

Open Water Instructor Course (OWIC)

Appendix L – Practical Lesson Checklist

Use this prompt sheet to remind you of the essential and less important supportive criteria, which go towards making a successful practical diving skills lesson in the water. The sheet should be used to review your own performance when self-assessing, as well as providing constructive feedback to other people.

| <u>ESSENTIAL CRITERIA</u> | STEP | <u>Notes</u> |
|----------------------------------|---|---------------------|
| S | SAFE - for Group and for real students at that stage in their training | |
| | Was the class controlled closely? | |
| | Was an appropriate depth used? | |
| | Were the entry & exit safe? | |
| | Any other safety points in the lesson? | |
| T | TECHNICALLY CORRECT & skillful personal demonstrations | |
| | Were the demonstrations clear and performed correctly? | |
| | Were the signals clear? | |
| | Were the demonstrations skillful and exaggerated? | |
| E | EFFECTIVE TEACHING | |
| | Was the class positioned so they could see the instructor's demonstrations? | |
| | Were students given opportunity to mimic after each instructor demonstration? | |
| | Were significant faults in student's performances identified and corrected? | |
| P | PROGRESSIVE - Skill broken down & logical steps | |
| | Were essential skills recapped? | |
| | Were new skills introduced in manageable steps? | |
| | Were the steps introduced progressively & in a logical manner? | |

SUPPORTIVE CRITERIA

- Brief - did the brief cover SEEDS & was it brief?
- Were the kit up, buddy check and de-kit taught?
- Were a relevant entry & exit taught?
- Was appropriate sensible kit configuration used?
- Was a sensible amount of content/progression covered?
- Debrief - did the debrief cover REAP & was it brief?
- Did the instructor make effective use of the time available?
- Was the instructor organized, enthusiastic and confident?