Section 5B: AUSI Scuba Teaching Guidelines

SCUBA ADVENTURE – October 2008

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Course Planning

Allows a participant to safely experience an introductory scuba dive in the ocean with direct vertical access to the surface to a maximum depth of nine metres (30') during daylight hours in ideal conditions while under direct supervision of a scuba instructor.
The program can be conducted either as a Resort Dive or as Module One of the AUSI Level I or Level II Scuba Diver course.

The activity has three components:
1. Theory - one presentation and knowledge review,
2. Practical Skills - one session, and
3. Ocean Dive - one ocean dive.

Instructor

Resort Dive:
AUSI Level I Scuba Instructor or higher where AUSI Level I Scuba Instructors can only conduct the program in sheltered water to a maximum depth of six metres (20').
Module One
AUSI Level II Scuba Instructor or higher.

Ratios

1. Theory 12:1,
2. Practical 8:1 or 12:1 with the assistance of an AUSI Scuba Assistant Instructor, and
3. Ocean 4:1 or 6:1 with the assistance of an AUSI Scuba Assistant Instructor.

Note: a. The maximum ratio for **AUSI Level I Scuba Instructors**, with or without an assistant, is 4:1 in ideal conditions.
b. Ratios are for ideal conditions and must be reduced subject to ocean conditions or student requirements.

Prerequisites

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

Before conducting the course, ensure that the students have met all the prerequisites and signed the AUSI SNORKEL & SCUBA DIVING PARTICIPATION AGREEMENT

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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 Snorkel & Scuba Diving Participation Agreement* or approved equivalent,
4. *AUSI Scuba Adventure Knowledge Review,*
5. **AUSI Scuba Adventure Participation Card**, or approved equivalent, and
6. *AUSI Scuba Adventure Participant Profile Summary Form* for AUSI Facilities who are authorised to issue their own certificates.

Items 1 & 5: Can be purchased from AUSI Head Office.
In lieu of Item 1: AUSI Scuba Adventure Course Notes and lesson review (AUSI Scuba Learning Module 1) can be downloaded from www.ausi.com.au.
Items 2, 3, 4 & 6: Can be photocopied from the Course Materials Section of the AUSI Instructor Manual or registered instructors can download an AUSI Scuba Adventure Instructor Pack from www.ausi.com.au.

Equipment

Each 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.

Note: The above equipment list is as required by Australian Standard AS 4005.1-2000.

When training involves the use of a boat the boat must comply with the requirements of the relevant regulatory authority, must be attended at all times by a competent attendant and the following shall be available:

1. Safety equipment as required by the relevant regulatory authority,
2. Highly visible float with mermaid line,
3. Descent/ascent line incorporating a safety stop facility,
4. Notebook and pen,
5. Datum marker eg GPS or shot line, and
6. Spare fully charged scuba unit.

During all diving operations, the following emergency first aid equipment shall be readily available along with a competent operator:

1. Appropriate first aid kit with supplies suitable for treating diving injuries, and
2. An oxygen resuscitator capable of delivering 100% oxygen with an adequate supply of oxygen taking into account location and access to medical facilities.

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Conducting the Program

The program can be conducted either as a Resort Dive or as Module One of the AUSI Level I or Level II Scuba Diver course.

1. Resort Dive

Introduction

The following materials are required for the introductory session:

1. **AUSI Scuba Adventure Flip Chart**,
2. *AUSI Medical History Form* or approved equivalent, and
3. *AUSI Snorkel & Scuba Diving Participation Agreement* or approved equivalent.

During the introductory session, which must be done before the practical session is 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 Snorkel & Scuba Diving 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 Scuba Adventure Course,
6. Discuss the timetable for the course, and
7. Emphasise that this is **not** a "certification course."

Theory

Prior to conducting the in-water components of the program the instructor must conduct a theory briefing using the **AUSI Scuba Adventure Flip Chart** and include the theory knowledge review.

Practical Skills Training

Prior to conducting the ocean dive phase of the program the instructor must teach the following skills in chest deep water before venturing to a depth greater than chest level:

1. Full mask clearing, (see Practical Skills Module One below),
2. Removal, recovery and replacement of regulator, (see Practical Skills Module One below),
3. Alternate Air Source exchange, (see Practical Skills Module One below), and
4. Equalising ears, (see Scuba Learning Module One).

The practical skills can be taught using any one of the following four methods:

1. In water at a depth where the student can stand up whilst learning the skills,
2. On a platform where the student can stand up whilst learning skills,
3. On a bar suspended beneath the boat at a depth no greater than 1.5 metres (4') where the student is tethered by a quick release line to prevent them from going deeper than two metres (6') whilst still allowing them direct access to the surface, or
4. In direct contact with a descent line or a bar suspended beneath the boat at a depth no greater than 1.5 metres (4') where the instructor has direct contact with the student and there is no more than one student submerged at any one time.

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Ocean Diving

Before venturing to a depth greater than chest level the participant must satisfactorily demonstrate the following:

1. Full mask clearing,
2. Removal, recovery and replacement of regulator,
3. Alternate Air Source exchange, and
4. An understanding of equalisation procedures, the dangers of holding breath on ascent and emergency ascent procedures.

The following is not permitted during the ocean dive:

1. Single file diving, and
2. Operation of underwater photography or videography apparatus by instructors conducting the program.

Note: If conducting the program in open water and conditions are not ideal then the program must not proceed unless Scuba Learning Module One and Module One Practical Skills Training have been completed prior to the ocean dive.

Further Diving

The AUSI Scuba Adventure program when conducted as a resort dive is only valid for one day. A second subsequent dive can be conducted on the same day but only if, before venturing to a depth greater than chest level, the participant satisfactorily demonstrates the following:

1. Full mask clearing,
2. Removal, recovery and replacement of regulator,
3. Alternate Air Source exchange, and
4. An understanding of equalisation procedures, the dangers of holding breath on ascent and emergency ascent procedures.

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2. Module One

Suggested Timetable

Below is a suggested course timetable for the AUSI Scuba Adventure course:

AUSI Scuba Adventure (as Module One):

08:30 Introduction
09:00 **Theory – Introduction to Scuba Diving** (AUSI Scuba Learning Module 1)
11:00 Practical Training Module 1
12:00 Lunch
13:00 Ocean Dive
15:00 Debrief

Introduction

The following materials are required for the introductory session:

1. **AUSI Open Water Scuba Diving Manual** or AUSI Scuba Adventure Course Notes,
2. *AUSI Medical History Form* or approved equivalent, and
3. *AUSI Snorkel & Scuba Diving Participation Agreement* or approved equivalent.

During the introductory session, which must be done before the practical session is 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 Snorkel & Scuba Diving 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 Scuba Adventure Course,
6. Discuss the timetable for the course, and
7. Emphasise that this is **not** a "certification course."

Theory

The AUSI Scuba Adventure course consists of one theory presentation, which should be conducted in accordance with the Classroom Presentation section of the **AUSI Instructor Course Notes**, and a Knowledge Review.

The topic to be covered is:

Introduction to Scuba Diving (AUSI Scuba Learning Module 1).

The relevant AUSI Course Notes must be made available to the students during the theory session. These notes are also available in A4 for the production of overhead transparencies from AUSI Head Office.

Note: a. AUSI Scuba Adventure training is valid for 30 days (ie. further dives can be completed without need for repetition of theory or practical training sessions but the participant must demonstrate an adequate level of competency with mask and regulator skills and an understanding of the dangers in relation to ears and lungs before commencing the dive.

b. Module 1 of the AUSI Level I or Level II Scuba Diver award can be credited providing the student's dive is greater than four metres (15 ft) for a total dive time of at least 20 minutes and the lesson review is completed.

c. Students should be encouraged to do the next module of theory and skills training on any subsequent Scuba Adventures.

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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** in either a swimming pool or sheltered water or on a platform, where the student can stand up whilst learning skills.

The module for this course, Module One, 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. SA.P.1.4 is skill four of the practical skills module in the AUSI Scuba Adventure course.

The **AUSI Scuba Adventure Instructor Cue Card** contains a summary of the skills to be performed during the practical skills training session.

Note: a. 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.

b. Equipment used by instructors and students must comply with that listed on page 2.

c. All in-water skills are to be taught in chest deep water unless otherwise specified.

d. Time spent teaching new skills in sheltered water or on a platform cannot be credited to ocean diving time requirements.

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Practical Skills Module 1

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

SA.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

SA.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.

SA.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: (i) Students should put on their suits while under supervision.
(ii) 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

SA.P.1.4 Scuba Unit Assembly

The instructor should pre- assemble and check all scuba units prior to the practical skills training session and ocean dive. However if there is enough time then the students can assemble their own scuba unit, follow the procedure outlined in the AUSI Level I Teaching Guidelines, I.P.1.4. Any doubtful gear should be exchanged immediately.

Warn students of the danger of leaving cylinders standing unattended as they can be knocked over.

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SA.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

SA.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 -180-240 atm (2700 – 3600 psi)
   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

SA.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.

SA.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 five times using oral inflation

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SA.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 descend 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

SA.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

SA.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 the surface, where maximum feedback can occur.

SA.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 five times underwater
6. Repeat exercise (1-5) using gauge

SA.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 five times underwater

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SA.P.1.14 Fin Pivot Using Oral Inflation

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. Orally 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

SA.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, 5 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.

SA.P.1.16 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

SA.P.1.17 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.

SA.P.1.18 Diving to 3+ metres (10 ft) - OPTIONAL

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 60 cm (2 ft) 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.

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SA.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.

SA.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

SA.P.1.21 Disassembly of Scuba Unit

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

Note: (i). BC's need to have water drained out.
(ii). Faulty equipment needs to be labelled and separated for repair.

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Ocean Training Dive

The AUSI Scuba Adventure course consists of one ocean dive. The dive shall not exceed nine metres (30ft) in depth. If credit towards further training is being sought then the dive must be to a minimum depth of four metres (15ft) for a minimum time of 20 minutes.

The ocean diving component of the AUSI Scuba Adventure course shall not be commenced until satisfactory completion of Practical Skills Module.

The ocean dive 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.

The purpose of the dive is to introduce students to the underwater world and should be shallow with minimum hazards.

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

Ocean Entries and Exits

The instructor is to choose and teach the most appropriate entry and exit.

Assessment

Theory

Theory assessment is conducted by the administration of a short knowledge review at the conclusion of the theory presentation.

Practical

During the practical training session the instructor must personally assess mask clearing and regulator recovery and clearing, these two skills must be demonstrated satisfactorily before proceeding with the dive.

Ocean Diving

During the ocean dive the instructor must maintain constant personal contact with the student and carefully monitor the student's air supply and buoyancy.

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Certification

All certificates must be pre-purchased from AUSI Head Office unless an approved equivalent is used.

When issuing the certificate, the store must ensure that all the required details are accurately completed.

The Student Profiles, either the tear off forms or for approved AUSI Facilities - the *AUSI Scuba Adventure Participant Profile Summary Form*, are to be returned to AUSI Head Office by the 14th day of the next month for registration.

Note: Instructors are to emphasise to students that the AUSI Scuba Adventure is **not** a certification course, however AUSI Scuba Adventure can be credited as Module 1 towards the AUSI Level I/II Scuba Diver course only if the minimum dive requirements were met.

Upgrades

AUSI Scuba Adventure (Module One only) 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 ie AUSI Scuba Learning Module 2 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 AUSI Scuba Learning Module 1 and the lesson review,
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 further Scuba Adventure Dives:

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

Note: Before preceding with an update program the instructor must sight the student's Training Record from the previous instructor and have the student sign a new AUSI Participation Agreement.

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Debrief

Debrief all students ensuring that the following points are covered:

1. What the qualification means,
2. Further education, and
3. Precautions:
   - 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. Update requirements, where relevant,
2. A course assessment sheet to analyse the student's impressions of their course,
3. Dive Club and Charter Boat information,
4. Dive Travel,
5. How to purchase or rent equipment, and
6. Any special package deals.

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AUSI SCUBA ADVENTURE

COURSE MATERIALS

AUSI MEDICAL HISTORY FORM

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Please photocopy the forms for use as necessary from this section of your AUSI Instructor Manual.
OR
Registered instructors can download an AUSI Scuba Adventure 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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F10/0209 -AUSI Snorkel & Scuba Diving Participation Agreement (1/2)

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 _____)*** of _____ in the State of _____
AND its diving instructors, employees and agents (Hereinafter referred to as "the Dive School")
AND

_____
(NAME OF PARTICIPANT)

of _____ in the State of _____
(ADDRESS)
(Hereinafter referred to as "the Participant")
FOR ALL IN-WATER DIVING ACTIVITIES including Snorkel Swimming, Snorkel Diving, Resort Scuba Diving and Certified Scuba Diving (Hereinafter referred to as "the Activity")
WHERE:
When Snorkelling, the Participant agrees to obey the Dive Master's directions and to always snorkel with a "buddy".
When taking part in a "Resort Dive", the Participant acknowledges that the Activity is a non-certification course providing only limited theoretical and practical training and experiences sufficient to enable the Participant to participate in introductory recreational scuba dives to a maximum depth of six metres (20ft) whilst under the direct supervision of a scuba instructor. The Participant also acknowledges that without further training he/she should not undertake any further dives without the supervision of a qualified scuba instructor.
When Certified Scuba Diving, the Participant agrees to obey the Dive Master's directions and to dive within the limits of his/her scuba certification as specified below.

Certifying Agency:	_____	Level of Certification:	_____
Certification Number:	_____	Date of Certification:	_____
Name of Instructor:	_____	Name of Facility:	_____
Date of Last Dive:	_____	Total Number of Dives:	_____

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 Participant with notice to warn him/her of the inherent risks, hazards and dangers of recreational snorkelling and/or scuba diving: ***(Initial each box if understood)***

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 Participant 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 Participant 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 Participant nevertheless wishes to participate in the Activity and willingly accepts and expressly assumes all such risks, hazards and dangers.

SCUBA ADVENTURE LESSON REVIEW - ANSWER SHEET

(1)	A	B	C	D	[ ]
(2)	A	B	C	D	[ ]
(3)	A	B	C	D	[ ]
(4)	A	B	C	D	[ ]
(5)	A	B	C	D	[ ]
(6)	A	B	C	D	[ ]

I declare I have discussed my incorrect answers with my instructor and I now acknowledge my understanding in those areas.
Participant's Signature:
_____
Date:

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F10/0209 -AUSI Snorkel & Scuba Diving Participation Agreement (2/2)

Medical Declaration for Scuba Diving

Name: _____ **Date of Birth:** _____ **Sex:** _____

Have you suffered, do you now suffer from, any of the following -

	Yes	No		Yes	No
Asthma or wheezing			Fainting, seizures or blackouts		
Brain, spinal cord or nervous disorder			Heart disease of any kind		
Chest surgery			Recurrent ear problems when flying		
Chronic bronchitis or persistent chest complaint			Tuberculosis or other long-term lung disease		
Chronic sinus condition			Breathlessness		
Collapsed lung (pneumothorax)			Chronic ear discharge or infection		
Diabetes mellitus (sugar diabetes)			High blood pressure		
Ear surgery			Perforated ear drum		
Epilepsy			Decompression Illness		
Other illness or operation within the last month including tooth extraction					
Are you pregnant or planning to become pregnant (females only)?					
Are you currently taking medicine or drug (excluding oral contraceptives)?					
Are you a non-swimmer or ever had trouble in the water?					
Have you ingested alcohol within the 8 hours prior to diving					
If you smoke, multiply the number of cigarettes per day by the number of years of smoking and divide by 20					
Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk?					

Participant's Statement: I certify that the above information is true and complete to the best of my knowledge.

[Name of Participant] ……..…….. Participant's Signature: …….

Liability Release and Indemnity Agreement

The Participant, in consideration of the Dive School agreeing to accept his/her participation in the Activity, 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 Activity or during 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 Participant 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 Participant 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

_____ ……

[Business Name] [Instructor to Sign]

SEALED AND DELIVERED on the ……..……. day of ……..…….. (Month) …….. (Year) by the said

[Name of Participant] ……..…….. Participant's Signature: …….

in the presence of

[Name of Witness] ……..…..... Witness's Signature: …….

IF THE PARTICIPANT IS UNDER THE AGE OF 18 YEARS THIS AGREEMENT IS TO BE READ CAREFULLY AND THEN SIGNED BY THE PARTICIPANT'S PARENTS OR LEGAL GUARDIAN WHERE INDICATED ON AUSI FORM 11 (02/09).

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F11/0209 -AUSI Snorkel & Scuba Diving Participation Agreement (Under 18)

This form must be used for all Participants under the age of 18 years and must be attached to a completed AUSI Form 10 (0201).

Liability Release and Indemnity Agreement for Participants under the age of 18 years.

Child One

In consideration of the Participant being permitted to undertake the Activity I, _____, being at least eighteen years of age and the parent or legal guardian of the Participant, on behalf of myself and the Participant, 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, Notice of Warning of some of the risks inherent in the activities of snorkel and scuba diving and the Liability Release and Indemnity Agreement and hereby give my consent to the Participant participating in the Activity with full knowledge of the inherent risks involved.

I expressly acknowledge that the Participant 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 on the ……..…day of …….. (Month) …….. (Year) by the said

[Name of Father/Mother/Legal Guardian] ……..… Signature: …….

in the presence of

[Name of Witness] …….…..... Witness's Signature: …….

Child Two

In consideration of the Participant being permitted to undertake the Activity I, _____, being at least eighteen years of age and the parent or legal guardian of the Participant, on behalf of myself and the Participant, 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, Notice of Warning of some of the risks inherent in the activities of snorkel and scuba diving and the Liability Release and Indemnity Agreement and hereby give my consent to the Participant participating in the Activity with full knowledge of the inherent risks involved.

I expressly acknowledge that the Participant 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:-

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

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

SIGNED SEALED AND DELIVERED on the ……..…day of …….. (Month) …….. (Year) by the said

[Name of Father/Mother/Legal Guardian] ……..… Signature: …….

in the presence of

[Name of Witness] …….…..... Witness's Signature: …….

Child Three

In consideration of the Participant being permitted to undertake the Activity I, _____, being at least eighteen years of age and the parent or legal guardian of the Participant, on behalf of myself and the Participant, 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, Notice of Warning of some of the risks inherent in the activities of snorkel and scuba diving and the Liability Release and Indemnity Agreement and hereby give my consent to the Participant participating in the Activity with full knowledge of the inherent risks involved.

I expressly acknowledge that the Participant 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:-

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

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

SIGNED SEALED AND DELIVERED on the ……..…day of …….. (Month) …….. (Year) by the said

[Name of Father/Mother/Legal Guardian] ……..… Signature: …….

in the presence of

[Name of Witness] …….…..... Witness's Signature: …….

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AUSI SCUBA ADVENTURE KNOWLEDGE REVIEW

1. **After completion of an AUSI Scuba Adventure you are able to:**
   (a) Scuba dive with an instructor to nine metres (30 ft)within 30 days
   (b) Scuba dive with an instructor to nine metres (30 ft) within 6 months
   (c) Scuba dive without an instructor to six metres (20 ft) within 30 days
   (d) Scuba dive without an instructor to nine metres (30 ft) within 6 months

2. **The greatest volume change of a gas occurs between:**
   (a) 0 and 10 metres (33 ft)
   (b) 10 and 20 metres (33 – 66 ft)
   (c) 20 and 30 metres (66 – 100 ft)
   (d) 30 and 40 metres (100 – 133 ft)

3. **The volume of a balloon during ascent will:**
   (a) Stay the same
   (b) Increase
   (c) Decrease
   (d) First increase then decrease

4. **To avoid ear injuries when scuba diving you should:**
   (a) Use ear plugs
   (b) “pop” your ears when pain is felt
   (c) “Pop” your ears when pressure is felt
   (d) “Pop” your ears on the surface then continuously on descent

5. **If you are having problems equalising your ears on descent it is best to:**
   (a) Immediately ascend to the surface
   (b) Stop, ascend a little and then try to “pop” your ears again
   (c) Descend until pain occurs then “pop” your ears
   (d) Continue descending until pain goes away

6. **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

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FORM 9 (1005) AUSI SCUBA ADVENTURE PARTICIPANT PROFILE SUMMARY FORM

This form is **ONLY** to be used by approved AUSI Facilities who are authorised to issue their own Certificates of Participation.

Dive Facility: _____

PARTICIPANT'S DETAILS:							**INSTRUCTOR DETAILS:**	
Surname	**Other Names**	**State or Country of Origin**	**Sex (M/F)**	**Year of Birth**	**Date of Course**	**Cert. No.**	**Name**	**AUSI No.**
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
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19.								
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21.								
22.								
23.								
24.								
25.								

Please return form to AUSI Head Office by the 14th day of the following month – **AUSI PO Box 202 Queenscliff Victoria 3225 Australia**

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AUSI Introductory Scuba Dive - Cue Card (Side 1)

INTRODUCTION
- Complete Participation Agreement
- Both to sign
- Check prerequisites
- AUSI Pathway
- Structure of the "Intro Dive" experience
- Timetable
- Emphasise *"NOT a certification course"*.

MEDICAL CHECK
- YES to any question in Section B must be thoroughly checked out
- If in **any** doubt request a full medical
- YES to any question in Section C must have a full diving medical

PRESENTATION
- Present AUSI Flip Chart

LESSON REVIEW ANSWERS

1(a) 2(a) 3(b) 4(d) 5(b) 6(d)

TRAINING SESSION
- Buoyancy check
- Equipment donning
- Basic scuba breathing
- Regulator clearing
- Regulator and gauge recovery
- Regulator exchange
- Partial mask clearing
- Full mask clearing

CONTINUALLY REMIND STUDENTS TO "POP" THEIR EARS ON DESCENT AND TO BREATHE NORMALLY AND NEVER HOLD THEIR BREATH

PRACTICAL SKILLS REQUIRE LOTS OF REPETITION

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AUSI Introductory Scuba Dive - Cue Card (Side 2)

OCEAN DIVE BRIEF
- Boat information (if appropriate)
- Purpose of dive
- Site description
- Hazards
- Entry
- Descent ("continuously equalise")
- Dive plan
  - depth
  - bottom time
  - low air
- Ascent and safety stops
- Exit
- Emergency procedures
  - lost buddy procedure
  - low air
  - out of air
- *Warn about ear & lung pressure injuries*

DURING DIVE
- Use descent/ascent line and keep it slow
- Where possible keep direct contact
- Monitor air of all students
- Establish positive buoyancy on surface

POST DIVE DEBRIEF
- Check health
- Talk over good and bad points
- Further dives
- Certification courses
- Avoiding DCI (eg altitude & exercise)
- What to do about DCI
- The DES (1800 088 200)

CERTIFICATION
- Fill in certificates and present
- Complete Student Profiles

PLAN DIVES CONSERVATIVELY AND MINIMISE MULTIPLE ASCENTS

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