



Lesson prompts

Ocean Diver

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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
		17-26	Add more module lesson plan slates	Dom Robinson

OS1 Being underwater

1. Brief – SEEDS

2. Fit and use mask, fins and snorkel – standing depth

- Entry into shallow water without equipment by ladder or wading
- Mask demisting/fitting
- Secure snorkel
- Breathe through snorkel, face submerged, static
- Flood snorkel/clear by blowing (static, standing)
- Fit fins, finning action on back and front
- Flood/clear snorkel, face submerged, while finning
- Remove fins, mask & snorkel
- Exit water (if needed)

3. Fit and use scuba – standing depth

- Fit weight belt (if needed), scuba unit and carry out buddy check
- Entry into shallow water by ladder/wading (or kit up in water)
- Breathe from demand valve
- Use of hand signals
- Fit fins

4. Buoyancy Control – standing depth

- Use of BC controls (Inflate and deflate)
- Swim on back with BC inflated - on the surface
- Swim on front with BC inflated - on the surface
- Descend and adjust for neutral buoyancy - kneeling - lying flat - hover
- Check trim
- Underwater swim, develop finning action - constant depth
- Monitor instruments - throughout module

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5. Swimming underwater – deeper water

- Buoyancy adjustment with changing depth
- Underwater use of hand signals
- Practice finning action
- Instrument monitoring

6. Remove scuba – standing depth

- Remove fins, weight belt
- Remove scuba
- Exit from shallow water by ladder or wading

7. Equipment care

8. Debrief – REAP

OS2 Basic skills

1. Brief – SEEDS

2. Kit assembly

- Assemble scuba equipment
- Functionally check equipment

3. Kit-up, buddy check, dry run and entry

- Fit weight belt (if needed), scuba unit and carry out buddy check
- Dry run demand valve clear by exhaling
- Dry run demand valve clear with purge button
- Fit mask and regulator
- Entry into shallow water by ladder or wading
- Fit fins - standing depth

4. Surface and underwater swimming, buoyancy control

- Swimming on surface, on front and back, BC inflated
- Buoyancy check - standing depth
- Swim underwater to deeper water - maintain buoyancy and trim
- Controlled ascent and descent using BC - deeper water
- Swimming underwater to standing depth
- Monitor instruments - throughout module

5. Mask and demand valve clearing – standing depth

- Breathing without mask, nose submerged
- Mask clearing - no strap fitted
 - Face partially submerged - face submerged - standing depth
- Mask clear with strap fitted
 - Partial-flood - progressive flood - full flood - standing depth
- Demand valve mouthpiece clearing (exhale and purge valve)
- Underwater retrieval and clearing of demand valve

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6. Use of alternative supply (AS) – standing depth

- Underwater use of out of gas signal
- Use of alternative supply - donor
- Use of alternative supply - recipient

7. Exit and dekit

- Remove fins
- Exit from shallow water by ladder or wading
- De-kit
- Equipment care

8. Debrief – REAP

OS3 Developing skills

1. Briefing – SEEDS

2. Kit-up and buddy check, dry run, stride entry

- Assemble scuba equipment and check functionality
- Kit-up and buddy check
- Dry run - action for BC Inflator stuck open
- Stride entry – into deeper water

3. Buoyancy control and descent/ascent procedures

- Demand valve and snorkel exchange while surface swimming
- Controlled descent into deeper water
- Efficient underwater swimming - changing depth
- BC Inflator stuck open
- Mid-water hover
- Controlled buoyancy on ascent and surfacing procedure

4. Mask clearing – deeper water

- Mask clearing in standing depth
- Breathing from a free flowing demand valve - standing depth
- Mask clearing in deeper water

5. Use of alternative supply (AS) – deeper water

- Out of gas signal
- Static AS - as donor then recipient
- AS ascent - as recipient then donor
- Surface actions following AS ascent

6. Exit from deeper water and dekit

- Deep water exit via ladder
- De-kit
- Equipment care

7. Debrief – REAP

OS4 Beyond the basics

1. Brief – SEEDS

2. Kit-up and buddy check, backward-roll entry

- Assemble scuba equipment and check functionality
- Kit-up and buddy check
- Backward-roll entry - deep water

3. Master basic skills

- Controlled decent into deeper water
- Adjust for neutral buoyancy
- Buddy-diving techniques and monitor instruments
- Efficient underwater swimming - changing depth
- Remove and replace mask in deeper water
- Finning without a mask

4. Extend mobility skills

- Surface snorkel swim in full scuba kit
- Controlled descent into deeper water
- Frog kick
- Forward rolls in deeper water
- Ascent in buddy pairs from deeper water

5. De-kit in water, exit suitable for small boat

- Exit pool (simulated boat exit)
 - Swim to boat
 - Remove weight belt
 - Remove scuba
 - Enter boat
- Equipment care

6. Debrief – REAP

OS5 Safety skills

1. Brief – SEEDS

2. Kit-up and buddy check, dry run, forward-roll entry

- Assemble Scuba equipment and check functionality
- Kit-up and buddy check
- Dry run controlled buoyant lift (CBL)
- Forward-roll entry - deep water

3. Master alternative-supply skills

- Surface actions post AS ascent
- AS Ascent - recipient, with surface actions
- AS Ascent - donor, with surface actions
- AS on horizontal swim

4. Controlled Buoyant Lift (CBL)

- Self-lift
- Mini CBL
- CBL

5. Towing

- Towing hold
- Tow (progressively increase distance to 25m)
- Alternative holds

6. Rescue CBL

- Surface actions
- Initial underwater contact
- Rescue CBL
- Rescue CBL & surface tow

7. Exit from deeper water and de-kit

- Deeper water exit
- Remove equipment
- Equipment care

8. Debrief – REAP

OO1 Introduction to open water

1. Brief – SEEDS

2. Kit-up and buddy check, dry run and entry

- Prepare scuba unit, fit wetsuit / dry suit, prepare weights
- Kit-up
- Conduct buddy check
- Dry run of the inflator stuck open exercise
- Fit mask and check seal
- Shore entry by wading or steps into standing depth

3. Adjust weighting and achieve neutral buoyancy – standing depth

- Buoyancy check and weight adjustment
- Maintain hover
- Check trim

4. Exploratory dive – 4-6m

- Signals
- Buoyancy control & weight check
- Swimming, orientation, awareness

5. Skills practice – 2-3m

- Mask clearing including removal and replacement
- Demand valve retrieval and clear
- Dry suit inflator stuck open (if worn)
- BC inflator stuck open
- Dry suit inversion recovery (if worn)

6. Exit – standing depth

- Weight belt / weight jettison
- Exit water by wading or steps
- De-kit
- Report back to Dive Manager
- Equipment disassembly and care

7. Debrief – REAP

OO2 Developing open water skills

1. Brief – SEEDS

2. Kit-up and buddy check, dry run and entry

- Prepare scuba unit, fit wetsuit / dry suit, prepare weights
- Kit-up - conduct buddy check
- AS dry run and surface procedure - wearing gloves
- Shore entry by wading or steps into standing depth
- Adjust weighting and achieve neutral buoyancy

3. Skills practice at 4-6m

- Buoyancy control
- Mask-clearing, including removal and replacement
- Demand valve clearing
- Static AS as donor then recipient
- Horizontal AS swim
- AS ascent as donor then recipient
- AS surface actions

4. Exploratory dive – 7-10m

- Descent procedure - buoyancy control and pressure equalisation
- Basic instrument monitoring and hand signals
- Finning action and swimming attitude
- Maintain neutral buoyancy - with changing depth
- Environment awareness - impact of finning
- Pilotage
- Ascent procedure - buoyancy control and equalisation
- Surfacing Drill
- Demand valve / snorkel exchanges while surface finning

5. Exit – standing depth

- Exit water by wading or steps
- De-kit - Report back to Dive Manager
- Equipment disassembly and care

6. Debrief – REAP

003 Open water rescue skills

1. Brief – SEEDS

2. Kit-up and buddy check, dry run and entry

- Check cylinder contents with Oxygen analyser (record %O₂/MOD)
- Prepare scuba unit, fit suit, prepare weights
- Kit-up - Conduct buddy check
- Dry run CBL - wearing gloves
- Deep water entry - stride or backward roll
- Confirm proper weighting and surface buoyancy
- Controlled vertical/near-vertical descent to 6m - using datum

3. Skills practice – 4-6m

- Self-lift
- 'Mini' CBL
- CBL from 6m
- Surface actions & summoning assistance
- Tow casualty 10-20m to safe exit

4. Exploratory dive – 12-15m (maximum)

- Finning action and swimming attitude
- Maintain neutral buoyancy
- Environment awareness - effect on marine life
- Dive leading demonstration
 - Buddy signalling - Instrument monitoring
 - Pilotage
 - Interest

5. Ascent and Exit – deep water

- Controlled vertical ascent
- Jettison weights / weight belt from casualty - shallow water
- Deep water exit - jetty / ladder exit
- Small boat exit (optional)
- De-kit - Report back to Dive Manager
- Equipment disassembly and care

6. Debrief – REAP

OO4 Buddy diving skills

1. Dive lead planning and Brief – SEEDS

2. Kit-up and buddy check

- Check cylinder contents with Oxygen analyser (record %O₂/MOD)
- Prepare scuba unit, fit suit, prepare weights
- Kit-up - Conduct buddy check
- Dry run of dive leading signals
- Deep water entry - as from a boat or jetty
- Controlled vertical/near vertical decent to 6m using datum

3. Dive Leading practice – 14-17m (maximum)

- Dive leading demonstration
 - Buddy monitoring
 - Buddy-system techniques
 - Monitor instruments
 - Pilotage
- Dive leading practice
 - Buddy monitoring
 - Buddy-system techniques
 - Monitor instruments
 - Pilotage
- Depth extension to 20m (optional)
- Vertical ascent, ascent check

4. Skills practice – 4-6m

- Mask-clearing, including removal and replacement
- Controlled breathing under water without mask
- Low gas weight check
- Alternative finning technique - frog kick
- Weight belt / weight jettison - shallow water

5. Exit – deep water

- Deep water exit - as for boat or jetty
- De-kit - Report back to Dive Manager
- Equipment disassembly and care

6. Debrief – REAP

Notes

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

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Skill element 5

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Skill element 4

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Skill element 5

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