



# Sport Diver Open Water 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.
1 Buoyancy adjustment					
2 Signals demonstration					
3 Entry into water (a)					
3 Entry into water (b)					
4 Clearing Mask					
5 Clear regulator mouthpiece					
6 Sharing regulator					
7 Inflating lifejacket					

<b>8 Snorkel swim</b>					
<b>9 Assisted ascent (a)</b>					
<b>9 Assisted ascent (b)</b>					
<b>10 Rescue 10m</b>					
<b>11 Compass course</b>					