

Admin Information

A.11

SUMMARISED CONTENTS OF SPORTS DIVER TRAINING PROGRAMME

The BSAC Sports Diver Course includes theory lessons in a classroom, practical lessons in a swimming pool or similar sheltered water, and four open water dives.

This course programme is used to develop BSAC Ocean Divers and holders of entry level qualifications issued by other diver training agencies, into BSAC Sports Divers.

The Sport Diver Course consists of the following elements:

- six classroom lessons
- a theory assessment
- a dry practical lesson
- one Sheltered Water lesson
- one optional Refresher/Orientation dive
- five Open Water lessons

SPORTS DIVER - THEORY TRAINING

SPORT DIVING

Sport Diver course
Risk assessment

DIVER RESCUE

Effective rescues
Priorities of resuscitation
Resuscitation

EQUIPMENT AND TECHNIQUES

Shot lines
The SMB
Delayed SMB (DSMB)
Distance lines
The diving compass

PLANNING FOR DEEPER DIVING

Partial pressure of gas
Nitrogen
BSAC decompression tables
Decompression & computers
Air planning & systems
Alternative air source

GOING DIVING

Going diving as a sport diver
Dive leading
Nitrox and rebreather divers
Nitrox
Rebreathers
Assistant dive marshal

SPORTS DIVER - SHELTERED WATER TRAINING

RESCUE SKILLS

Emergency procedures including self-rescue and surface assistance to a buddy

SPORT DIVER - OPEN WATER DIVES

SPORT DIVER REFRESHER/ORIENTATION

Have an enjoyable dive
Basic diving skills refresher

DIVER RESCUE

Revision of Controlled Buoyant Lift of an unconscious casualty from depth
Recover casualty to shore with appropriate CPR

USE OF SURFACE MARKER BUOY (SMB)

Use a SMB during all phases of a dive

SIMULATED DECOMPRESSION DIVE

Plan and conduct a dive involving a decompression stop

SPORT DIVER - OPEN WATER DIVES
continued

**COMPASS NAVIGATION/DSMB
DEPLOYMENT**

Use a compass to navigate effectively
underwater

Conduct a decompression stop using a
DSMB deployed from the bottom

DIVE LEADING/BASIC SKILL REVIEW

Plan a dive within the limitations of previous
experience

ASSISTANT DIVE MARSHAL

Experience the role of Assistant Dive Marshal
by maintaining a dive log and understanding
the relevance and importance of the
information recorded for safe buddy pairing
and adequate dive monitoring

DIVING EXPERIENCE

Experience a range of 5 different conditions
during a minimum in-water time of 150 mins
since gaining the Ocean Diver qualification

SPORT DIVER - THEORY TEST