

SAA Diver Training Programme

SAA Elementary Diver (EDM)

Assessment and Marking System Form

This form must be completed in accordance with SAA Elementary Diver Programme
Elementary Skills Training - (EST) document

Candidate's Name:		SAA No:			
Club Name and SAA number:		Date:			
Written examination result (pass mark 80%):		% mark			
Task Description		Dive 1 Mark Date	Dive 2 Mark Date	Dive 3 Mark Date	Dive 4 Mark Date
EST1 - Basic Fitness Assessment: The trainee must pass the following fitness test prior to commencing Scuba training:					
1. Swim 200m freestyle.					
2. Recover three objects from the bottom of the swimming pool, max depth 1.5m.					
Note: The pool area used for training should be no deeper than 4m.					
EST2 - Basic Snorkeller					
1. Safe entry. Sink basic equipment to the pool floor and recover to the surface and refit, give the "OK" signal.					
2. Fin 200 metres, surface dive every 25 metres.					
3. Demonstrate the ability to establish positive buoyancy on the surface with the aid of a BCD.					
4. Fin 100 metres on the surface when weighted for neutral buoyancy.					
5. Fin 50 metres on the surface, face submerged without a mask and breathing via a snorkel.					
6. Clear snorkel during surface drill.					
EST3 - Elementary Diver: Mobility & Confidence					
1. Assemble, test (ie leaks off & on) & fit Scuba. Perform buddy checks.					
2. Safe entry, buoyancy control and method of descent.					
3. Clear mouthpiece and mask. Repeat three times.					
4. Ditch and retrieve: Remove Scuba u/w and refit.					
5. Demand valve recovery (see lecture EL10).					
a. Over-shoulder-reach method.					
b. Lean-and-sweep method.					
6. Fin 50 metres u/w wearing a blacked out mask.					
7. Fin 50 metres on the surface, fully kitted with Scuba, weightbelt etc and breathing via snorkel.					
8. Correct surface procedure to exit the water. At surface remove weightbelt and SCUBA etc and hand to assistant.					
EST4 - SAA Ascent procedure					
1. Start ascent "On-time" ie according to the Run-Time plan.					
2. Agree ascent by exchange of hand signals (<i>Two-way communication is very important</i>).					
3. Check for neutral buoyancy before commencing to ascend.					

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4. Dump excess air from BCD, prior to ascent, in small quantities.				
5. Monitor ascent rate using a gauge, it should be 10m/min.				
6. Monitor buddy at regular intervals.				
7. Maintain neutral buoyancy throughout the ascent.				
8. Complete leave all Stops as set down in the Run-Time plan. Hold all stops accurately ie ± 0.5 metres.				
9. On completion of the final Stop look-up to check for obstructions; ie moving boats etc.				
10. Ascend the final 6 metres with one held high, and turning slowly to get a 360° view of the surface.				
11. At the surface inject air into BCD to gain buoyancy.				
12. Check your buddy.				
13. Exchange signals with the boat/shore.				
EST5 - Buoyancy Skills				
1. Pre-dive checks.				
2. BCD Inflation/deflation on land using the PowerInflator and dump valves - insure all work freely without hindrance.				
3. Where fitted, check mini-cylinder operation on land.				
4. Adjusting in-water buoyancy at the surface, with dive cylinder pressure at 50bar or adjusted for Full cylinder air weight as shown in lecture EL5.				
5. Swim attitude adjustment as shown in lecture EL5.				
6. Vent the BCD to descend slowly, using appropriate hand signals, including responses.				
7. Buoyancy compensation using BCD wearing wet suit.				
8. Buoyancy compensation when handling heavy objects.				
9. Buoyancy control using only the lungs.				
10. Hovering in mid-water - simulating DeeP-Stops.				
EST6 - Elementary Diver: Out-of-Air diver recovery				
Part 1: Starting five metres apart: Meet buddy and establish a relaxed steady breathing rhythm without moving from the contact point.				
Part 2: Start five metres apart: Meet buddy establish a relaxed steady breathing rhythm, fin 50-metres u/w keeping pace with each other. Act as a donor, then as a receiver.				
EST7 - Basic Diver Rescue				
1. Swim 25-metres with urgency to the u/w casualty.				
2. Make contact and establish suitable buoyancy, grip the casualty and make a controlled lift to the surface.				
3. On surfacing, the rescuer should inflate the casualty's BCD by whatever means is available (orally or via the power-inflator). Maintain appropriate buoyancy.				
4. Make the appropriate signals to "shore" for help.				
5. Provide RB during the tow. {ie 5 initial breaths and two every 15 seconds}.				
6. Tow the casualty 50 with a turn during the tow. Ditch weight-belts to assistant.				

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EST8 - Simulated Dive (Note: This assessment is the same as EST9, but is done in the pool pre-open the water assessment).					
1. Buddy checks (Own kit and buddy)					
2. Safe entry and buoyancy check.					
3. Bubble check.					
4. Controlled descent.					
5. Achieve neutral buoyancy and maintain throughout the dive.					
6. Complete the dive according to the Run-Time plan.					
7. Mouthpiece drill x 3.					
8. Demonstrate correct hand signals before, during and after the dive.					
9. Complete the ascent in accordance with the SAA Standard Ascent Procedure.					
10. Complete all Stops on time and within $\pm 0.5m$.					
11. Ascend facing buddy and monitor buddy at regular intervals.					
12. At surface inflate BCD by means of direct feed or orally.					
13. Check buddy.					
14. At the surface exchange signals with shore/boat					
15. Safely exit water to boat/shore.					
Note: The Remarks section below is for the Instructor to make any comment thought necessary regarding the progress of the trainee. These may prove useful in the event of changing Instructors.					
Remarks:					
Instructors Name & No.:		Signature		Date	
DO's Name:		Signature		Date	

Notes:

Each question in the written examination has a mark value. Partially right answers can be allotted a percentage of the prescribed value. The minimum pass mark is 80%.

Skills must be assessed on a continuing basis, with constructive feedback to the candidate on their performance after each dive. Use the following system to mark your assessment of the candidate's performance:

- a = Pass
- b = Improving
- c = Failing
- d = Failed

The third dive should be the target for getting everything right; this leaves the fourth and final dive as a follow-up for slower students. The test is that the student must perform each skill to the demonstrated standard on time and with confidence.

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A trainee attaining anything less than an "a" must be given feed-back, constructive comments on what they need to concentrate and how to achieve the desired results.

Note the achievement grade is written first followed by the initials of the instructor: ie *a/RFC* see above. Although this form shows only four opportunities for a trainee to be graded, it is reasonable to make an assessment for each training element when the instructor feels confident in the trainee's ability. Clearly, training can't go on for ever and trainees who show little signs of improvement should consider trying another sport. In the long run this may save lives.

Signing Off

When the Instructor is certain that the trainee is up to standard, the Assessment Form should be signed off and passed to the Club Diving Officer for final assessment and final signature.