Section 4B: AUSI Snorkelling Teaching Guidelines

SNORKEL DIVER – October 2005

COURSE PLANNING 1

CLASSROOM PRESENTATIONS 3

PRACTICAL SKILLS TRAINING 4

OCEAN TRAINING DIVES 10

ASSESSMENT 14

CERTIFICATION 15

DEBRIEF 15

COURSE MATERIALS 17

- **AUSI MEDICAL HISTORY FORM**
- **AUSI SNORKEL DIVER PARTICIPATION AGREEMENT**
- **AUSI SNORKEL DIVER TRAINING RECORD**
- **AUSI SNORKEL DIVER THEORY TEST**
- **AUSI SNORKEL DIVER THEORY TEST - ANSWER SHEET**
- **AUSI SNORKEL DIVER THEORY TEST - ANSWER TEMPLATE**
- **AUSI SNORKEL DIVER INSTRUCTOR CUE CARD**

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

COURSE PLANNING

The AUSI Snorkel Diver course is designed to train divers to snorkel dive in open water with direct access to the surface with a similarly qualified and experienced snorkel diver during daylight hours without the direct supervision of an instructor.

NOTE: (1) The level of certification is determined by the depth achieved on the Certification Dive, see Section 1 Definitions.
(2) AUSI Junior Snorkel Divers must dive with a qualified parent or guardian or an AUSI Snorkel Diver Instructor or higher.

The course has three components:

1. Theory - three presentations, lesson reviews and test,
2. Practical Skills - one session, and
3. Ocean Dives - four ocean modules to be conducted over a minimum of two ocean dives.

Instructor

The course can only be conducted by an AUSI Snorkel Diver Instructor or an endorsed AUSI Scuba Instructor or an approved equivalent.

Ratios

1. Theory 24:1,
2. Pool >1.5m 8:1,
   <1.5m 16:1, and
3. Ocean 8:1.

NOTE: Ratios are for ideal conditions and may need to be reduced due to water conditions or student requirements. Ratios may also need to be reduced to meet relevant government guidelines.

Prerequisites

Prerequisites for the AUSI Snorkel Diver course are:

1. Be at least 16 years of age (AUSI Snorkel Diver) **or**
   Be at least 10 years of age (AUSI Junior Snorkel Diver),
2. Complete the *AUSI Medical History Form*, and
3. Swim 200 metres (220yds) unaided and tread water for 10 minutes.

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

Materials

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

1. **AUSI Snorkel Diving Manual**,
2. *AUSI Medical History Form,*
3. *AUSI Snorkel Diver Participation Agreement,*
4. *AUSI Snorkel Diver Training Record,*
5. *AUSI Snorkel Diver Theory Test, and*
6. **AUSI Certification Sheet.**

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

In lieu of Item 1: AUSI Snorkel Diver Course Notes and lesson reviews 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 these items as part of the AUSI Snorkel Diver Instructor Pack from www.ausi.com.au.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Equipment

Each instructor and student shall use the following equipment during all practical training and ocean diving throughout the course:

1. Mask, snorkel and fins,
2. Buoyancy control device with emergency carbon dioxide inflator designed to maintain the head above water surface when inflated,
3. Adequate exposure protection with appropriate quick release weight system, and
4. Flotation device or devices, or platform capable of supporting all snorkel divers must be used during all ocean dives.

Instructors must have all of the above plus a knife.

Suggested Timetables

Below is a suggested course timetable for the AUSI Snorkel Diver course

Day 1

0800	Introduction
0900	**Theory 1 - Introduction to Snorkelling**
1100	Practical Skills Module
1300	Lunch
1400	**Theory 2 - Dive Planning**
1600	Ocean Modules 1 & 2

Day 2

0800	**Theory 3 - Diving First Aid**
1000	Ocean Modules 3 & 4
1200	Lunch
1300	Theory Review
1500	Theory Test
1600	Debrief

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

CLASSROOM PRESENTATIONS

Introduction

The following materials are required for the introductory session:

1. **AUSI Snorkel Diving Manual** or AUSI Snorkel Diver Course Notes,
2. *AUSI Medical History Form,*
3. *AUSI Snorkel Diver Participation Agreement,* and
4. *AUSI Snorkel 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 check carefully,
2. Have students complete and sign the relevant sections of the *AUSI Snorkel Diver Participation Agreement,*
3. Sight evidence that the student meets all the prerequisites for the course,
4. Explain the AUSI Pathway and where the current course fits in,
5. Explain the structure of the AUSI Snorkel Diver Course,
6. Discuss the timetable for the course,
7. Explain the requirements for certification, and
8. Explain limits of training.

Theory Modules

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

The topics covered are detailed below:

Theory 1 – Introduction to Snorkel Diving
Theory 2 – Dive Planning
Theory 3 – Diving First Aid

The **AUSI Snorkel Diving Manual** or AUSI Snorkel Diver Course Notes must be made available to the students during the theory sessions. After the theory sessions have been attended the students must complete the lesson review for each lesson.

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

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

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

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 Snorkel Diver course consists of one practical skills module, which must be conducted in a pool or enclosed water.

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

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

where:

<LEVEL> is the AUSI Snorkel Diver Course

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. SN.P.1.4 is skill four of the practical skills module in the AUSI Snorkel Diver course.

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

The *AUSI Snorkel Diver Training Record* is to be updated at the end of the practical session.

NOTE:

1. Instructors must never exceed the maximum student to instructor ratios, see page 1, and should reduce these where conditions, student ability or relevant Government 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.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Practical Skills Module

SN.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

SN.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

SN.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) Check fit and seal
   d) Keep mask on face at all times
   e) Attach snorkel to left side of mask (to prevent entanglement with regulator)
   f) 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
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: a. Students should put on their suits while under supervision.
b. 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

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

SN.P.1.4 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) Any leaks
   d) Carbon Dioxide cartridge
   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 BC to ensure a proper ditch in an emergency
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
5. Snorkel
   a) Attached to left side of mask, explain why
   b) Purge valve is in place and functional
   c) Mouth piece has undamaged lugs and no holes

SN.P.1.5 Correct Buoyancy

1. Check that students have been given the approximate weight they require
2. Students put on weight belt, mask, snorkel and fins and carefully enter water
4. Students should be told to assume the foetal position while holding breath, if buoyancy is correct they will float at ear/eye level, after fully exhaling

SN.P.1.6 Basic Snorkel Breathing & Clearing

1. Explain and demonstrate basic hand signals
2. Explain how to clear a non-self draining snorkel using the following methods where appropriate
   a) Blow hard
   b) Head back and blow hard
   c) Displacement
3. Explain how to clear a self draining snorkel using the preceding methods where appropriate
4. Practice each method at least five times
5. Check use of OK signal
6. 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 a snorkel
7. Give students some time (5-10 minutes) to gain confidence and relax will swimming on the surface

SN.P.1.7 Finning Techniques

1. Explain the different styles of finning
   a) Proper hip kick
   b) Flutter kick
   c) Dolphin kick
2. Have students practice different styles by swimming across the pool

SN.P.1.8 Unknown Water (Seated) Entry

1. Explain reason to learn ie. entry is for situations when depth, current and conditions of bottom are unknown and have students practice five times
   a) Carefully sit on side of pool with feet in water. (be careful not to damage pool surrounds)
   b) Fit mask, snorkel and fins
   c) Partially inflate buoyancy compensator (BC)
   d) Have snorkel in mouth
   e) Place both hands on the right side of the body
   f) Turn body to right side and push out gently from the edge and lower gently into the water
   g) Give OK to buddy
   h) Buddy to do entry after returning OK signal

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

SN.P.1.9 Step Entry

1. Explain the need for a low platform or boat step entry into the deep water ie greater than 2 metres (7ft) in depth, have students practice five times
   a) Gear up at pool side in buddy pairs
   b) Slightly inflate buoyancy compensator (BC)
   c) Hold mask firmly on face
   d) Stand with toes on edge of pool
   e) Check to see if it is clear to enter
   f) Keep body upright and stare straight ahead
   g) Lean forward slightly taking weight off heels and take a big STEP out, the other leg will follow - DO NOT JUMP
   h) Bring legs together in water to achieve uplift
   i) Exchange "OK" signals with buddy
   j) Buddy to do entry after returning OK signal

SN.P.1.10 Backward Roll (Small Boat) Entry

1. Explain reason to learn and have students practice five times
   a) Partially inflate BC
   b) On side of pool with back facing water
   c) Secure mask
   d) When clear behind, roll back on count of three
   e) Upon surfacing, switch to snorkel and signal OK to buddy and clear area
   f) Buddy to do entry after returning OK signal

SN.P.1.11 Mask Clearing

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 2-9 with fully flooded mask

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

b. Have buddy stand behind the buddy that is practising mask clearing so the buddy can hold the practising diver underwater.

SN.P.1.12 Swimming without Mask

1. Explain reason to learn
2. Have students remove mask
3. Have students breathe underwater without mask while holding side of pool
4. Have students swim across pool and back without mask
5. Repeat five times

SN.P.1.13 Fin Removal and Replacement

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

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

SN.P.1.14 Duck Diving Techniques

1. Explain the correct sequence of descending ie signal, dump BC, equalise ears and duck dive
2. Have students practice dumping and orally inflating BC five times
3. Explain the different duck diving procedures and practise at least five times ie
   a) Standard duck dive (static)
   b) Feet first and underwater turn
   c) Angled dive (swimming)
4. Have students practice swimming underwater whilst staying in contact with the bottom in shallow water

SN.P.1.15 Diving to 2+ metres (6ft)

WARN STUDENTS OF THE DANGERS OF HYPERVENTILATION AND EAR INJURY AND THE NEED TO CLEAR EARS PROPERLY (ie. "Pop your ears on the surface and then every 1 – 2m (3 – 6ft). If ears cannot clear 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. Repeat at least five times using the three different duck diving techniques

SN.P.1.16 Swimming Underwater

1. Brief students on the dangers of hyperventilation and not equalising ears properly
2. Have students practice:
   a) Swimming underwater for 15 metres (15yds) on one breath
   b) Swimming underwater for 25 metres (30yds) taking no more than three breaths

SN.P.1.17 Weight Belt Removal & Replacement

1. On the surface in deep water ie. students can't touch the bottom
   a) Explain and demonstrate
   b) Inflate buoyancy compensator (BC)
   c) With snorkel in mouth remove weight belt and hand to buddy who has BC inflated
   d) Buddy hands back the weight belt and the student secures the non-buckle end against the hip with one hand while lying on back
   e) Whilst rolling to a face down position reaching behind with the other hand the student secures the other end of the belt as it rests on the hips
   f) Adjust and secure buckle
   g) Give "OK" signal
   h) Reverse roles and repeat five times

SN.P.1.18 Rescue Procedures

1. Cramp Removal
   a) Explain and demonstrate
   b) Have students practice on buddy and self
2. Tired Swimmer Tows
   a) Explain and demonstrate
      (i) Straight arm tow – rescuer secures patient via the patient's chin, wet suit collar or buoyancy aid collar and swims on side towing patient with straight arm and tows patient toward a secure platform.
      (ii) Fins on shoulder tow – rescuer, in face down position, gets the patient to lie on their back and place a foot on each shoulder of the rescuer, rescuer places hands on top of patient's knees and tows patient toward a secure platform.
      (iii) Do-cee-do tow – rescue secures patient by placing right arm over and under patient's right armpit and swims side on towing the patient to a secure platform.

NOTE: The rescuer must continually reassure and monitor the patient and may remove patient's weight belt if it is deemed necessary to do so.

   b) Have student demonstrate each tow for at least 25m (30yds)

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

SN.P.1.18 Rescue Procedures (continued)

3. Surface Resuscitation
   a) Explain and demonstrate
      (i) Call for help
      (ii) Do-cee-do tow
      (iii) Remove weight belts
      (iv) Inflate BC's
      (v) Remove mask
      (vi) Seal nose
      (vii) Breathe out over patients opposite cheek (2 breaths every 10 seconds)
   b) Remove weight belts, secure patient
   c) Have students demonstrate and repeat
4. Recovery of Unconscious Diver
   a) Explain and demonstrate
      (i) **WARNING:** EARS AND HYPERVENTILATION
      (ii) Call for help
      (iii) Leave surface directly above diver
      (iv) Secure diver
      (v) Release patients weight belt
      (vi) Surface
      (vii) Commence surface resuscitation
   b) Have student demonstrate and repeat

SN.P.1.19 Snorkelling

1. Explain reason to learn
2. While maintaining buddy pairs swim 200 metres (110yds)
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

SN.P.1.20 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 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.

SN.P.1.21 Removal of Gear

1. Instructor should go through the disassembly procedure
2. Instruct students how to wash and stow equipment

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

SN.P.1 22 Water Skills Test

1. Have student's swim 200 metres (220yds) non-stop, any style, without any aids to swimming (goggles are acceptable)

2. Have students demonstrate the ability to remain afloat for 10 minutes without any flotation aids

NOTE: These two skills can be integrated by including the swim in the floating time as long as students do not rest in between the two skills.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

OCEAN TRAINING DIVES

The AUSI Snorkel Diver course consists of four compulsory modules, which can be done over two ocean dives. All modules must be to at least one metre in depth and must consist of at least 20 minutes in water time. No dive should exceed nine metres (30ft) in depth. One dive shall be to at least six metres (20ft) and two dives shall be to at least three metres (10ft). The total accumulated in water time shall be no less than 80 minutes.

The ocean diving components of the AUSI Snorkel Diver course shall not be commenced until satisfactory completion of Practical Skills Module.

Students must not be taken deeper than three metres until the satisfactory completion of the Skills Assessment Module.

A mixture of boat and shore diving designed to familiarise student with local diving conditions should be planned. Students must be continually assessed and satisfactorily demonstrate the following:

1. Correct entry and exit procedures,
2. Correct boat diving techniques, and
3. Correct use of buoyancy compensator (BC).

Ideally the ocean skills should be done on Ocean Dive 4 but may be done on any other dive, where it is safe and practical to do so.

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 Snorkel Instructor or an endorsed AUSI Scuba Instructor or an approved equivalent.

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

The **AUSI Snorkel Diver Instructor Cue Card** contains a summary of the skills and requirements for each ocean module. The cue card can be photocopied from the Course Materials section of the AUSI Instructor Manual or downloaded by registered instructors as part of the AUSI Snorkel Diver Instructor Pack from www.ausi.com.au.

Each module is described in detail below:

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Ocean Module 1 (Orientation Dive)

AIM: To introduce students to the underwater world.
SELECTION: Should be shallow, 1 – 3m (3 – 10ft), 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 Module 2 (Consolidation Dive)

AIMS:

1. Introduce student to greater depth,
2. Increase student's awareness of correct equalising techniques,
3. Increase student's awareness of wet suit compression and associated buoyancy changes, and
4. Maintenance of good buddy contact and the one up, one down principle.

.

SELECTION: Should be 3 – 6m (10 – 20ft) with minimum hazards.

Ocean Module 3 (Skills Assessment Dive)

AIM: To assess student skills in ocean.
SKILLS TO BE ASSESSED:

1. Remove mask, breathe for a minimum of 30 seconds then replace mask,
2. Flood and clear mask underwater in one breath,
3. Clear snorkel using two methods,
4. Remove and replace fins on surface,
5. Swim horizontally underwater on one breath a distance of 15 metres (17yds),
6. Demonstrate correct buoyancy on surface with BC deflated,
7. On surface remove and replace weight belt,
8. Duck dive to at least three metres (10ft) and retrieve an object,
9. Swim 200m (220yds) on snorkel while demonstrating full submergence and snorkel clearing techniques,
10. Demonstrate cramp removal, and
11. Demonstrate two tired swimmer tows over a distance of 25 metres (30yds).

SELECTION: Should be 3 – 6m (10 – 20ft) with minimum hazards.

Ocean Module 4 (Certification Dive)

AIM: To introduce student to depths of the standards ie. 3 - 9 metres (10 – 30ft) while emphasising the need greater awareness of the dangers of hyperventilation and loss of buoyancy due to wet suit compression and assess the student's buddy techniques, duck diving techniques, equalisation techniques and finning techniques.
The level of certification is determined by the student's duck diving ability,
ie Level 1 – at least 3m(10ft), Level 2 – at least6m (20ft) and Level 3 – 9m (30ft).

SELECTION: Should be 3 – 9m (10 – 30ft) with minimum hazards.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

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. The reasons for the choice of entry and exit must be explained.

High Water Entry

1. Explain reason to learn eg useful for jetty diving,
2. Warn students about ears and hyperventilation,
3. Check for any underwater hazards and ensure water is deep enough, minimum five metres (15ft),
4. Gear up on top of the jetty,
5. Slightly inflate buoyancy compensator (BC),
6. Stand with toes on edge of the jetty,
7. Hold the mask firmly on face,
8. Check to see if it is clear to enter
9. Keep body upright and stare straight ahead, DO NOT WATCH THE WATER,
10. Lean forward slightly, lift weight off heels and STEP out. The other leg will follow, DO NOT JUMP,
11. Bring both legs together and keep them straight,
12. Point toes slightly, explain why,
13. On surface change to snorkel and exchange "OK" signal with buddy,and
14. Buddy enters after exchanging OK signals.

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 snorkel 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, and
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, and
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, minimum two metres (7ft),
3. Fully gear up - carefully to maintain boat stability,
4. Complete buddy check,
5. Partially inflate buoyancy compensator (BC),
6. Sit on the gunwale lean body forward,
7. Secure mask with hand,
8. When clear, on the count of three both divers should gently roll backwards,
9. Upon surfacing exchange "OK" signals with boat attendants
10. Swim to either bow or stern of boat exchange "OK" signals with buddy, check each other and continue dive, and
11. Buddy does entry, simultaneously.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Boat Step Entry

1. Explain reason to learn,
2. Check depth, minimum three metres (10ft),
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. Secure mask with the hand,
8. When clear step out while watching horizon (not water)
9. Exchange "OK" signal with buddy, check,
10. Buddy enters after exchanging OK signals, and
11. 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. Exit from water,
4. Remove mask, snorkel and fins when safely in boat, and

NOTE: If the boat has a ladder, weight belts should still be handed in first.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

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 Snorkel Diver Course Notes and:

1. Students are to complete each lesson review for each theory lesson,
2. Instructors are to discuss each lesson review with students, and
3. The lesson review section of *AUSI Snorkel Diver Training Record* is to be signed by both student and instructor.

The *AUSI Snorkel 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 *AUSI Snorkel Diver Training Record*, and
5. Students who score less than 70% 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 Snorkel 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. Surface control,
3. Buddy system,
4. The one up, one down principle,
5. Dive Planning,
6. Entries and exits,
7. Correct finning techniques,
8. Correct equalising techniques,
9. Correct boat diving techniques, and
10. Correct shore diving techniques.

The skills as listed in the Ocean Training Dives section of this manual must be individually assessed by an AUSI Snorkel Instructor or an endorsed AUSI Scuba Instructor or an approved equivalent.

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

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

CERTIFICATION

Before issuing certification the instructor must ensure that all aspects of the course and appropriate assessments are complete and finally determine if the snorkel diver is safe to dive with another similarly qualified snorkel diver without the direct supervision of an Instructor.

The level of certification is determined by the student's duck diving ability, ie Level 1 – at least 3m (10ft), Level 2 – at least 6m (20ft) and level 3 – 9m (30ft).

If certification is not issued the instructor is to ensure appropriate follow through, which may include counselling, further training or ocean dives.

Before issuing the certification card ensure the following:

1. All theory and practical elements have been completed satisfactorily,
2. The *AUSI Snorkel Diver Training Record* is accurately completed by both student and instructor,
3. Student's dives are accurately logged in the student's log book and counter signed by the instructor, and
4. Both student and instructor sign the Certificate of Completion.

When preparing the certification card and certificate:

1. Ensure all required details are accurately completed,
2. Ensure the Instructor signs the certificate and certification card, and
3. If a dual certification is issued fill in the details of the other certification in the "previous highest certification" section of the student profile on the certification card sheet.

Before printing, recheck all details.

Before laminating the certification card, affix passport photograph and sign card.

Issue certificate and card to student and return the Student Profile section to AUSI Head Office by the 14th day of the next month.

DEBRIEF

Debrief all students ensuring that the following points are covered:

1. What the qualification means,
2. Travelling overseas with the qualification,
3. Further education - snorkel specialties and scuba training, and
4. Precautions:
   - Ears, 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.

Note: Plastic AUSI Certification Cards are available via www.ausi.com.au

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

AUSI SNORKEL DIVER

COURSE MATERIALS

AUSI MEDICAL HISTORY FORM

AUSI SNORKEL DIVER PARTICIPATION AGREEMENT

AUSI SNORKEL DIVER TRAINING RECORD

AUSI SNORKEL DIVER THEORY TEST

AUSI SNORKEL DIVER THEORY TEST - ANSWER SHEET

AUSI SNORKEL DIVER THEORY TEST - ANSWER TEMPLATE

AUSI SNORKEL DIVER INSTRUCTOR 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 Snorkel Diver Instructor Pack from www.ausi.com.au.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

..

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 #: _____

Copyright © 2008 AUSI Pty Ltd ACN 062 887 969

..

AUSI Snorkel 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) Snorkel Diver Course of instruction conducted by the Dive School which will take place on dates and times to be confirmed and comprise of three theory modules, one practical training session and four ocean modules ("the Course").

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

☐ Course Materials	☐ Certification	☐ Snorkelling Equipment
☐ Pool Entrance	☐ Boat Hire	☐ Wetsuit & Weight Belt

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 Snorkel Diver certification where the level of certification will be determined by the Student's capability.

Statement of Limitations

The Student acknowledges that the Course provides limited theoretical and practical training and experiences sufficient to enable the Student to participate in introductory recreational snorkel dives to a maximum depth of nine metres (30 ft) with direct access to the surface or the level determined by the Student's capability with another similarly qualified snorkel diver without the supervision of a snorkel instructor. The Student further acknowledges that area orientation is required and that a buoyancy check is required any time that different equipment is used.

WARNING - RISKS OF SNORKELLING DIVING

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

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

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

☐ 2. Communication underwater 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.

☐ 3. Snorkel 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.

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.

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

AUSI Snorkel 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 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 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 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 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 ……..

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

AUSI SNORKEL DIVER TRAINING RECORD

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

PREREQUISITES:

	Student	Instructor	No.		Student	Instructor	No.
Medical Statement							
200 m (220 yd) Swim Test				At least 10 years of age			

THEORY INSTRUCTION:

Class	Date	Student	Instructor	No.	Test	Date	Student	Instructor	No.
1					P / F				
2									
3									

PRACTICAL INSTRUCTION:

Session.	Date	Instructor	No.

Practical Skills	Student	Instructor	Practical Skills (cont)	Student	Instructor
Correct Buoyancy			Dive to 3+ m (10 ft)		
Basic Snorkel Breathing			Swimming Underwater		
Snorkel Clearing			W/Belt Remove & Replace		
Finning Techniques			Cramp Removal		
Unknown Water Entry			Tired Swimmer Tows		
Step Entry			Surface Resuscitation		
Backward Roll Entry			Recovery of U/Cons Diver		
Mask Clearing			200m (220 yd) Snorkel Swim		
Swim Without Mask			15 m (17 yd) Underwater Swim		
Fin Remove & Replace			25 m (30 yd) Underwater Swim		
Duck Diving Techniques			Proper Exit Procedures		

OCEAN DIVING: (as per AUSI Instructor Manual - Snorkel Diver Teaching Guidelines)

Module	Date	Site	Depth	In Water Time	Instructor	Visibility	Current	Surface Conditions
1								
2								
3								
4								

Ocean Skills:

Skills	Module	Student	Instructor	Skills	Module	Student	Instructor
Breathe w/o mask 30 secs				W/Belt Remove & Replace			
Flood & Clear Mask				Duck Dive to min. 3m (10')			
Clear Snorkel - 2 ways				200m (220 yd) Surface Swim			
Fin Remove & Replace				Cramp Removal			
15 m (30 yd) Underwater Swim				25 m (30 yd) Tows			
Correct Buoyancy				Proper Buddy Technique			

CERTIFICATION REQUIREMENTS:

Theory	Student	Instructor	No.		Student	Instructor	No.
Theory test				Ocean dives & skills			
Lesson reviews				Logged ocean dives			
Certification Dive				Depth achieved			

Certification Level: _____ **Number:** _____ **Level:** _____ **Junior: Yes / No**

COMMENTS:

AUSI SNORKEL DIVER CERTIFICATE OF COMPLETION

I _____ on this day _____ hereby state that the above record of my AUSI Snorkel Diver training is true and correct and that I understand the general principles of snorkel theory taught to me and feel proficient and confident of performing the practical skills taught to me. I acknowledge I am trained to dive with similarly qualified diver in daylight hours to a depth of ____ metres (____ ft) with direct access to the surface. I further acknowledge that area orientation is required when planning to dive in an unfamiliar area and that a buoyancy check is required any time different equipment is used.

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

Copyright © 2005 AUSI Pty Ltd ACN 062 887 969

..

AUSI SNORKEL DIVER
THEORY TEST (0809)

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
- Minimum score 80% (20/25) to pass

---

1 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

2 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

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

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

5 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

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

7 More than how many deep breaths before a breath hold dive is considered to be dangerous hyperventilation?
a) 3
b) 4
c) 5
d) 6

8 What is the most common symptom of excess CO_2?
a) headache
b) dizziness
c) nausea
d) tingling
e) Salt Water Fever

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

10 A tight fitting exposure suit coat can cause:
a) headache
b) nausea
c) panic
d) all of the above

11 A weight belt should:
a) never be ditched because they are too expensive
b) have a quick release buckle
c) be adjusted so that the diver is negatively buoyant
d) have loose ends tucked in

12 The buoyancy vest's primary function is to:
a) maintain neutral buoyancy at depth
b) provide positive buoyancy on the surface
c) assist in an emergency
d) all of the above

13 When treating an accident victim the first aider must give priority to:
a) giving alcohol
b) giving fluids by mouth
c) reassuring the victim
d) getting to a doctor quickly

14 List two key elements to controlling severe bleeding.

15 List two key elements to controlling envenomation.

16 Which of the following indicates mild hypothermia?
a) sweating
b) shivering
c) spasmodic shivering
d) muscle rigidity

17 If hypothermia is suspected, the best first aid while arranging for help is:
a) give alcohol
b) hot shower
c) cold shower
d) space blanket

18 What is the most accurate way of determining the rate of breaths when administering Rescue Breaths?
a) patients age
b) number of operators
c) rise and fall of patients chest
d) one breath every 5 seconds

19 List two sources of oxygen in an emergency.

20 What is your DES phone number?

21 Ringing in the ears may indicate:
a) inner ear rupture
b) ear drum rupture
c) middle ear squeeze
d) reverse ear squeeze

22 Upon reaching a shark attack or propeller victim you should:
a) control bleeding in water; get patient to shore; stop bleeding; treat for shock; and go directly to hospital
b) control bleeding in water; get patient to shore; stop bleeding; treat for shock; and send for an ambulance
c) get patient to shore and go directly to hospital
d) get patient to shore; clean wound; bandage; treat for shock; and send for an ambulance

23 The first aid for a suspected blue-ringed octopus bite is:
a) pressure immobilisation; Rescue Breaths if necessary
b) hot water; Rescue Breaths, if necessary
c) ligature to limb; CPR if necessary
d) wash wound in vinegar, CPR if necessary

24 Before removing tentacles, treating for shock and seeking medical aid, jellyfish stings are best treated by applying which of the following to the stung area?
a) vinegar
b) wet sand
c) methylated spirits
d) Condy's Crystals

25 Which of the following is important to your continued diving safety and enjoyment?
a) area orientation
b) further training
c) regular diving
d) all of the above

..

AUSI SNORKEL DIVER

Theory Test - Answer Sheet (0809)

NAME: _____ DATE: _____ COURSE NO.: _____

	A	B	C	D	
1					2
2					2
3					2
4					2
5					2
6					2
7					2
8					2
9					2
10					2
11					2
12					2
13					2
14					1
					1
15					1
					1
16					2
17					2
18					2
19					1
					1
20					2
21					2
22					2
23					2
24					2
25					2
	A	**B**	**C**	**D**	50

Total: ____

Minimum required (40)

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: _____

..

AUSI SNORKEL DIVER

Theory Test - Answer Template (0809)

NAME: _____ DATE: _____ COURSE NO.: _____

	A	B	C	D	
1			O		2
2	O				2
3		O			2
4		O			2
5			O		2
6			O		2
7	O				2
8	O				2
9		O			2
10				O	2
11		O			2
12		O			2
13			O		2

14	**Pressure**	1
	Elevation	1
15	**Pressure**	1
	Immobilisation	1

16			O		2
17				O	2
18			O		2

19	**Any two sources**	1
		1
20	**1800 088 200**	2

21	O				2
22		O			2
23	O				2
24	O				2
25				O	2
	A	B	C	D	50

Total: ☐

Minimum required (40)

..

AUSI SNORKEL DIVER PRACTICAL SKILLS

PRACTICAL TRAINING SESSION

- Distribution of equipment
- Explain use of snorkelling equipment
- Pool entry
- Buoyancy check
- Basic Snorkel Breathing
- Finning Techniques
- Unknown Water Entry
- Step Entry
- Backward Roll Entry
- Mask Clearing
- Swimming Without Mask
- Fin Removal and Replacement
- Duck Diving Techniques

PRACTICAL TRAINING SESSION

- Diving to 3+ metres (10 ft)
- Swimming Underwater
- Weight Belt Removal and Replacement
- Cramp Removal
- Tired Swimmer Tows
- Surface Resuscitation
- Recovery of Unconscious Diver
- 200 m (220 yd) Snorkel Swim
- 15m (17 yd) Underwater Swim
- 25m (30 yd) Underwater Swim
- Proper Exit Procedures
- Removal and Stowage of Gear

REPETITION IS ESSENTIAL - 15 TO 20 OF EACH SKILL

DIVER EMERGENCY SERVICE – 1800 088 200

CONTINUALLY WARN STUDENT OF THE DANGERS OF HYPERVENTILATION AND TO ALWAYS EQUALISE EARS PROPERLY

Copyright © AUSI Pty Ltd 2005

AUSI SNORKEL DIVER OCEAN SKILLS

MODULE 1 - Depth Range 1 - 3 m (4 – 10 ft)

MODULE 2 - Depth Range 3 - 6 m (10 – 20 ft)

- Buddy checks
- One Up, One Down
- Proper Ear Equalisation

MODULE 3 - Depth Range 3 - 6 m (10 – 20 ft)

Skills Assessment:

- Breathe without mask for 30 seconds
- Flood & clear mask in one breath
- Clear snorkel using two methods
- Remove and replace fins
- Swim u/w horizontally for 15 m (17 yd)
- Demonstrate correct buoyancy
- Remove & replace weight belt
- Duck dive to 3 m (10 ft) & retrieve object
- 200m (220 yd) surface snorkel swim

Skills Assessment: (continued)

- Demonstrate cramp removal
- 25m (30 yd) tired swimmer tows

MODULE 4 – Certification Dive

Depth Range 3 - 9 m (10 – 30 ft)

All modules must be at least 20 minutes

DON'T FORGET:

- Dive flag
- Spare equipment
- Buoyancy Aid
- Ear warnings
- Warning on hyperventilation

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

Copyright © AUSI Pty Ltd October 2005

To waterproof, photocopy, fold in half, trim and laminate

..