggested course timetable for the AUSI Level I Scuba Diver Course:

First Night	18:30	Introduction
	19:00	**Theory 1 – Introduction to Scuba Diving**
	21:00	Practical Training Module 1
Day 1	08:00	**Theory 2 - The Diver Underwater**
	10:00	Practical Training Module 2
	12:00	Lunch
	13:00	Theory Review
	08:00	Practical Training Module 3
	15:00	Theory Test
Day 2	08:00	Ocean Dive 1
	10:00	Theory Test
	12:00	Lunch
	13:00	Ocean Dive 2
	15:00	Debrief

NOTE: This course can be conducted in conjunction with an AUSI Level II Scuba Diver course which is usually conducted over five days or two week-ends. Suggested timetables for the combined courses can be found in the AUSI Level II Scuba Diver Teaching Guidelines.

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CLASSROOM PRESENTATIONS

Introduction

The following materials are required for the introductory session:

1. **AUSI Open Water Scuba Diving Manual** or relevant AUSI Course Notes,
2. *AUSI Medical History Form,*
3. *AUSI Level I Scuba Diver Participation Agreement, and*
4. *AUSI Level I Scuba Diver Training Record.*

During the introductory session, which must be done before any practical sessions are conducted, the instructor is required to do the following:

1. Have students complete the *AUSI Medical History Form* and review carefully,
2. Have students complete and sign the relevant sections of the *AUSI Level I Scuba Diver Participation Agreement,*
3. Explain the AUSI Pathway and where the current course fits in,
4. Explain the limits of training,
5. Explain the structure of the AUSI Level I Scuba Diver Course,
6. Discuss the timetable for the course,
7. Explain the requirements for certification, and
8. Explain the criteria to remain certified.

For those students wishing to do further reading, **Recreational Scuba Diving** – Sinclair & Kenley is recommended and is available from AUSI Head Office.

Theory Modules

The AUSI Level I Scuba Diver course consists of two theory presentations and lesson reviews which should be conducted in accordance with the Classroom Presentation section of the **AUSI Instructor Course Notes**, and a theory test.

The topics covered are detailed below:

Introduction to Scuba Diving (AUSI Scuba Learning Module 1), and
The Diver Underwater (AUSI Scuba Learning Module 2).

The relevant AUSI Course Notes must be made available to the students during each theory session. After the theory sessions have been attended the students must complete the lesson review for each session.

These notes are also available in A4 for the production of overhead transparencies, available from AUSI Head Office.

The *AUSI Level I Scuba Diver Training Record* is to be updated at the end of every theory session.

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PRACTICAL SKILLS TRAINING

All practical skills training must be conducted in accordance with the Practical Skills Training section of the **AUSI Instructor Course Notes**.

Practical Skills Sessions

The AUSI Level I Scuba Diver course consists of four practical skills sessions (modules), three compulsory and one optional, all of which must be conducted in a pool or confined water.

Each module is described in detail below. The skills are numbered using the following system:

<LEVEL>**.**P**.**<MODULE #>**.**<SKILL #>

where:

<LEVEL> is the AUSI Scuba Diver Course Level

P represents that it is a practical skill

<MODULE #> is the practical skills module number

<SKILL #> is the sequential number starting with the first skill of the session

eg I.P.1.4 is skill four of the first practical skills module in the AUSI Level II Scuba Diver course.

<u>If the option of deleting Practical Skills Module 3 is taken then the following skills must be transferred:</u>

I.P.2.8 Swimming without Mask on Scuba transferred from Module 2 to Module 1

I.P.2.13 Diving to 3+ Metres transferred from Module 2 to Module 1

I.P.3.6 Unknown Water (Seated) Entry transferred from Module 3 to Module 1

I.P.3.8 Deep Water Work transferred from Module 3 to Module 2

I.P.3.9 Buoyancy Control Exercises transferred from Module 3 to Module 2

I.P.3.11 Pool Exit - Small Boat Exit transferred from Module 3 to Module 2.

The **AUSI Level I Scuba Skills Cue Card** contains a summary of the skills to be performed during each practical skills training session.

The *AUSI Level I Scuba Diver Training Record* is to be updated at the end of each practical session.

NOTE:

1. Instructors must never exceed the maximum instructor to student ratios, see page 1, and should reduce these where conditions, student ability or Education Department standards dictate the necessity.
2. Equipment used by instructors and students must comply with page 2.
3. Practical skills training whenever possible should be conducted in a pool, however instruction can take place in confined water, ie a protected part of the ocean with controlled depth where the students can stand up. Time spent teaching new skills in confined water cannot be credited to ocean diving time requirements.
4. All in-water skills are to be taught in chest deep water unless otherwise specified.

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Practical Skills Module 1

(For AUSI Scuba Adventure, AUSI Level I Scuba Diver & AUSI Level II Scuba Diver)

I.P.1.1 Introduction

1. Introduce yourself and assistants
2. Explain what equipment is needed and where to find it
3. Record equipment given out
4. Explain overall aim of the session

I.P.1.2 Assignment of Buddies and Groups

1. Explain the importance of the buddy system
2. Assign all students to buddy pairs and groups

Note: Where possible avoid pairing up close friends, eg. boy friend with girl friend, husband with wife, father and son, this can lead to poor learning through peer pressure and/or interference.

I.P.1.3 Use of Snorkelling Gear

1. Mask
   Explain and demonstrate:
   a) How to defog mask
   b) Keep hair and hood out to prevent flooding
   c) Keep mask on face at all times
   d) Attach snorkel to left side of mask to prevent entanglement with regulator
   e) Do not have strap too tight
2. Snorkel
   Explain and demonstrate:
   a) Should be checked, students with unsuitable snorkels should be told to try another
   b) Attached to the left hand side of the mask
   c) How to clear
      (i) Blow hard
      (ii) Head back and blow hard
      (iii) Displacement
      (iv) Self-draining
3. Fins
   Explain and demonstrate:
   a) Students should NOT walk with fins on
   b) Put fins on by poolside by either sitting down or by using buddy for support while one leg forms a figure 4 across the other so fin can be donned with minimum chance of loss of balance
4. Exposure Suit
   Explain and demonstrate:
   a) If the suit feels too tight NOT to persevere but rather get a larger size (if too loose, reverse applies)
   b) Not to dig finger nails into the material
   c) How to minimise wear and tear on suit knees. (wear knee guards where appropriate)

NOTE: 1. Students should put on their suits while under supervision.
2. Encourage the buddy system by having students help each other.

5. Weight Belt
   Explain and demonstrate:
   a) Weights should be evenly placed around the belt
   b) Do not carry weight belt with open end down (can lead to injury due to falling weights), better to carry done up
   c) To put weight belt on pick it up by both ends and step into it
   d) Weight belt must be above the hips and tightened comfortably around the waist and free to fall in an emergency
   e) Loose ends are to be left loose otherwise quick release function is lost - loose ends must not be tucked in

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I.P.1.4 Scuba Unit Assembly

The instructor should go through the assembly procedure in point form with the students performing each step on their own unit in time with the instructor. Any doubtful gear should be exchanged immediately. **Warn** students of the danger of leaving cylinder standing unattended as they can be knocked over.

1. Cylinder
   a) Check the test date and working pressure
   b) Stand cylinder on flat end with O-ring facing away from body
   c) Keep control of cylinder with hands and/or legs (knees) at all times when cylinder is not lying
2. Buoyancy Compensator (BC or BCD)
   a) Inflate buoyancy compensator (BC) and check for leaks
   b) Check dump valve
   c) Check oral inflate
3. Valve
   a) Remove tape and place in bin (if applicable)
   b) Check presence and condition of O-ring (replace if necessary)
   c) Place two fingers loosely over the O-ring and open valve gently to remove any water or debris
4. Regulator
   a) Orientate regulator so first stage is in left hand, yoke screw facing student and second stage is in right hand
   b) Remove dust cap
   c) Place first stage on valve ensuring second stage is on right side
   d) Correctly tighten yoke, hand tight only
   e) Place pressure gauge over the first stage and tank valve (to protect eyes) then open the valve slightly (if there is any leak, air can be shut off quickly)
   f) If there are no leaks, open the valve fully (to ensure maximum air flow) but back half a turn to prevent valve jamming open
   g) Check pressure gauge reading and compare with cylinders working pressure (WP)
   h) Purge regulator and breathe on it to check inhalation and exhalation (repeat with Safety Regulator)
   i) Connect scuba feed hose (repeat 5 times)
   j) If any doubt is expressed by students check and change as necessary
5. Assembly of Buoyancy Compensator & Cylinder
   a) Check that the BC is on the O-ring side of the valve
   b) The top of the BC should be just below the level of the valve O-ring
   c) Check for twisted or unconnected straps and
   d) Ensure cam band has correct tension

NOTE: If there is a necessity to save time, instructors can pre-assemble and check all scuba prior to the practical skills training session however, this must be followed for the second practical skills session.

I.P.1.5 Donning the Scuba Unit

1. **WARNINGS**
   a) Not to put on over head due to the potential danger of damage to gear and/or diver should a fall occur (especially on boats)
   b) Not to pick up the unit and sling it across back (swinging gauges and regulator could damage on-lookers and/or divers)
   c) To hold the cylinder at all times (except when the cylinder is lying down)
2. Donning the Scuba Unit using a Buddy
   a) Buddy lifts unit while diver puts arm through BC
   b) Diver adjusts and secures unit
   c) Reverse roles
   d) Instructor to do a safety check

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I.P.1.6 Buddy Check

Brief students on the importance of a buddy check and have the students make the following checks on each other:

1. Buoyancy Compensator
   a) Oral inflation and deflation
   b) Dump valve operation
   c) For any leakages
   d) SCUBA feed inflation
   e) Strap adjustment, ensure there are no tangles or twists
2. Weight Belt
   a) Weights are evenly distributed over hips (where possible), loose end not tucked in
   b) Weight belt is clear of SCUBA unit
3. Air Supply
   a) Air on full and back 1/2 turn
   b) Air pressure: 180 - 240atm (2700 – 3600psi)
   c) Both regulators functional
4. Mask
   a) Seal is on face not hair or wet suit hood and seal is not folded under itself
   b) Strap not too tight

I.P.1.7 Neutral Buoyancy

1. Check that students have been given the approximate weight they require
2. Students put on weight belt, mask, snorkel and fins and enter water
3. Students should be told to assume the foetal position while holding breath, if neutrally buoyant they will float at ear/eye level, students should then be told to exhale forcefully after which they should sink if they are neutrally buoyant

NOTE: It can be an advantage to have students slightly negative for the practical skills session and the ocean dive but the student must be capable of staying afloat on the surface without air in the buoyancy compensator.

I.P.1.8 Descent & Ascent Procedures

1. Explain reason to learn and the correct sequence of descending and ascending ie signal, snorkel/regulator exchange ears, dump and vice-versa for ascending but emphasising a slow ascent rate
2. Demonstrate correct use of buoyancy compensator including the need for positive buoyancy on the surface at all times dumping air, power inflation
3. Have students practice dumping and inflating BC five times each using scuba feed
4. Repeat 5 times using oral inflation

I.P.1.9 Basic Scuba Breathing

CONTINUALLY WARN STUDENTS OF THE DANGERS OF PRESSURE INJURIES.
"NEVER HOLD YOUR BREATH, CLEAR (POP) EARS ON SURFACE AND CONTINUALLY DURING DESCENT".

1. Explain and demonstrate the use of the purge button and how to prevent a free flowing regulator
2. Explain and demonstrate basic hand signals
3. While standing in water place regulator in mouth and breathe continuously. (Instructor should ensure breathing patterns are relaxed and close to normal.)
4. Check use of OK signal
5. While holding onto the side of the pool/back of boat lay face down with feet out stretched and breathe continuously underwater for about 15 breaths to get used to the feeling of breathing on scuba
6. Have students follow the correct descent procedure and descent to bottom of pool, ensure BC is completely deflated, asking students to note the affect of breathing on buoyancy

NOTE: Students who have trouble submerging are generally not exhaling adequately.

7. Ensure students get feed back on their ascent procedure
8. Students should have noted how breathing affected buoyancy. This should be emphasised
9. Adjust weights as necessary
10. Where possible give students some time (5-10 minutes) to gain confidence and relax
11. Once relaxed have students practice correct descent and ascent procedures at least five times
12. Have students practice swimming underwater whilst staying in contact with the bottom

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I.P.1.10 Fin Pivot Using Scuba Feed

1. Give reason to learn, explain teaching points and demonstrate
2. Have students lay on the bottom with no air in their BC's
3. Inflate BC until student pivots on fins and is able to demonstrate neutral buoyancy by breath control ie breathe in and rise, breathe out and sink
4. Repeat five times using scuba feed

NOTE: If training is being done in the tropics where the effects of wet suit compression are minimal have students do buoyancy exercises with an extra weight, 1.4kg (3lb), in their BC pocket to simulate the effects of wet suit compression.

I.P.1.11 Regulator Clearing

WARNING: -STUDENTS SHOULD ALWAYS BE BREATHING OUT WHEN REGULATOR IS NOT IN MOUTH (ie. trickle breathing)

Method 1 - Clearing by exhaling
Method 2 - Clearing by purging
Method 3 - Clearing by combination

1. Explain reason to learn
2. Explain and demonstrate Method 1
3. Perform method 1 while standing ie. flood and clear
4. While submerged have student perform Method 1 (five times) exchanging OK signals between each attempt
5. Explain and demonstrate Method 2
6. Perform Method 2 while standing ie. flood and clear
7. While submerged have student perform Method 2 (five times) exchanging OK signals between each attempt
8. Explain and demonstrate method 3
9. While submerged have student perform Method 1 (five times) exchanging OK signals between each attempt

NOTE: Regulator clearing can be taught above water, on surface, where maximum feedback can occur.

I.P.1.12 Regulator and Gauge Recovery

1. Give reason to learn, explain teaching points and demonstrate
2. Demonstrate both methods
   a) Arm sweep
   b) Reach
3. Stress teaching points
4. Repeat five times.
5. Repeat exercise (1-4) using gauge

I.P.1.13 Regulator Exchange

1. Give reason to learn, explain teaching points and demonstrate
2. Remove main regulator, locate and clear safety regulator
3. Repeat 5 times

I.P.1.14 Fin Pivot Using Oral Inflation

5. Give reason to learn, explain teaching points and demonstrate
6. Have students lay on the bottom with no air in their BC's
7. Have students orally inflate BC until they pivots on fins and is able to demonstrate neutral buoyancy by breath control ie breathe in and rise, breathe out and sink
8. Repeat five times

NOTE: If training is being done in the tropics where the effects of wet suit compression are minimal have students do buoyancy exercises with an extra weight, 1.4kg (3lb), in their BC pocket to simulate the effects of wet suit compression.

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I.P.1.15 Mask Clearing on Scuba

1. Explain reason to learn
2. Explain and demonstrate teaching points
3. Have students do a dry run above water, five times
4. Have student submerge and do a dry run underwater, if water gets in then correct technique as necessary
5. Partially fill mask with water
6. Place one hand at top of mask (leaving the other hand free for other tasks - explain this)
7. Apply slight pressure to the top of mask
8. Exhale through nose
9. Bend head backwards
10. Repeat until mastered on surface so that instructor can give feedback and correct technique
11. Repeat five times underwater
12. Repeat 2-8 with fully flooded mask

NOTE: Mask clearing should be taught above water (on surface) where maximum feedback can occur.

I.P.2.16 Mask Removal and Replacement

1. Give reason to learn, explain teaching points and demonstrate
2. Have students remove and replace their mask
3. Repeat five times. Emphasise correct technique and use of only one hand to clear

I.P.2.17 Combined Mask and Regulator Clear

1. Remove demand valve and hold at arms length
2. Remove mask
3. Replace and clear demand valve
4. Replace and clear mask
5. Repeat five times

Note: Students should be trickle breathing when regulator is out of mouth.

I.P.1.18 Snorkelling with Scuba

1. Explain reason to learn
2. While maintaining buddy pairs swim 100 metres (110yds) wearing scuba but using snorkel
3. Buoyancy compensator (BC) should only be inflated if necessary and when inflated it should be done without contact with side or bottom of pool. Avoid over inflation and explain why
4. Instruct as necessary

NOTE: Poor snorkellers should do 300 metres (330yds) without scuba units so as to improve their basic skills without the added complication of the scuba unit.

I.P.1.19 Pool Exit

1. Explain reason to learn
2. Remove weight belt and hand it up, open end first
3. Remove fins
4. Go up ladder one step at a time

WARNING: Students should be warned of the danger of a cylinder slipping out of a back pack or someone falling backwards and therefore should keep well clear of the ladder until the exiting diver is completely out of the water and off the ladder.

NOTE: Emphasise the need to keep masks and snorkels in place.

I.P.1.20 Removal of the Scuba Unit

1. Buddy to support scuba unit
2. Student undoes buckles
3. Buddy carefully lowers unit and lies on ground (not on BC)
4. Repeat for other buddy

I.P.1.21 Disassembly of Scuba Unit

1. Instructor should go through the disassembly procedure (reverse of I.P.1.4) in point form with students in a group performing each step at a time
2. Instruct students how to wash and stow equipment

NOTE: 1. BC's need to have water drained out.
2. Faulty equipment needs to be labelled and separated for repair.

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Practical Skills Module 2

(For AUSI Level I Scuba Diver & AUSI Level II Scuba Diver)

I.P.2.1 Distribution of Gear

1. Distribute gear to students and record

I.P.2.2 Assignment of Buddies & Groups

1. Students to take their gear to the same area as the previous lesson

I.P.2.3 Gearing Up

1. Supervise dressing of students in wet suits
2. Follow procedures
   a) I.P.1.4 - Scuba Unit Assembly
   b) I.P.1.5 - Donning the Scuba Unit

NOTE: The instructor should go through the assembly procedure in point form with students performing each step in time with the instructor on their own unit.

I.P.2.4 Buddy Check

1. Repeat I.P.1.6

I.P.2.5 Brief

1. Give thorough briefing on the tasks to be covered
2. Warn students about ears and lungs

I.P.2.6 Step Entry on Scuba

1. Explain the need for a deep water entry from a low platform or boat where the water depth is greater than two metres (7ft)
2. Gear up at pool side in buddy pairs
3. Slightly inflate buoyancy compensator (BC)
4. Secure cylinder by holding one of the shoulder straps tightly
5. With the other hand use heel to secure the regulator in the mouth and fingers to hold mask firmly on face
6. Stand with toes on edge of pool
7. Check to see if it is clear to enter
8. Keep body upright and stare straight ahead
9. Lean forward slightly taking weight off heels and take a big STEP out, the other leg will follow - DO NOT JUMP
10. Bring legs together in water to achieve uplift
11. On surface change to snorkel and exchange "OK" signals with buddy
12. Buddy repeats 4-11
13. Repeat five times

I.P.2.7 Revision

1. Let students have 5-10 minutes of free swimming in shallow water. Ensure buddy pairs are maintained and correct descent and ascent procedures are followed
2. Remove, replace and clear demand valve, each method five times
3. Lost regulator procedure, each method five times
4. Perform five full mask clears
5. Perform five combined mask & regulator removal and replacements

I.P.2.8 Swimming without Mask on Scuba

1. Explain reason to learn
2. Have students remove mask and drop them at their feet
3. Have students breathe underwater without mask while holding side of pool
4. Have students lay on bottom while breathing on scuba without a mask (30 breaths)
5. Have students swim across pool and back to mask
6. Replace and clear mask
7. Repeat 5 & 6 five times

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I.P.2.9 Out of Air Drill (Alternate Air Source [AAS] Breathing)

1. Point out options should an out of air situation occur.
   a) Drowning
   b) Emergency ascent (point out the dangers of Lung Pressure Injuries, Salt Water Aspiration and Blackout)
   c) Buddy breathing (point out the dangers of Lung Pressure Injuries and Salt Water Aspiration)
   d) Alternative air source breathing **(emphasise that this is BY FAR the best option)**
2. Explain to students the importance of close buddy and instructor contact and conservative air reserves ie never surface with a cylinder pressure less than 50atm (750psi)
3. Explain teaching points and demonstrate
   a) Teach students the "I wish to share air" signal
   b) Response to signal (ie. offer "out of air" diver the safety regulator)
   c) Donor locates and clears safety regulator
   d) During first two breaths
      (i) Exchange OK signal
      (ii) Both divers should position themselves face to face, with right arm fore-arm grip, leaving left hand free for buoyancy control
   e) Establish and maintain neutral buoyancy
   f) Exchange "OK" signals every 4-5 breaths
   g) While swimming (or ascending) ensure both divers fin adequately

NOTE: 1. Remind students to "trickle breathe" when regulator is not in mouth.
2. Remind students that first breath should be cautious.

4. Students should follow procedure while standing so as to aid correction of techniques
5. Students should then breathe for 20 breaths whilst submerged (once as a donor and once as a receiver)
6. Repeat 3-5 times

NOTE: If taught on surface whilst standing, for health reasons, get students to clean their regulator by dunking it in the water between practices.

I.P.2.10 Out of Air Drill (Alternate Air Source [AAS] Breathing) without Mask

1. Explain reason to learn
2. Have student perform AAS, during which each diver floods and clears their mask, repeat five times
3. Perform AAS without mask, repeat five times

I.P.2.11 Fin Removal and Replacement

1. Explain reason to learn
2. Sit on bottom and remove fins
3. Hand to buddy one at a time while removing
4. Replace fins on feet, repeat five times
5. Buddy to repeat process

I.P.2.12 Buoyancy Control Exercise

1. Brief students on exercise, emphasising the importance of buoyancy control
2. Lie on bottom of pool in shallow end and remove scuba unit
3. Lay spread eagle with cylinder in front
4. Vary breathing to notice inhaling causes floating and exhaling causes sinking
5. Replace cylinder
6. Surface and check equipment
7. Repeat five times

NOTE: If using steel cylinders, students may need to be given extra weights for this exercise.

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I.P.2.13 Diving to 3+ metres (10ft)

WARN STUDENTS OF THE DANGERS OF PRESSURE INJURIES (ie. "NEVER HOLD YOUR BREATH") AND THE NECESSITY TO CLEAR EARS PROPERLY (ie. "POP YOUR EARS ON THE SURFACE AND THEN EVERY 60cm (2ft) IF YOU CANNOT CLEAR YOUR EARS ASCEND").

1. Brief students, indicating the importance of equalising ears continually and breathing normally
2. Teach the following signals -
   a) Going down
   b) Going up
   c) Something is wrong
3. Instructor to lead the way signalling to students to clear ears and exchanging "OK" signals continually (take students down one buddy pair at a time)
4. At depth group the students in a semi-circle facing the instructor
5. Exchange "OK" signals

NOTE: Some students who are nervous about depth may use ear problems to disguise it. Care must be taken to determine the problem and hence determine the correct action. If any doubt exists concerning ear damage DO NOT proceed. Wherever possible, use a line to control descent and ascent.

I.P.2.14 Deep Water Descents and Ascents in 3+metres (10ft)

WARN STUDENTS: as in I.P.2.13 above.

1. Brief students on the necessity of being able to control descents (ears) and ascents (DCI)
2. Students should then snorkel to deep end and float on BC's
3. Using a line for control, have students practice descents and ascents
   a) Descent - do regulator exchange, pop ears and slowly descend with left hand on nose
   b) Ascent - students should practice ascending slowly eg. no faster than slowest visible bubbles
4. After ascent immediately inflate BC and switch to snorkel
5. Repeat five times

NOTE: Instructors should observe buoyancy of students and adjust weight belts as necessary.

I.P.2.15 Snorkelling with Scuba

1. Have students snorkel 200m (220yds) on surface with scuba gear on
2. Instruct as necessary

I.P.2.16 Pool Exit

1. Repeat I.P.1.19

I.P.2.17 Removal of the Scuba Unit

1. Repeat I.P.1.20

I.P.2.18 Disassembly of the Scuba Unit

1. Repeat I.P.1.21

NOTE: The instructor should go through the disassembly procedure in point form with the students performing one step at a time in sequence.

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Practical Skills Module 3 (optional)

(For AUSI Level I Scuba Diver & AUSI Level II Scuba Diver MINUS Water Skills Test for AUSI Level II Scuba Diver)

I.P.3.1 Distribution of Gear
1. Repeat I.P.1.1

I.P.3.2 Assignment of Buddies and Groups
1. Repeat I.P.1.2

I.P.3.3 Gearing Up
1. Repeat I.P.1.4 and I.P.1.5

I.P.3.4 Buddy Check
1. Repeat I.P.1.6

I.P.3.5 Brief
1. Give a thorough briefing on the tasks to be covered
2. Warn students about ears and lungs

I.P.3.6 Unknown Water (Seated) Entry
1. Explain reason to learn ie. entry is for situations when depth, current and conditions of bottom are unknown
2. Carefully sit on side of pool with feet in water. (be careful not to damage pool surrounds)
3. Fit mask, snorkel and fins
4. Partially inflate buoyancy compensator (BC)
5. Have regulator in mouth
6. Place both hands on the right side of the body (to prevent pull on hose)
7. Turn body to right side and push out gently from the edge and lower gently into the water
8. Change to snorkel and clear
9. Give OK to buddy
10. Buddy to do entry after returning OK signal

I.P.3.7 Revision - Shallow End of Pool
1. Swim across pool and back in buddy pairs, continuously exchanging "OK" signals
2. Repeat 1, without mask
3. Perform five combined mask and demand clears
4. Alternate air source breathing across pool and back once as a donor and once as a receiver
5. Perform five descents and ascents in deep end of pool

I.P.3.8 Deep Water Work: 3 – 6m (10 – 20ft)
1. Have students descend to deep end of pool
2. Have students perform combined mask and regulator clear
3. Have students practice ascent and descent procedures
4. Instructor to assess Out of Air Drill, (Alternative Air Source Procedures), with ascent

NOTE: Instructors should note any poorly functioning regulators so they can be returned for repair

I.P.3.9 Buoyancy Control Exercises
1. Fin Pivot
   a) In deep end of pool have students lay on the bottom with no air in their BC's
   b) Inflate BC until student pivots on fins and is able to demonstrate neutral buoyancy by breath control: breathe in and rise, breathe out and sink
   c) Repeat five times
2. Mid Water Hover
   a) In deep end of pool have students commence an ascent and demonstrate neutral buoyancy in mid-water by breathing control
   b) Repeat five times

NOTE: If students are not wearing a buoyant exposure suit, to simulate neoprene compression, then place a 1.4kg (3lb) weight in the students BC pocket, students must be closely supervised due to their negative buoyancy.

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I.P.3.10 Snorkelling with Scuba

1. Repeat I.P.2.15: 200m (220yds)
2. Instruct as necessary

I.P.3.11 Pool Exit - Small Boat Exit

1. Remove weight belt
2. Remove and hand up scuba unit
3. Exit water with fins on

I.P.3.12 Removal of Scuba Unit

1. Repeat I.P.1.20

I.P.3.13 Disassembly of Scuba Unit

1. Repeat I.P.1.21

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OCEAN TRAINING DIVES

The AUSI Level I Scuba Diver course consists of two compulsory ocean dives. Both dives must be to at least four metres (15ft) in depth with one to be at least six metres (20ft) and both dives must consist of at least 20 minutes underwater time. Neither dive shall exceed nine metres (30ft) in depth.

The ocean diving component of the AUSI Level I Scuba Diver course shall not be commenced until satisfactory completion of Practical Skills Modules 1 and 2 and should not be commenced until satisfactory completion of Practical Skills Module 3.

All ocean diving should be conducted in accordance with the Ocean Training Dives section of the **AUSI Instructor Course Notes** and be directly supervised by an AUSI Level II Scuba Instructor or higher.

All dives are to be recorded in the student's logbook and the *AUSI Level I Scuba Training Record* is to be updated after each dive.

Each dive is described in detail below:

Ocean Dive 1 (Orientation Dive)

AIM: To introduce students to the underwater world.

SELECTION: Should be shallow, 4-6m (15 – 20ft), with minimum hazards.

SKILLS: Fin pivot.

NOTE: Instructors must show lots of enthusiasm and show many different marine animals. Remember everything is new and exciting to students.

Ocean Dive 2 (Consolidation Dive)

AIMS:

1. Introduce student to greater depth
2. Increase student's awareness of air consumption
3. Make student's more aware of buoyancy changes
4. Self monitoring of air supply
5. Maintenance of good buddy contact.

SELECTION: Should be 6- 9m (20 – 30ft) with minimum hazards.

SKILLS: Fin pivot.

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Ocean Entries and Exits

During the ocean diving stage of the course, the instructor is to choose and teach the most appropriate entry and exit.

High Water Entry

1. Explain reason to learn eg useful for jetty diving
2. Check depth
3. Warn students about ears and lungs
4. Gear up on top of the jetty
5. Slightly inflate buoyancy compensator (BC)
6. Secure cylinder by either -
   a) Holding one of the shoulder straps tightly, OR
   b) Reaching behind with one arm and hold cylinder to back
7. Stand with toes on edge of the jetty
8. With the other hand use the heel to secure the regulator in the mouth and fingers to hold the mask firmly on face
9. Check to see if it is clear to enter
10. Keep body upright and stare straight ahead, DO NOT WATCH THE WATER
11. Lean forward slightly, lift weight off heels and STEP out. The other leg will follow, DO NOT JUMP
12. Bring both legs together and keep them straight
13. Point toes slightly, explain why
14. On surface change to snorkel and exchange "OK" signal with buddy
15. Buddy repeats 5-13

Surf Beach Entry/Exit

1. Explain reason to learn
2. Gear up completely on dry sand ie above highest wave level and check buddy
3. Observe the wave pattern
4. Select the "lull" of the set
5. Walk backwards towards water with regulator in and buoyancy compensator (BC) deflated, explain why, watching for any big waves
6. If a big wave comes in brace yourself
7. Continue entry until deep water is reached or past "breaker zone", then inflate BC
8. When past the "breaker zone" refit gear as necessary, check buddies gear, continue dive
9. Exiting is the reverse procedure, do not remove any gear until dry sand is reached

NOTE: If knocked over swim underwater along the bottom until past the "breaker zone", explain why.

Rock Platform Entry/Exit

1. Explain reason to learn
2. Gear up completely on dry rocks and check buddy
3. Observe wave pattern
4. Select the "lull" of the seat
5. Carefully rock hop to the water level and carefully lower into the water and quickly swim beyond the "breaker zone", then inflate BC
6. Refit gear as necessary, check buddy and continue dive
7. Exiting is the reverse procedure. Do not remove ANY gear until dry rocks are reached

Boat Backward Roll Entries

1. Explain reason to learn
2. Check depth
3. Fully gear up - carefully to maintain boat stability
4. Complete buddy check
5. Sit on the gunwale with the cylinder facing outwards, lean body forward
6. Partially inflate buoyancy compensator (BC)
7. Ensure all face hoses are in lap
8. Secure cylinder with one hand and secure regulator and mask with other
9. When clear, on the count of three both divers should gently roll backwards
10. Upon surfacing switch to snorkel and exchange "OK" signals with boat attendants
11. Swim to either bow or stern of boat exchange "OK" signals with buddy, check each other and continue dive
12. Buddy does 3. - 8, simultaneously

NOTE: Always descends via the anchor rope or shot line and swim into and up current, unless a strong tidal change is expected.

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Boat Step Entry

1. Explain reason to learn
2. Check depth
3. Fully gear up - carefully maintain boat stability
4. Complete buddy check
5. Stand on platform with toes on edge
6. Partially inflate buoyancy compensator (BC)
7. Ensure hoses cannot get caught up
8. Secure cylinder with one hand and regulator and mask with the other
9. When clear step out while watching horizon (not water)
10. Upon surfacing switch to snorkel and exchange "OK" signal with buddy, check
11. Buddy repeats 2 - 9
12. Swim to either bow or stern of boat exchange "OK" signals with buddy, check each other and continue dive

Boat Exits

1. Surface and secure the mermaid catcher
2. Hand up weight belt by open end
3. Hand up cylinder
4. Exit from water
5. Remove mask, snorkel and fins when safely in boat

NOTE: Some boats may have ladders - weight belts should be handed in first.

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ASSESSMENT

Theory

Theory assessment is conducted continuously though out the course via lesson reviews with a final test to assess knowledge at the conclusion of the course.

Lesson reviews are found at the conclusion of each lesson in the AUSI Course Notes and:

1. Students to complete lesson reviews for all theory lessons,
2. Instructors are to discuss each lesson review, and
3. The Lesson Review section of *AUSI Level I Scuba Diver Training Record* is to be signed by both student and instructor.

The *AUSI Level I Scuba Diver Theory Test* must be administered at the conclusion of the theory section of the course and:

1. Students must score 80% to pass,
2. Instructors must review incorrect answers with the student,
3. Both the student and instructor must sign the completed answer sheet,
4. The answer sheet must be kept with the student's records, and
5. Students who score less than 75% must be re-tested.

Practical

When a skill has been taught and practiced satisfactorily both the instructor and the student are to sign the relevant section of *AUSI Level I Scuba Diver Training Record.*

During practical training sessions the instructor must personally assess combined mask and demand clear, alternate air source breathing, deep water descents and ascents, and snorkelling techniques.

Ocean Diving

During the ocean diving phase of the course students are to be continually monitored, assessed and given feedback in the following areas:

1. Equipment handling,
2. Buoyancy control,
3. Air supply monitoring,
4. Buddy system,
5. Dive Planning,
6. Entries and exits,
7. Underwater navigation
8. Correct boat diving techniques, and
9. Correct shore diving techniques.

The skills as listed in the Ocean Training Dives section of this manual must be individually assessed by an AUSI Level II Scuba Instructor or higher.

When a skill or a dive has been completed, both the instructor and the student are to sign relevant section of the *AUSI Level I Scuba Diver Training Record.*

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CERTIFICATION

Before issuing certification the instructor must ensure that all aspects of the course and appropriate assessments are complete and finally determine if the diver is safe to dive to nine metres (30 ft) while being directly supervised by an instructor.

If certification is not issued the instructor is to ensure appropriate follow through, which can include issuing the student with an AUSI Scuba Adventure certificate.

Before issuing the certification card ensure the following:

1. All theory and practical elements have been completed satisfactorily,
2. The appropriate student's course records are accurately completed by both student and instructor,
3. Student's dives are accurately logged in the student's logbook and counter signed by the instructor, and
4. Both student and instructor have signed the Certificate of Completion.

When preparing the certification card:

1. Ensure all required details are accurately completed, and
2. Ensure the Instructor signs the certificate.

Before printing the certificate, recheck all details.

Issue wall certificate to student and return student profile with the unissued certification card to AUSI Head Office by the 14th day of the next month.

NOTE: The students **must** be reminded that the certificate is **not** full certification, they **must** dive with an instructor and that training is only valid for 12 months.

DEBRIEF

Debrief all students ensuring that the following points are covered:

1. What the qualification means,
2. What's required for certification to remain current,
3. Travelling overseas with the qualification,
4. Further education, and
5. Precautions:
    - Ears,
    - What to avoid with regard to Decompression Illness,
    - What to do about Decompression Illness, and
    - Local diver emergency services.

Where appropriate also include the following:

1. A course assessment sheet to analyse the student's impressions of their course,
2. Dive Club and Charter Boat information,
3. Dive Travel,
4. How to purchase or rent equipment, and
5. Any special package deals.

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AUSI LEVEL I SCUBA DIVER

COURSE MATERIALS

AUSI MEDICAL HISTORY FORM

AUSI LEVEL I SCUBA DIVER PARTICIPATION AGREEMENT

AUSI LEVEL I SCUBA DIVER TRAINING RECORD

AUSI LEVEL I SCUBA DIVER THEORY TEST

AUSI LEVEL I SCUBA DIVER THEORY TEST - ANSWER SHEET

AUSI LEVEL I SCUBA DIVER THEORY TEST - ANSWER TEMPLATE

AUSI LEVEL I SCUBA SKILLS CUE CARD

Please photocopy the forms for use as necessary from this section of your AUSI Instructor Manual.
OR
Registered instructors can download an AUSI Level I Scuba Instructor Pack from www.ausi.com.au.

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Form 1 (0708) - AUSI MEDICAL HISTORY FORM

This form is used for the assessment of potential problems for persons wishing to partake in AUSI Snorkel or AUSI Scuba programs. In the interest of your safety it is important that you give true, full and complete answers to all questions. Your instructor may advise you to have a full diving medical before diving or may recommend that you do not dive at all.

IMPORTANT: Do you understand that incorrect or misleading information can lead to serious injury resulting in permanent damage or death? YES ☐ NO ☐

A. PERSONAL DETAILS

Name _____ Date of Birth ___/___/___

Address _____

Contact Email: _____ Mobile: _____ Phone: _____

Sex : Male ☐ Female ☐ Occupation _____

Where did you hear about this course? _____

B. GENERAL INFORMATION

	YES	NO	
1. Are you a non-swimmer?	☐	☐	
2. Have you ever had trouble in water?	☐	☐	Details _____
3. Have you scuba dived previously?	☐	☐	Details _____
4. Are you in good health?	☐	☐	Details _____
5. Are you on any medication?	☐	☐	Details _____
6. Operations within the last six months?	☐	☐	Details _____
7. Is there a family history of heart disease?	☐	☐	Details _____
8. Do you have any disease or disability	☐	☐	Details _____
9. Do you smoke?	☐	☐	

Pack Years (Should be < 10)

Cigarettes per day ☐ Multipliy by years of smoking ☐ Divide by 20 = ☐

	YES	NO
10. Have you consumed alcohol or any other drugs within the last 24 hours?	☐	☐
11. Will you be flying or going to altitudes above 300m within 24 hours after your last scuba dive?	☐	☐

Do you suffer from, or have you ever suffered any of the following?

12. Ear problems when flying or diving	☐	☐	16. Migraine or severe headache	☐	☐
13. Ruptured eardrum	☐	☐	17. Depression, claustrophobia or panic attacks	☐	☐
14. Chronic ear discharge or infection	☐	☐	18. Back problems	☐	☐
15. Sea sickness	☐	☐	19. Recompression for a diving related illness	☐	☐

C. MEDICAL HISTORY - Do you suffer from, or have you ever suffered any of the following?

	YES	NO		YES	NO
1. Ear surgery (other than drainage)	☐	☐	11. Pneumothorax (collapsed lung)	☐	☐
2. Persistent ringing noises or deafness	☐	☐	12. Persistent fainting or blackouts	☐	☐
3. Persistent loss of balance	☐	☐	13. Head injury requiring hospitalisation	☐	☐
4. Persistent allergies affecting nose/sinuses	☐	☐	14. Epilepsy or fits	☐	☐
5. Persistent cough or coughing blood	☐	☐	15. Any brain or spinal disorder	☐	☐
6. Recurrent chest/lung infections/problems	☐	☐	16. Diabetes	☐	☐
7. Abnormal chest pain	☐	☐	17. Heart disease	☐	☐
8. Chest surgery (heart or lung)	☐	☐	18. High blood pressure	☐	☐
9. Abnormal shortness of breath	☐	☐	19. Pulse irregularities	☐	☐
10. Asthma, wheezing or use of a puffer	☐	☐	20. Are you pregnant. or trying to be pregnant?	☐	☐

D. DECLARATION

I certify that the above information is true and complete to the best of my knowledge and I hereby authorize Dr _____ Phone # _____ to supply medical information relevant to this course regarding me to my instructor in my own personal interest.

Student's signature _____ Date ___/___/___

Instructor's signature _____ Instructor #: _____

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AUSI Level I Scuba Diver Participation Agreement (1)

This is an important document that affects your legal rights and should be read carefully and the terms understood before signing.

THIS AGREEMENT IS BETWEEN

_____ ACN _____
(DIVE SCHOOL NAME)

of _____ in the State of _____
(Address)

AND its diving instructors, employees and agents (Hereinafter referred to as "the Dive School")

AND

_____
(NAME OF STUDENT)

of _____ in the State of _____
(Address)

(Hereinafter referred to as "the Student")

The Course

The Student wishes to participate in an Australian Underwater Scuba Instructors (AUSI) Level I Scuba Diver Course of instruction conducted by the Dive School which will take place on dates and times to be confirmed and comprise of two theory modules, two practical training session plus one optional practical training session and two ocean dives ("the Course").

The Dive School agrees to provide to the Student as part of the Course the following:

☐ Course Materials	☐ Certification	☐ Snorkelling Equipment
☐ Air Fills	☐ Boat Hire	☐ Wetsuit & Weight Belt
☐ Pool Entrance	☐ Accommodation	☐ Scuba Equipment

In consideration of the Dive School conducting the Course the Student has agreed to pay the Dive School the sum of $_____ to participate in the Course ("the Course fee"). The Student acknowledges the Course fee does not include the cost of additional theory lectures, practical training sessions and ocean dives which the Dive School may determine the student must undertake in order to complete the Course. The Student also agrees to pay for any lost or damaged equipment that has been issued to the Student by the Dive School for their use during the Course.

If the Dive School in its absolute discretion determines the student has successfully completed the Course and otherwise satisfied AUSI Standards and Procedures, the Student will be issued with an AUSI Level I Scuba Diver Certificate of Participation.

Statement of Limitations

The Student acknowledges that the Course is a non-certification course providing only limited theoretical and practical training and experiences sufficient to enable the Student to participate in introductory recreational scuba dives to a maximum depth of nine metres (30 ft) in open water that has direct vertical access to the surface whilst under the direct supervision of an AUSI Level II Scuba Instructor or higher. The Student also acknowledges that without further training he/she should not undertake any further dives without the supervision of an AUSI Level II Scuba Instructor or higher.

WARNING - RISKS OF SNORKELLING AND SCUBA DIVING

BY SIGNING THIS DOCUMENT YOU EXPRESSLY ASSUME ALL THE RISKS, HAZARDS AND DANGERS ASSOCIATED WITH SNORKELLING AND SCUBA DIVING.

The Dive School hereby provides the Student with notice to warn him/her of the inherent risks, hazards and dangers of recreational snorkelling and/or scuba diving:

☐ 1. The underwater environment is alien to human beings and as a consequence snorkel and scuba diving are risk inherent adventure activities which expose participants to the risk of serious injury or death.

☐ 2. Many of the physiological effects on the human body due to the underwater environment and the pressure changes experienced whilst scuba diving are not properly understood.

☐ 3. The long-term effects of scuba diving on the human body are generally either not known or not properly understood and there may be adverse health effects on the human body resulting from scuba diving which are presently unknown or not fully known.

☐ 4. No decompression table or diving computer is completely safe and despite observance of safe diving practices, including diving within the tables or in accordance with the dive computer calculations, there is an inherent risk of developing decompression illness.

☐ 5. Communication under water is limited to hand signals and, as a consequence of reduced visibility or separation, communication between the instructor and the Student may be difficult or not possible.

☐ 6. Snorkel and scuba diving can involve strenuous physical exertion under certain conditions which may include swimming underwater or on the surface against a current or tidal stream, in rough seas over long distances.

☐ 7. The taking of various medications or drugs may have adverse health effects resulting from pressure changes associated with scuba diving. These are or may be unknown and medical advice should be obtained from an appropriately qualified diving doctor.

The Student expressly acknowledges he/she understands that recreational snorkel and scuba diving involves risk, hazards and dangers which could result in serious injury or death. The Student nevertheless wishes to participate in the Course and willingly accepts and expressly assumes all such risks, hazards and dangers.

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AUSI Level I Scuba Diver Participation Agreement (2)

Liability Release and Indemnity Agreement

The Student, in consideration of the Dive School agreeing to accept his/her participation in, and to instruct the Student during the Course, agree to release the Dive School from all loss, damage, claims, demands, suits, actions or proceedings of any kind directly or indirectly arising out of or resulting from an accident or happening, equipment failure, latent conditions, damage, death, injury or loss arising or occurring to or suffering by him/her during or after the Course or during of after any subsequent snorkel or scuba diving activity or related activity whether or not the same shall have been caused by, or contributed to in whole or in part to the negligence of or breach of contract by the Dive School.

The Student expressly acknowledges that he/she is in good health and is not aware of any medical or health reason why he/she should not participate in scuba or snorkel diving and he/she has fully and truthfully disclosed to the Dive School and any doctor examining him/her for the purpose of determining his/her fitness to dive:-

(i) any medical or health condition suffered by or affecting him/her of which he/she is aware;

(ii) all medications or drugs which he/she is taking or takes from time to time;

The Student expressly acknowledges that he/she has read and understood this agreement, and specifically the waiver of legal rights and notice warning of some of the risks inherent in the activities of snorkel and scuba diving, and agrees to be bound by them.

This agreement does not purport to or have the effect of excluding, restricting or modifying the application of any of the provisions of the *Fair Trading Act* or the *Trade Practices Act* or the exercise of a right conferred by any such provision or any liability for a breach of condition or warranty implied by such provision.

SIGNED for and on behalf of

)

[name of Dive School] ……) X

) ……

SIGNED SEALED AND DELIVERED by the said

)

[name of Student] ……..……..) X

) ……

in the presence of

Witness xx ……..

IF THE STUDENT IS UNDER THE AGE OF 18 YEARS THIS AGREEMENT IS TO BE READ CAREFULLY AND THEN SIGNED BY THE STUDENT'S PARENTS OR LEGAL GUARDIAN WHERE INDICATED BELOW:

In consideration of the Student being permitted to undertake the Course I, _____, being at least eighteen years of age and the parent or legal guardian of the Student, on behalf of myself and the Student, agree to be bound by the terms and conditions of this agreement. I hereby acknowledge that I have read and understood this agreement, in particular, the Statement of Limitations, Express Assumption of Risk Agreement and the Liability Release and Indemnity Agreement and hereby give my consent to the Student participating in the Course with full knowledge of the inherent risks involved.

I expressly acknowledge that the Student is in good health and that I am not aware of any medical or health reason why he/she should not participate in scuba or snorkel diving and that I have fully and truthfully disclosed to the Dive School and any doctor examining him/her for the purpose of determining his/her fitness to dive:-

(i) any medical or health condition suffered by or affecting him/her of which he/she is aware;

(ii) all medications or drugs which he/she is taking or takes from time to time;

SIGNED SEALED AND DELIVERED by the said

)

[name of Father/Mother/Legal Guardian] ……..……..) X

) ……

in the presence of

Witness xx ……..

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AUSI LEVEL I SCUBA DIVER TRAINING RECORD

Student's Name: _____ **Course No.:** _____

PREREQUISITES:

	Student	Instructor	No.		Student	Instructor	No.
Medical Statement				At least 12 years of age			

THEORY INSTRUCTION:

Class	Date	Student	Instructor	No.	Test	Date	Student	Instructor	No.
Module 1									
Module 2					P / F				

PRACTICAL INSTRUCTION:

Session No.	Date	Instructor	No.	Session No.	Date	Instructor	No.
1				3 (optional)			
2							

Practical Skills	Student	Instructor	Session #	Practical Skills (cont)	Student	Instructor	Session #
Neutral Buoyancy				Fins - Remove & Replace			
Basic Scuba Breathing				Dive to 3+ metres (10 ft)			
Regulator Clearing				Descents & Ascents (3+m)			
Regulator Exchange				Scuba Assembly			
Use of Buoyancy Comp.				Buddy Check			
Mask Clearing				Step Entry			
Alternate Air Source Breathing (AAS)				Combined Mask and Regulator Clear			
Seated Entry				Fin Pivot			
Mask Remove & Replace				Mid Water Hover			
Swim Without Mask				Small Boat Exit			
AAS Without Mask				Scuba Disassembly			

OCEAN DIVING: (as per AUSI Instructor Manual - Level I Scuba Diver Teaching Guidelines)

Dive	Date	Site	Depth	Bottom Time	Dive Time	Instructor	Vis	Current	Surface Conditions
One									
Two									
Three									

Ocean Skills:

Skills	Dive	Student	Instructor
Fin pivot			

CERTIFICATION REQUIREMENTS:

Theory	Student	Instructor	No.		Student	Instructor	No.
Theory test				Ocean dives & skills			
Lesson reviews				Logged 2 ocean dives			

COMMENTS:

AUSI LEVEL I SCUBA DIVER CERTIFICATE OF COMPLETION

I _____ on this day _____ hereby state that the above record of my AUSI Level I Scuba Diver training is correct and that I understand the general principles of scuba theory taught to me and feel proficient and confident of performing the practical skills taught to me and acknowledge I am trained to dive only with an AUSI Level II Scuba Instructor or higher in daylight hours to a maximum depth of nine metres (30 ft) in open water that has direct vertical access to the surface and further acknowledge that my training expires within 12 months if I do not continue to dive.

Diver's Signature: _____ Instructor's Signature: _____ Number: _____

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AUSI LEVEL I SCUBA DIVER
THEORY TEST (Metric-1005)

DIRECTIONS
- Do not mark question sheet
- Write all answers on the answer sheet provided
- Write name, date and course number on answer sheet
- Answer all questions
- Keep written answers brief
- Choose the most correct answer for multiple choice questions
- Must score 80% to pass

MODULE 1: (out of 20)

A1 An AUSI Level I Scuba Diver can:
a) dive with another AUSI Level I Diver down to 9m
b) dive with an AUSI Instructor down to 9m
c) dive with another AUSI Diver down to 9m
d) dive with another AUSI Diver down to 18m

A2 What is the total pressure on a diver at 15m?
a) 1.5 ATA
b) 1.6 ATA
c) 2.5 ATA
d) 2.6 ATA

A3 The greatest volume change of a gas occurs in the depth range of:
a) 0–10m
b) 10–20m
c) 20–30m
d) 30–40m

A4 The volume of a gas filled balloon during ascent will:
a) stay the same
b) increase
c) decrease

A5 To avoid ear injuries on descent you should:
a) "Pop" your ears when pressure is felt
b) "Pop" your ears continuously
c) "Pop" your ears when pain is felt
d) use ear plugs

A6 To avoid lung pressure injuries when scuba diving:
a) always breathe normally
b) never hold your breath
c) ascend slowly
d) all of the above

A7 If you usually dive in the ocean, how much weight will you need for a fresh water dive?
a) the same
b) more
c) less

A8 If you are having problems equalising your ears on descent it is best to:
a) immediately ascend to the surface
b) descend until pain occurs then "pop" your ears
c) continue descending until pain goes away
d) stop, ascend a little and then try to "pop" your ears again

A9 What is the purpose of the Safety Regulator?
a) used for "out of air" or "low air" situation
b) used for regulator malfunction
c) used if diver vomits underwater
d) all of the above

A10 What should the minimum air pressure be in a diver's cylinder when they reach the surface?
a) 35 atm
b) 50 atm
c) 75 atm
d) 100 atm

MODULE 2: (out of 20)

B1 Pure oxygen is:
a) dangerous at depths greater than 6m
b) safe to use to 18m
c) dangerous at depths greater than 16m
d) used for safe diving deeper than 39m when air becomes dangerous

B2 More than how many deep breaths before a breath hold dive is considered to be dangerous hyperventilation?
a) 2
b) 3
c) 4
d) 5

B3 What is the most common symptom of excess CO_2?
a) headache
b) dizziness
c) nausea
d) tingling

B4 An oily taste or smell in scuba air may also indicate the presence of which substance?
a) Oxygen
b) Nitrogen
c) Carbon Dioxide
d) Carbon Monoxide

B5 At what depth is Nitrogen Narcosis:
a) detectable in everyone?
b) hazardous to everyone?

B6 Diving too deep and staying too long is most likely to cause:
a) Lung Rupture
b) Delayed Onset Bubble Trouble
c) Nitrogen Narcosis
d) Salt Water Fever

B7 When choosing a buddy the most important consideration is:
a) their equipment
b) their training
c) their age
d) their interests

B8 If out of air, after giving the appropriate signal, you would expect to:
a) breathe off your safety regulator
b) breathe off your buddy's main regulator
c) breathe off your buddy's safety regulator
d) dump all air from the BC half way up

B9 To ascend, a scuba diver should:
a) inflate BC
b) dump all air from the BC prior to ascent
c) dump all air from the BC half way up
d) continuously dump air from the BC during ascent

B10 Upon reaching the surface the first thing to do is:
a) switch to snorkel
b) signal OK to the boat
c) inflate BC
d) check time

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AUSI LEVEL I SCUBA DIVER

Theory Test - Answer Sheet (1005)

NAME: _____ DATE: _____ COURSE NO.: _____

MODULE 1:

	A	B	C	D	
A1					2
A2					2
A3					2
A4					2
A5					2
A6					2
A7					2
A8					2
A9					2
A10					2
	A	**B**	**C**	**D**	20

Total Module 1 ☐

MODULE 2:

	A	B	C	D	
B1					2
B2					2
B3					2
B4					2

B5 (a) _____
(b) _____

B6					2
B7					2
B8					2
B9					2
B10					2
	A	**B**	**C**	**D**	20

Total Module 2 ☐

Total: ☐

Minimum required (32)

STUDENT DECLARATION

I _____
hereby declare that I have discussed my incorrect answers with my instructor:

_____ # _____
and I now acknowledge my understanding in those areas.

Student's signature: _____

Intructor's signature: _____

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AUSI LEVEL I SCUBA DIVER

Theory Test - Answer Template (1005)

NAME: _____ DATE: _____ COURSE NO.: _____

MODULE 1:

	A	B	C	D	
A1		✓			2
A2			✓		2
A3	✓				2
A4		✓			2
A5		✓			2
A6				✓	2
A7			✓		2
A8				✓	2
A9				✓	2
A10		✓			2
	A	**B**	**C**	**D**	20

Total Module 1 ☐

MODULE 2:

	A	B	C	D	
B1	✓				2
B2		✓			2
B3	✓				2
B4				✓	2

B5 (a) 30 metres_____
(b) 40 metres_____

	A	B	C	D	
B6		✓			2
B7		✓			2
B8			✓		2
B9				✓	2
B10			✓		2
	A	**B**	**C**	**D**	20

Total Module 2 ☐

Total: ☐

Minimum required (32)

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AUSI LEVEL I SCUBA PRACTICAL SKILLS

PRACTICAL TRAINING SESSION 1

- Distribution of equipment
- Explain use of snorkelling equipment
- Scuba unit assembly
- Donning scuba unit
- Pool entry
- Neutral buoyancy check
- Descent & ascent procedures
- Basic Scuba Breathing
- Fin pivot - scuba feed
- Regulator clearing
- Regulator & gauge recovery
- Regulator exchange
- Fin Pivot - oral inflation
- Mask clearing, removal & replacement
- Combined mask & regulator clear
- Snorkel in full scuba gear (100m/110yds)
- Pool exit
- Removal & disassembly of scuba unit

PRACTICAL TRAINING SESSION 2

- Scuba assembly
- Donning scuba unit
- Buddy checks
- Step entry
- Revision - regulator & mask skills
- Swimming without mask
- Out of air drill
- Out of air drill without mask
- Fin removal and replacement
- Buoyancy control exercises
- Dive to 3+ metres (10+ ft)
- Descents and ascents in 3+ metres (10 ft)
- Snorkel in full scuba gear (200m/220yds)
- Pool exit
- Removal of scuba unit
- Disassembly of scuba unit

REPETITION IS ESSENTIAL - 15 TO 20 OF EACH SKILL

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AUSI LEVEL I PRACTICAL & OCEAN SKILLS

PRACTICAL TRAINING SESSION 3

- Scuba assembly
- Donning scuba unit
- Buddy checks
- Seated entry
- Revision - swim without mask
- Revision - mask clearing
- Revision - out of air drill
- Revision - descents and ascents
- Fin pivot
- Mid water hovers
- Snorkel in full scuba gear (200m/220yds)
- Small boat exit
- Removal of scuba unit
- Disassembly of scuba unit

OCEAN DIVING

OCEAN DIVE 1

AIM: Introduce & relax students
SITE: 4-6 m (15 – 20 ft) with min. hazards

OCEAN DIVE 2

AIM: Introduce to depth & buddy skills
SITE: 6-9 m (20 – 30 ft) with min hazards
SKILLS: -- fin pivot

DON'T FORGET:

- Dive flag
- Spare equipment and weights
- Students to add weights for ocean

A THOROUGH PRE-DIVE BRIEF IS ESSENTIAL TO A CONTROLLED STUDENT DIVE

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