



Lesson prompts

# Advanced Diver

**bsac.com**

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# Notes

## Document change record

Date published	Document Version Number	Page(s) affected	Description of changes	Author
01/1/2018	v1.0			Jim Watson
18/7/2023	v1.1	2	Add document change record	Adrian Collier
		5-10	Add more module lesson plan slates	Dom Robinson

# **AO1 - Diving and Rescue Skills Review**

- 1. Brief – SEEDS**
- 2. Kit up and buddy checks**
- 3. Entry**
- 4. Mask clearing - 20m**
  - Partial mask clear (optional)
  - Full flood (optional)
  - Remove and replace
- 5. AS ascents from 20m**
  - Student acting as donor
  - Student acting as recipient
- 6. Weight check with low cylinder contents - 2m depth**
- 7. Weight / weightbelt jettison - standing depth**
  - Jettison casualty's weight / weightbelt
  - Jettison own weight belt
- 8. Exit**
- 9. Surface rescue skills**
  - Rope throw
  - Surface buoyancy
- 10. Debrief – REAP**

# **AO2 - Rescue Skills and Management Review**

- 1. Brief – SEEDS**
- 2. Kit up and buddy checks**
- 3. Entry**
- 4. Rescue from 20m**
  - CBL from 20m to 6m
  - Normal ascent from 6m to surface
  - Secure 'casualty' at surface
  - Tow for 50m without further RB

**5. Exit**

**6. Rescue management scenario**

A party of divers are diving from a shore site when a pair of divers surface about 100m from shore. One of the divers signals for help and then commences to administer RB to the second diver before starting to tow them towards the shore.

The student is the Dive Manager for the dive and there are a number of other divers on shore. For the purposes of this lesson, the capabilities of the other divers concerned should be that which, in reality, they have.

**7. Debrief – REAP**

# Module lesson plan slate

## **Brief – SEEDS**

- Safety
- Exercise (Dive objective)
- Equipment
- Discipline
- Signals – Diving
- Teaching
- Special

## **Dry Run**

## **Kit Up**

## **Buddy Check**

- Dry Run (?)

## **Entry**

## **Lesson Plan Notes – see over**

## **Exit**

## **De-kit**

## **Report to Dive Manager**

## **Equipment care**

## **Debrief – REAP**

- Review
- Encourage
- Assess
- Preview

# Module lesson breakdown

## Skill element 1

Step 1

Step 2

Step 3

Step 4

Step 5

## Skill element 2

Step 1

Step 2

Step 3

Step 4

Step 5

## Skill element 3

Step 1

Step 2

Step 3

Step 4

Step 5

## Skill element 4

Step 1

Step 2

Step 3

Step 4

Step 5

## Skill element 5

Step 1

Step 2

Step 3

Step 4

Step 5

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- Discipline
- Signals – Diving
- Teaching
- Special

## Dry Run

## Kit Up

## Buddy Check

- Dry Run (?)

## Entry

## Lesson Plan Notes – see over

## Exit

## De-kit

## Report to Dive Manager

## Equipment care

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Step 5

## Skill element 4

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Step 2

Step 3

Step 4

Step 5

## Skill element 5

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Step 2

Step 3

Step 4

Step 5



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Step 5

## Skill element 4

Step 1

Step 2

Step 3

Step 4

Step 5

## Skill element 5

Step 1

Step 2

Step 3

Step 4

Step 5