

Ocean Diver

Student QRB

BSAC
Dive with us





Student Name.....

Branch

Cover image by
Martin Davies, Southsea SAC



Ocean Diver Lesson contents

These pages can be printed off and used to record completion of theory and practical lessons.

Code	Description of Training	Date	Instructor's signature and number
OD1	Theory Lesson Introduction		
			No:
OT1	Theory Lesson Adapting to the underwater world		
			No:
OT2	Theory Lesson The body and the effects of diving		
			No:
OT3	Theory Lesson Going diving		
			No:
OT4	Theory Lesson Dive Planning		
			No:
OT5	Theory Lesson What happens if?		
			No:
OT6	Theory Lesson Enjoying your diving		
			No:

Each theory module is assessed using a quiz. These can either be attempted after each lesson or once all lessons have been completed. For those using the eLearning system then the results of the quizzes can be seen in the MyBSAC record (www.bsac.com/mybsac/).

ODE1	Module Theory Assessment Introduction		
			No:
OTE1	Module Theory Assessment Adapting to the underwater world		
			No:
OTE2	Module Theory Assessment The body and the effects of diving		
			No:
OTE3	Module Theory Assessment Going diving		
			No:
OTE4	Module Theory Assessment Dive Planning		
			No:
OTE5	Module Theory Assessment What happens if?		
			No:
OTE6	Module Theory Assessment Enjoying your diving		
			No:
OTE	Ocean Diver Theory Exam Pass		
			No:

Fitness to dive and swimming assessment

Code	Description of Training	Date	Instructor's signature and number
OSF	Self-declaration of fitness to dive confirmed		No:
OS0	Sheltered Water Lesson Swimming assessment		No:

Practical Lessons

Practical lessons do not have to be completed in a single session. Once each individual skill has been achieved then the lesson can be recorded as completed.

OS1 Lesson - Being underwater

Skill elements	Date	
	Instructor no.	
Use of mask, fins and snorkel - standing depth	No:	
Breathing from SCUBA - standing depth	No:	
Buoyancy control using BC - standing depth	No:	
Horizontal trim using breathing control and BC	No:	
Swimming underwater and finning action - standing depth	No:	
Basic signals	No:	
	Date	Instructor
OS1 Being underwater - complete		No:

OS2 Lesson - Basic skills

Skill elements	Date	
	Instructor no.	
Kitting-up including assembly and functional equipment check	No:	
Underwater swimming maintaining neutral buoyancy - deeper water	No:	
Mask removal and clear - standing depth	No:	
Demand valve clearing - standing depth	No:	
Alternative source as donor - standing depth	No:	
Alternative source as recipient - standing depth	No:	
	Date	Instructor
OS2 Basic skills - complete		No:

OS3 Lesson - Developing skills

Skill elements	Date	
	Instructor no.	
Deep water stride entry	No:	
Mid-water hover	No:	
Vertical descent and ascent procedures	No:	
Mask removal and clear - deeper water	No:	
Breathing from a free flowing regulator - standing depth	No:	
Alternative source ascent as donor - deeper water	No:	
Alternative source ascent as recipient - deeper water	No:	
	Date	Instructor
OS3 Developing skills - complete		No:

OS4 Lesson - Beyond the basics

Skill elements	Date	
	Instructor no.	
Backward roll entry	No:	
Mobility skills	No:	
Buddy skills & instrument monitoring	No:	
Horizontal swim without mask	No:	
Deep water exit	No:	
Equipment disassembly	No:	
	Date	Instructor
OS4 Beyond the basics - complete		No:

OS5 Lesson - Safety skills

Skill elements	Date	
	Instructor no.	
Kit-up and buddy check	No:	
Forward roll entry	No:	
Swimming AS, ascent & surface action as donor - deeper water	No:	
Swimming AS, ascent & surface action as recipient - deeper water	No:	
Controlled Buoyant Lift (CBL) - deeper water	No:	
CBL and surface tow	No:	
Deep water (boat) exit	No:	
	Date	Instructor
OS5 Safety skills - complete		No:

OO1 Lesson - Introduction to open water

Note: the dry suit inversion recovery skill in OO1 is optional

Skill elements	Date	
	Instructor no.	
Buoyancy control and weight check		No:
Demand valve recovery and clear at 2-3m		No:
Mask removal and clear at 2-3m		No:
Dry suit inversion recovery (if worn) at 2-3m (optional)		No:
Direct feed disconnection		No:
Buoyancy control and underwater swimming at 4-6m		No:
Weight system quick release operation		No:
Beach entry and exit		No:
	Date	Instructor
OO1 Introduction to open water - complete		No:

OO2 Lesson - Developing open water skills

Skill elements	Date	
	Instructor no.	
Buoyancy control – maintain hover 1m off bottom		No:
Mask removal and clear at 4-6m		No:
AS ascent as donor from 4-6m		No:
AS ascent as recipient from 4-6m		No:
Exploratory dive to 7-10m		No:
Buoyancy control on vertical ascent		
	Date	Instructor
OO2 Developing open water skills - complete		No:

003 Lesson - Open water rescue skills

Skill elements	Date	
	Instructor no.	
Check cylinder contents with oxygen analyser (if nitrox is used)	No:	
Deep water entry (stride or backward roll)	No:	
Controlled vertical descent in 4-6m	No:	
CBL from 6m and tow	No:	
10-20m tow of casualty to safe exit	No:	
Jettison weights / weight belt from casualty – shallow water	No:	
Exploratory dive to 12-15m		
	Date	Instructor
003 Open water rescue skills - complete		No:

004 Lesson - Buddy diving skills

Skill elements	Date	
	Instructor no.	
Plan a no deco dive using up to 36% nitrox to a max depth of 20m	No:	
Lead kit up and thorough buddy check	No:	
Dive leading practice at 14-17m	No:	
Alternative finning technique (frog kick)	No:	
Exploratory dive to 20m maximum	No:	
Jettison own weights / weight belt in shallow water	No:	
Deep water exit		
	Date	Instructor
004 Buddy diving skills - complete		No:

Ocean Diver experience dives

Code	Description of conditions	Date	Instructor's signature and number
To ensure that students receive experience in a range of conditions, the Open Water dives must include four conditions from the following, appropriate to the local conditions in which they will subsequently be diving:			
OX1	Sea dive		
			No:
OX2	Shore dive		
			No:
OX3	Dive using nitrox mix to 36%		
			No:
OX4	Low visibility dive		
			No:
OX5	Drift dive		
			No:
OX6	Small boat dive		
			No:
OX7	Large boat dive		
			No:
OX8	Wall dive		
			No:
OX9	Dive in protective clothing		
			No:

Code	Description of conditions	Date	Instructor's signature and number
OX10	Maximum depth achieved in training < 20m		
			No:
OX11	Minimum 4 dives / 120 minutes confirmed		
			No:

Note: Total for Ocean Diver is 4 dives 120 minutes (This is a requirement of ISO 24801-2).

Definition of an Ocean Diver

An Ocean Diver is defined as a diver who is competent to:

- Dive with another Ocean Diver or with a Sports Diver, within the restrictions of the conditions already encountered during their training and under the supervision of a Dive Manager or at a managed site.
- Dive with a Dive Leader, or higher grade diver, to expand their experience beyond the conditions encountered during their training, under the supervision of a Dive Manager.
- Dive to a depth initially limited to the maximum experienced during training, but which can subsequently be extended progressively, under the supervision of a Nationally Qualified Instructor, to a maximum of 20m.
- Use nitrox breathing gas mixes of up to 36%.
- Dive under the on-site supervision of a Dive Manager with respect to site selection, conditions and dive plan.
- Dive where other divers capable of providing assistance and rescue are available at the surface.
- Dive within BSAC Safe Diving recommendations.

A Ocean Diver is not competent to

- Carry out dives requiring mandatory decompression stops.

BSAC Ocean Diver is accredited by the EUF to ISO 24801-2 'Autonomous Diver'

Qualification card application

BSAC photo-ID qualification cards are universally accepted and more convenient as proof of qualification than your digital Qualification Record Book (QRB).

How to request your QCard (qualification card)

Once you have passed all the theory modules and your instructor has signed off all your practical modules, they will be able to apply for your QCard on your behalf. Please be aware that you must supply the following information to them:

- Full name and details
- Digital passport-style image (from your phone)
- Unique Reference Number (URN) which came with your course pack

Courses completed at a BSAC Centre

The lead instructor will then submit your application online. Your next step for your BSAC diving journey is to complete your Advanced Ocean Diver or Sports Diver qualification. Ask your lead instructor or instructor for details.

Courses completed at a BSAC Branch

The Diving Officer will then submit your application online. Your next step for your BSAC diving journey is to complete your Advanced Ocean Diver or Sports Diver qualification. Ask your Diving Officer or instructor for details.

Happy and safe diving from BSAC!

After your course...

Go and use your newly acquired skills

Go diving... with the support of your club you will be able to encounter a fascinating variety of wildlife and shipwrecks in seas, rivers, quarries, lochs and lakes. Plus, you will be able to dive anywhere in the world with your internationally-recognised qualification.

Progress your diver training... you can quickly move onto your next grade in BSAC's Diver Training Programme.

We recommend for your next course

Ocean Diver to Advanced Ocean Diver course

To book and pay for your eLearning course simply click on the link to get going...

bsac.com/eLearning

Learn new specific skills... you could also develop specific skills such as safety and rescue, wreck diving or driving a dive boat.

Other courses you may like

Buoyancy and Trim Workshop

Boat Handling

Wreck Appreciation

To book and pay for your SDC course simply click on the link to get going...

bsac.com/events



Diver Benefits...

RegalDive
THE DIVING HOLIDAY SPECIALISTS



Diverse TRAVEL



Dive kit discounts



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Insurance discounts



Specialist course discounts



Save with BSAC Plus



Member insurance



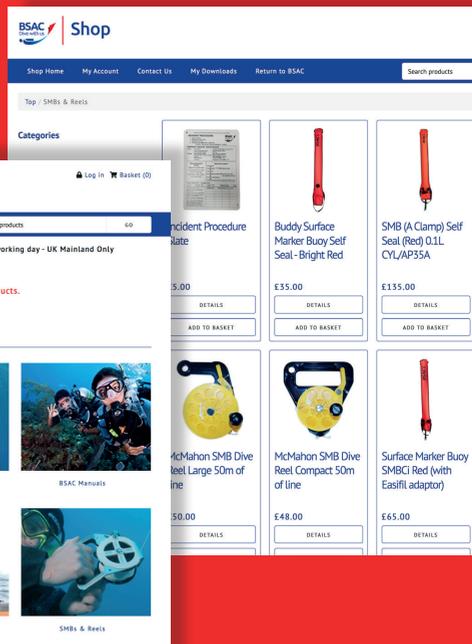
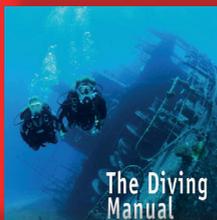
SCUBA magazine

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- Buying online from the BSAC shop supports our work in underwater heritage, marine conservation and protecting our seas

Let's grow the love of British diving together



Enjoy your
diving...

BUDDY





7/4/2022

Keep in touch

Want to know more about BSAC membership and keeping in touch contact:

Membership

membership@bsac.com

If you have a question about further training or any diving matter contact:

Diving Resources Team

drt@bsac.com

