

## 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

##### **AIR PLANNING AND SYSTEMS**

Considering deeper or more challenging diving  
Air Planning  
Equipment configuration

#### **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

*SPORT DIVER - OPEN WATER DIVES*  
*continued*

**SIMULATED DECOMPRESSION DIVE**

Plan and conduct a dive involving a decompression stop

**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**