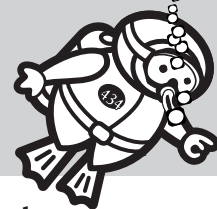


BSAC Sports Diver: Open Water Dive Checklist



Student name: _____

S01: Diver Rescue

- Tow and RB (standing depth)
- Casualty weight belt jettison (standing depth)
- Land casualty on a shelving shore (standing depth)
Include kit removal, landing and recovery position
- Mini CBL from 6m
- Complete rescue sequence
CBL, inflate at surface, tow 25m, kit removal, landing, recovery position

Date

Instructor

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

S02: Use of SMB

- Dry practice of SMB operation
- Use SMB on exploratory dive 15-20m
Include descent, during dive, monitor overhead potential snag hazards, use buoy line as buddy line, vertical ascent

_____	_____
_____	_____

S03: Simulated Deco Dive

- Dive planning (nitrox tables or computer)
- Dry practice of distance line use
- Exploratory dive using distance line:
Include descent on shot line, secure line to shot weight, outward swim, secure line at turning points, time/gas/depth management, inbound swim, detach and stow reel, ascend on shot line

_____	_____
_____	_____
_____	_____

S04: Compass Navigation and DSMB Deployment

Dry runs

- Set & follow compass bearing
- Estimate and control distance
- Set & follow reciprocal compass bearing
- DSMB dry run

_____	_____
_____	_____
_____	_____
_____	_____

Compass use on surface

- Set & follow compass bearing
- Estimate and control distance
- Set & follow reciprocal compass bearing

_____	_____
_____	_____
_____	_____

Compass use underwater (2-6m)

- Repeat surface exercise underwater using same destination object
- Set & follow a new reciprocal compass bearing underwater
- Exploratory dive with compass (to max 20m and ending in 10m)

_____	_____
_____	_____
_____	_____

DSMB deployment (10m)

- Initial inflation
- Main inflation and deployment
- Ascent reeling in with 1 minute practice safety stop at 6m

_____	_____
_____	_____
_____	_____

S05: Dive Leading/Basic Skills Review

Dive planning

- Conditions Route/navigation Dive profile/deco Gas mgmt

_____	_____
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Skills review (10m)

- Mask clear AS ascent donor AS ascent recipient

_____	_____
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Exploratory dive (15m)

- Buddy monitoring Navigation Depth/time/gas mgmt Ascent
- Weight check with low cylinder contents (2m)
- Own weight belt jettison (standing depth)

_____	_____
_____	_____
_____	_____