



## Sport Diver Pool Training Record

Branch

Trainee's Name

Membership Number

EXERCISE	Date, Instructor name & No. and Comments	Date, Instructor name & No. and Comments	Date, Instructor name & No. and Comments	Date, Instructor name & No. and Comments	Completed Assessment date Instructor name & No.
Swimming assessment					
Basic Snorkel					
1 Assemble and test equipment					
2 Swim 200 m					
3 Submerge for 30 seconds					
4 Clear regulator					
5 Mid water neutral buoyancy					
6 Clear mask					

<b>7 Remove and Refit Equipment u/w</b>					
<b>8 Forward and backward rolls</b>					
<b>9 Support a fully kitted diver</b>					
<b>10 Simulate boat entry and exit</b>					
<b>11 100 m without mask</b>					
<b>12 Share an aqualung for 50 m</b>					
<b>13 Blacked out mask</b>					
<b>14 Rescue</b>					
<b>15 Simulated dive</b>					
<b>Dry suit training part 1</b>					