Section 4B: AUSI Snorkelling Teaching Guidelines

SNORKEL GUIDE incorporating SNORKEL SWIMMING INSTRUCTOR – August 2009

This version, **August 2009 (0809),** replaces AUSI Snorkel Swimming Instructor Teaching Guidelines - October 2005 (1005)

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COURSE PLANNING

Overview

The AUSI Snorkel Guide Training Program includes training and assessment for both AUSI Snorkel Swimming Instructor and AUSI Snorkel Guide awards, where training and assessment covers the following areas:

1. Theory Knowledge,
2. Snorkelling Skills, and
3. Dive Leadership.

The AUSI Snorkel Swimming Instructor award, day one of the course, is designed to upgrade other related vocational trainers such as outdoor education teachers, swimming instructors and lifesavers, where successful candidates can:

1. Conduct AUSI Snorkel Swimming programs in a pool,
2. Conduct AUSI Snorkel Swimming programs in sheltered water under the supervision of an AUSI Snorkel Guide or higher, and
3. Act as a lookout for snorkelling activities in open water under the supervision of an AUSI Snorkel water unsupervised and supervise snorkel swimmers in open water under the supervision of an AUSI Snorkel Guide or higher, and

The AUSI Snorkel Guide, the complete course plus professional internship, is designed for people employed in the dive industry wishing to supervise and guide snorkelling activities, where successful candidates can:

1. Conduct AUSI Snorkel Swimming programs,
2. Act as a guide for uncertified snorkel divers in open water, and
3. Supervise snorkelling activities in open water.

Note: The AUSI Snorkel Guide course meets the requirements of National Training Framework – SROSNK002A.

Training can be conducted either:

1. As an "in-facility" program where the training and assessment phases are conducted over any time frame that satisfies both the AUSI Snorkel Diver Instructor conducting the training course and the candidate.
   In-facility programs require that the AUSI Snorkel Diver Instructor conducting the training submit an *AUSI Professional Training Program Application Form* to AUSI Head Office 30 days prior to the proposed commencement date, **or**
2. As a one-day AUSI Training Program which includes training and assessment.
   To avoid duplication of such programs in any one region AUSI Snorkel Swimming Instructor Training Programs must have AUSI Head Office approval. To gain approval the AUSI Snorkel Diver Instructor conducting the training course must submit an *AUSI Instructor Training Program Application Form* to AUSI Head Office at least 60 days in advance.

Prerequisites

Prior to participating on an AUSI Snorkel Guide Training Program candidates are required to meet the AUSI Snorkel Swimming Instructor course prerequisites, which are:

1. Be at least 16 years of age for participation on the course and must be 18 years of age for full certification,
2. Be certified medically fit to supervise snorkellers by a medical practitioner,
3. Be able to swim 200 metres (220yds) unaided in no more than five minutes and then immediately stay afloat for at least 10 minutes,
4. Have a current work place first aid certificate or approved equivalent,
5. Have a current CPR certificate or approved equivalent,
6. Have a current oxygen provider certificate or higher or approved equivalent
7. Have submitted a completed AUSI Professional Training Application Form with appropriate fee to AUS Head Office prior to the commencement of training, and
8. Submit a completed AUSI Snorkel Guide Workbook.

Note: If the candidate is less than 18 years of age they can be certified either as an AUSI Assistant Snorkel Swimming Instructor or AUSI Assistant Snorkel Guide until they reach the age of 18 when they can upgrade subject to satisfactory retest of their personal diving skills including rescue techniques.

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Instructor

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

Ratios

Classroom:	Must not exceed 12 candidates per instructor.
Pool:	Must not exceed 12 candidates per instructor.
Ocean:	Must not exceed 6 candidates per instructor.

Materials

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

1. **AUSI Snorkel Guide Course Notes** or relevant AUSI Course Notes,
2. **AUSI Snorkel Guide Workbook**,
3. *AUSI Medical History Form*, and
4. *AUSI Snorkel Guide Training Record*.

Items 1 & 2: Hard copy can be purchased from AUSI Head Office; in lieu of Item 1 the relevant AUSI Course Notes can be downloaded from www.ausi.com.au.
Items 3, & 4: Can be photocopied from the Course Materials section of the AUSI Instructor Manual.
All items: Can be downloaded from www.ausi.com.au however only registered instructors can download Items 3, & 4 as part of the AUSI Snorkel Guide Trainer Pack.

Equipment

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

1. Mask, snorkel and fins,
2. Adequate exposure protection, and
3. If a neoprene exposure suit that provides significant positive buoyancy is not used then a buoyancy device that provides positive buoyancy at all times must be worn.

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Suggested Timetable

The following is a suggested one-day course timetable, suggested presentation time in brackets:

Day One: (*Both AUSI Snorkel Swimming & AUSI Snorkel Guide candidates*)

0730 **Introduction** (Classroom - 30 minutes)

0800 **Snorkel Theory Knowledge Test & Review** (Classroom - 60 minutes)

1000 **Personal Skill Development & Rescue Skills** (Pool - 90 minutes)

1230 Lunch

1300 **Snorkel Skill Training** (Classroom - 60 minutes)

1400 **Practical Skill Training Assessment** (Pool - 90 minutes)

1600 **Professional Responsibilities** (Classroom - 60 minutes)

1730 **Debrief** (Classroom - 30 minutes)

End of AUSI Snorkel Swimming Instructor training and assessment.

Day Two: (*AUSI Snorkel Guide candidates only*)

0800 **Snorkelling Skills** (Ocean – 90 minutes)

1030 **Dive Leadership** (Classroom - 60 minutes)

1200 Lunch

1230 **Practical Dive Leadership** (Ocean - 120 minutes)

1600 **Debrief** (Classroom - 30 minutes)

Post-Course Internship: (*AUSI Snorkel Guide candidates only*)

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PROFESSIONAL DEVELOPMENT

Introduction

The following materials are required for the Introduction Session:

1. **AUSI Snorkel Guide Course Notes,**
2. **AUSI Snorkel Guide Workbook,**
3. *AUSI Medical History Form*, and
4. *AUSI Snorkel Guide 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 student complete the *AUSI Medical History Form* or approved equivalent and check carefully,
2. Sight evidence that the candidate meets all the prerequisites for the course,
3. Check that the candidate meets the prerequisites and record on the *AUSI Snorkel Guide Training Record,*
4. Explain the AUSI Pathway and where the current course fits in,
5. Explain the structure of the AUSI Snorkel Guide Course,
6. Explain assessment procedures,
7. Discuss the timetable for the course,
8. Explain certification requirements, and
9. Explain the requirements for Annual Renewal.

The recommended text for those students wishing to do further reading is:

Recreational Scuba Diving – Sinclair & Kenley.

This text is available from AUSI Head Office.

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Theory Sessions

The AUSI Snorkel Guide course consists of four instructor development sessions with lesson reviews. These sessions should be conducted in accordance with the Classroom Presentation section of the **AUSI Instructor Course Notes**.

The topics covered are listed below:

Session 1: Theoretical Aspects of Snorkelling – Test and Review

- Equipment
- Basic Physics
- Ears & Diving
- Buoyancy
- Diving Gases
- Hyperventilation
- The Buddy System
- Hand Signals
- Safety Rules
- Understanding Water Movement
- Emergency Procedures
- Boat Diving
- Hunting & Spear fishing
- Free Diving
- Law & Environment
- Medical Considerations
- Basic First Aid
- Exposure
- Ear Injuries
- Potentially Dangerous Marine Animals

Session 2: Snorkel Skill Training

- Planning skills training
- Conducting Skills Training

Session 3: Professional Responsibilities

- Professional Obligations
- Legal Aspects
- Participant Screening

Session 4: Dive Leadership

- Planning Ocean Dives
- Conducting Ocean Dives
- Incident Management
- Accident Management

Students must have their own current edition of the **AUSI Snorkel Guide Course Notes** or relevant AUSI Course Notes and the **AUSI Snorkel Guide Workbook.**

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

Note: Certification will not be issued until the candidate has satisfactorily completed the theory reviews contained in the **AUSI Snorkel Guide Workbook.**

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Practical Sessions

The AUSI Snorkel Guide course consists of two practical sessions. These sessions should be conducted in a pool or enclosed water in accordance with the Practical Presentation section of the **AUSI Instructor Course Notes**.

The skills covered are listed below:

Session 1: Personal Skill Development - Pool

Equipment Handing

1. Mask – defogging, fitting, clearing
2. Snorkel – fitting, clearing
3. Fins – fitting and usage
4. Buoyancy devices – fitting and usage

Entries & Exits

1. Shallow water entry
2. Step entry
3. Backward roll entry
4. Pool exit
5. Ladder exit
6. Boat exit

Snorkelling Skills

1. Snorkel clearing
2. Finning techniques
3. Mask Clearing
4. Snorkel diving

Fitness Tests

1. 200m (220yd) swim in no more than five minutes
2. 10 minute tread
3. 3m (10ft) snorkel dive
4. 25m (30yd) underwater snorkel swim
5. 800m (880yd) surface snorkel swim in 15 minutes or less

Session 2: Rescue Skills - Pool

1. Entanglement
2. Cramp
3. Asthma management
4. Tired swimmer tows (10 metres)
5. Panicking swimmer
6. Recover an unconscious diver from 3m (10ft)
7. Unconscious swimmer surface tow & egress

Session 3: Teaching Skills - Pool

1. Teaching skills
2. Group control
3. Scenarios

Note: Refer to the AUIS Snorkel Diver Teaching Guidelines for the teaching details of each skill.

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Ocean Sessions

The AUSI Snorkel Guide course consists of two ocean sessions. These sessions should be conducted in sheltered or open water in accordance with the Ocean Dive Leadership section of the **AUSI Instructor Course Notes**.

The topics covered are listed below:

Session 1: Snorkel Skills - Ocean

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 15m (17yds)
6. Demonstrate correct buoyancy on surface with BC deflated
7. On surface remove and replace weight belt
8. Snorkel dive to at least three metres (10ft) and retrieve an object (see note)
9. Swim 200m (220yds) on snorkel while demonstrating full submergence and snorkel clearing techniques
10. Demonstrate cramp removal
11. Demonstrate two tired swimmer tows over a distance of 25 m (30yds).
12. Recover an unconscious diver from 3m (10ft)

Note: The level of certification is determined by the candidate's snorkel diving ability:
Level I – at least 3m (10ft), **Level II** – at least 6m (20ft) and **Level III** – 9m (30ft).

Session 2: Dive Leadership - Ocean

1. Plan and organise a snorkel excursion including equipment requirements
2. Conduct a dive brief
3. Lead a snorkel dive
4. Complete post dive procedures

Internship (AUSI Snorkel Guides only)

The purpose of the trainee internship is to provide the candidate with a detailed overview of the running and management of a snorkel diving business in actual operation.
During the internship, supervising instructors are to ensure that the candidate attends all sessions and is given meaningful explanations.
The candidate must:

1. Satisfactorily complete three days assisting a snorkel dive operation where areas of involvement should include:
   a. Vessel operations & organisation,
   b. Dive site selection & location,
   c. Manifest management,
   d. Gear stowage,
   e. Dive briefing,
   f. Lookout duties, and
   g. Diver entry & egress, and
2. Satisfactorily complete four dive leadership exercises on at least three different dive sites for a minimum of 12 snorkellers.

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COURSE ASSESSMENT GUIDELINES

AUSI SNORKEL GUIDE

Assessment for the AUSI Snorkel Guide award is based on satisfactory participation in all aspects of the course, satisfactory assessments and completion of a professional internship.

The following areas must be completed in order to achieve a successful outcome and certification:

1. Theory Knowledge,
2. Practical Skills,
3. Fitness Tests,
4. Dive Leadership, and
5. Ocean Skills.

All assessment records must be kept in the candidate's course file and all final results summarised on the *AUSI Snorkel Guide Training Record*.

Theory Knowledge

1. The candidate must attend each Instructor Development sessions,
2. Pass the AUSI Snorkel Guide Theory Test, minimum mark 80%, and
3. Complete the **AUSI Snorkel Guide Workbook.**

Practical Skills

1. The candidate must attend all practical sessions, and
2. Be actively involved to the satisfaction of the AUSI Snorkel Instructor conducting the course

Fitness Tests

During the course the candidate must:

1. Swim, without the use of aids, 200 metres (220yds) in no more than five minutes then immediately stay afloat for no less than 10 minutes
2. Snorkel dive and retrieve an object from a depth of no less than three metres (10ft) and no deeper than 12 metres (40ft)
3. Swim underwater a distance of 25 metres (30yds) on one breath.
4. Surface snorkel swim 800m (880yds) in no less than 15 minutes (AUSI Snorkel Guide candidates only)

NOTE: These tests can be done in a suitable swimming pool.

Ocean Skills

During the course the candidate must:

1. Satisfactorily complete all skills as listed on page 7, and
2. Complete a "Certification Snorkel Dive".

Dive Leadership

During the course the candidate must:

1. Participate in at least one complete dive leadership exercise and be directly assessed in at least one of the key elements as listed on page 7.

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AUSI SNORKEL SWIMMING INSTRUCTOR

Assessment for the AUSI Snorkel Swimming Instructor award is based on satisfactory participation in all aspects of day one of the course.

The following areas must be completed in order to achieve a successful outcome and certification:

1. Theory Knowledge,
2. Practical Skills, and
3. Fitness Tests.

All assessment records must be kept in the candidate's course file and all final results summarised on the *AUSI Snorkel Guide Training Record*.

Theory Knowledge

1. The candidate must attend each Instructor Development sessions,
2. Pass the AUSI Snorkel Guide Theory Test, minimum mark 80%, and
3. Complete the **AUSI Snorkel Guide Workbook.**

Practical Skills

1. The candidate must attend all practical sessions, and
2. Be actively involved to the satisfaction of the AUSI Snorkel Instructor conducting the course

Fitness Tests

During the course the candidate must:

1. Swim, without the use of aids, 200 metres (220yds) in no more than five minutes then immediately stay afloat for no less than 10 minutes
2. Snorkel dive and retrieve an object from a depth of no less than three metres (10ft) and no deeper than 12 metres (40ft)
3. Swim underwater a distance of 25 metres (30yds) on one breath.

Note: These tests can be done in a suitable swimming pool.

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DETERMINING RESULTS

AUSI Snorkel Guide

The AUSI Snorkel Diving Instructor conducting the course is to review the candidates *AUSI Snorkel Guide Training Record* to determine an overall result based on the following criteria:

Pass
A pass is awarded when the candidate participated satisfactorily in each session on both days of the course, passed the fitness tests, completed the certification snorkel dive and the professional internship.

Note: AUSI Snorkel Swimming Instructor candidates are awarded a pass when the candidate participated satisfactorily in each of the Day One sessions and passed the fitness tests.

Provisional
Provisional status can only be awarded to a candidate who has attended every session but failed to complete the Fitness Tests.

The candidate shall be given a minimum of one week and a maximum of one month to complete a full retest of the fitness tests.

Fail
A candidate who does not attend every session is deemed to fail the course.

REGISTRATION PROCEDURES

At the conclusion of the course or when all certification requirements have been met, the AUSI Snorkel Diver Instructor who conducted the course is to forward the following to AUSI Head Office:

1. Completed *AUSI Snorkel Guide Training Record,* and

2. Completed **AUSI Snorkel Guide Workbook**,

AUSI Head Office will forward certification card and wall certificate to the candidate. These can be ordered prior to the course but can only be presented when the above items are satisfactorily completed.

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AUSI SNORKEL GUIDE

COURSE MATERIALS

AUSI PROFESSIONAL TRAINING PROGRAM APPLICATION FORM

AUSI PROFESSIONAL TRAINING APPLICATION FORM

AUSI MEDICAL HISTORY FORM

AUSI SNORKEL GUIDE TRAINING RECORD

AUSI SNORKEL GUIDE THEORY TEST

AUSI SNORKEL GUIDE THEORY TEST – Answer Sheet

AUSI SNORKEL GUIDE THEORY TEST – Answer Template

AUSI SNORKEL GUIDE 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 Guide Trainer Pack from www.ausi.com.au.

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Form 4 (0809) - AUSI PROFESSIONAL TRAINING PROGRAM APPLICATION FORM

Facility Name: _____

Address: _____

_____ **Postcode:** _____

Telephone: **Business:** _____ **Mobile:** _____

Facsimile: _____ **Private:** _____

E-mail: _____

Name of proposed Course Director: _____ **AUSI No.** _____

Names of proposed Staff Instructors: _____ **AUSI No** _____

_____ **AUSI No** _____

_____ **AUSI No** _____

_____ **AUSI No** _____

Type of Program:

AUSI Snorkel Swimmer Instructor	
AUSI Snorkel Guide	
AUSI Snorkel Diver Instructor	
AUSI Level I Scuba Instructor	
AUSI Level II Scuba Instructor	

Proposed format of program: Full time/Part time

Proposed number of candidates:

If an independent AUSI Examiner is required, proposed examination dates:

NOTE: *All candidates must pre-register with AUSI Head Office and pay appropriate fee prior to commencing course. Please use* ***Form 13 AUSI Professional Training Application Form (0809)***

Proposed location of program: _____

Other relevant information including proposed assistants:

_____

_____

_____

_____

_____

_____

To the best of my knowledge the above information is true and correct and I agree that my Facility will always abide by AUSI Standards, AUSI Procedures and AUSI Teaching Guidelines when conducting AUSI Programs.

Signed: _____ **Name:** _____

Date: _____

Photocopy for your records and forward completed form to AUSI Head Office at least 60 days prior to the commencement date of the program.

AUSI PO Box 202 Queenscliff Victoria 3225 AUSTRALIA or Fax: +61 3 5255 4455 or E-mail: info@ausi.com.au

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Form 13 (0809) - AUSI Professional Training Application Form

Name: _____ **Referred by:**

Address: _____

_____ **Postcode:** _____

Phone: _____ **Mobile:** _____

E-mail: _____ **Facsimile:** _____

Facility: _____ **Facility Phone:** _____

Course applied for:

Snorkel Swimming Instructor	☐		
Snorkel Guide	☐		
Snorkel Diver Instructor	☐		
Scuba Instructor	☐	Level	☐

Current highest diving certification:

Agency _____

Level _____

Number _____

Date _____

To be conducted by: _____ **Date:** _____

Number of non-instructional scuba dives:

Total:	☐	
Night:	☐	
Deep:	☐	30-40m (100-133')
Drift:	☐	

The following MUST accompany this application form: (*Scanned documents can be sent by e-mail*)

Appropriate fee (see below – cheque made out to AUSI or credit card)	☐
Two passport photographs **OR** one electronic passport photograph to: info@ausi.com.au	☐
Copy of current highest diving certification	☐
Copy of current medical (Australian Scuba Professionals require AS/NZ 2299.1)	☐
Copy of current work place first aid or approved equivalent	☐
Copy of current CPR or approved equivalent	☐
Copy of current oxygen provider or approved equivalent	☐
Other relevant teaching, instructing or coaching qualifications	☐

AUSI Fees:	**AUD**		**Includes AUSI Membership to end of current year plus:**
Snorkel Swimming Instructor	$55	☐	Course Notes & Workbook
Snorkel Guide	$55	☐	Course Notes & Workbook
Snorkel Diver Instructor	$110	☐	Course Notes, Workbook & Training Record
Scuba Instructor	$880	☐	Course Notes, Workbook, Training Record & Examination

Credit Card Payment Type of Card: Visa ☐ MasterCard ☐ Bankcard ☐

Amount authorised _____ Card Number ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Card Holder _____ Signature _____ Exp. Date ___ / ___

Applicant's Declaration: I hereby declare that the information provided in this application is to the best of my knowledge true and correct and I agree to abide by AUSI Standards, AUSI Procedures and AUSI Teaching Guidelines when conducting AUSI Programs and I understand that materials I can download from www.ausi.com.au are protected by international copyright laws and that downloaded materials can only be used for my own personal use unless I have received written authorisation from AUSI Pty Ltd. I further acknowledge that I have read and agree to the terms and conditions as specified in the AUSI Open Licence agreement. I also understand that my personal information will not be passed on to any third party by AUSI without my express permission. I further declare that to the best of my knowledge I am not under any outstanding ethics complaint.

Applicant's signature: _____ Date: _____

Return completed form with relevant documentation and payment to:

AUSI PO Box 202 Queenscliff Victoria 3225 AUSTRALIA

Fax: +61 3 5255 4455 **E-mail: info@ausi.com.au**

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Form 1 (0708) - AUSI MEDICAL HISTORY FORM

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

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

A. PERSONAL DETAILS

Name _____ Date of Birth ___/___/___

Address _____

Contact Email: _____ Mobile: _____ Phone: _____

Sex : Male ☐ Female ☐ Occupation _____

Where did you hear about this course? _____

B. GENERAL INFORMATION

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

Pack Years (Should be < 10)

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

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

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

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

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

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

D. DECLARATION

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

Student's signature _____ Date ___/___/___

Instructor's signature _____ Instructor #: _____

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AUSI SNORKEL GUIDE & AUSI SNORKEL SWIMMING INSTRUCTOR TRAINING RECORD

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

Course Director: _____ **AUSI No.:** _____

Course Location: _____ **Course Date:** _____

AUSI Facility: _____ **Facility No.:** _____

COURSE: **AUSI Snorkel Guide** ☐ **AUSI Snorkel Swimming Instructor** ☐

PREREQUISITES:

At least 16 years of age	Date of Birth	_____	
Medical Certificate	Date	_____	Doctor's Details _____
Work Place First Aid	Date	_____	Issued by _____
CPR Certificate	Date	_____	Issued by _____
Oxygen Provider Certificate	Date	_____	Issued by _____
Completed AUSI Workbook	Date	_____	

INSTRUCTOR DEVELOPMENT:	Date	Instructor's Name	AUSI No.
Theory Review (Test Mark) **%**			
Personal Skill Development (Pool)			
Rescue Skills			
Snorkel Skill Training (Classroom)			
Practical Skill Training Assessment (Pool)			
Professional Responsibilities			
Snorkelling Skills (Ocean)			
Dive Leadership (Classroom)			
Practical Dive Leadership (Ocean)			
PROFESSIONAL INTERNSHIP			

FITNESS TESTS:	Depth	Date	Assessor's Name & AUSI No.
200m (220yd) Swim & 10 min Float			
25m (30yd) Underwater Swim			
Snorkel Dive & Retrieve (3–5m/10–15ft)			
800m (880yd) Snorkel Surface Swim			
CERTIFICATION DUCK DIVE	m		

OVERALL RESULT: PASS/PROVISIONAL/FAIL _____ If Provisional, state conditions:

Course Director's Signature **Date**

AUSI CERTIFICATE OF COMPLETION

I _____ hereby state that the above record of my AUSI Snorkel Guide/AUSI Swimming Instructor training is true and correct.

Candidate's Name: _____ Signature: _____ Date: _____

REGISTRATION For AUSI Registration please forward the following to AUSI Head Office

Completed AUSI Snorkel Guide Training Record (this form) ☐

Completed AUSI Snorkel Guide & AUSI Snorkel Swimming Instructor Workbook ☐

AUSI
PO Box 202
Queenscliff
Victoria 3225
AUSTRALIA

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AUSI SNORKEL GUIDE
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

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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

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AUSI Snorkel Guide

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: _____

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AUSI Snorkel Guide

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)

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AUSI SNORKEL GUIDE CUE CARD

INTRODUCTION

- Welcome
- Define:
    - Snorkel Swimming
    - Snorkel Diving
    - Free Diving
- Explain certification requirements

FITNESS

- Medical:
    - High blood pressure
    - Heart disease
    - Asthma & lung complaints
    - Shortness of breath
    - Smoking
    - Epilepsy
    - Diabetes
    - Fainting & blackouts
- Swimming requirements

EQUIPMENT

- Mask
- Snorkel
- Fins
- Exposure suits
- Personal Floatation Devices

SAFETY RULES

- Buddy system
- Designated area
- Hand signals
- Ears
- Dangers of hyperventilation
- Marine Life
- Exposure
- Dehydration
- Entry & exit procedures

ERECT DIVE FLAG

MAINTAIN MANIFEST

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ALWAYS MAITAIN A PROPER LOOKOUT
AND SUPERVISE ONE ON ONE WHEN APPROPRIATE

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

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