

Before getting into the water

1. Mask fit and clear
 - a. Explain why we use a mask (human eyes need air to focus) & show adjustments
 - b. Offer mask to face without strap and hold in place with suction – they copy
 - c. Fit strap and explain not too tight as it distorts seals
 - d. Demo mask clear and explain why (water will get into mask) – press top of mask with one hand and blow whilst looking up – air should escape around nose at bottom of mask.- they copy
 - e. Explain that a mask can mist-up and enzymes in saliva break down grease etc. Demo – they do it
 - f. Place on side of pool
2. Fins fit and use
 - a. Demo putting on (figure of 4 across other leg and adjust straps – Can copies
 - b. Explain straight leg using thigh muscles is most efficient technique
3. Scuba Set
 - a. Demo how to fit BCD and adjust strap – they copy
 - b. Demo how to fit reg – they copy
 - c. Demo how to fit inflator hose – they copy
 - d. Demo turning on air – they copy
 - e. Demo breathing through reg – they copy
 - f. Explain and demo how to clear reg – they copy
4. Ear Clearing & mask squeeze
 - a. Explain that water increases pressure and they need to be able to clear ears
 - b. Demo ear clearing – they copy
 - c. Explain mask squeeze and how to add air – Demo and they copy
5. Buoyancy
 - a. Explain that at any depth a diver should be neutrally buoyant
 - b. Explain that pressure increases with depth and air must be added to maintain neutral buoyancy. Demo and they copy
 - c. Explain that we fill BDC at surface for safety and dump to descend – demo and they copy both
 - d. Explain weight is required to descend when wearing a dive suit and even in the pool
 - e. Show a weight belt and how to put on (step over and lift behind you to waist and fasten. They copy.
6. Signals
 - a. Explain & demo and they copy the following:
 - i. OK
 - ii. Up
 - iii. Down
 - iv. Stop
 - v. A little (make sign and point to item – air in and air out) - they reply OK and do it

- vi. You watch me (they stop and watch you until you have finished)
- vii. Over to you (there turn to do it)

Prepare to enter water:

1. Explain what you will be doing (Safety, Exercise, Equipment, Discipline)
2. Turn on air – they copy
3. Demo putting on weight belt – they copy
4. Demo kit up and get them to hold cylinder whilst you put it on – they copy
5. Demo using clips to secure everything – they copy
6. Explain buddy check then do it – they copy
7. Inflate BDC – they copy
8. Explain – reg in mouth at all times whilst in water (they can drown in very little water) you do it as example – signals only when in water
9. Explain and then demo - enter down steps – 3 points of contact at each move
10. Demo holding on to pool side and put on fins – they copy
11. Demo putting on mask – they copy
12. Demo putting in reg and clearing and breath – they copy

In Water:

1. In standing depth water:
 - a. Kneel – they copy
 - b. Put head under water – they copy
 - c. Give OK signal – they copy
 - d. Give UP signal – they copy and you both do it
2. Move to deeper water
 - a. Repeat above
 - b. Give – YOU WATCH ME signal before everything and then they do it when you give the signal
 - c. Demo -Deflate BDC – they do it
 - d. Demo - Lie on pool bottom – they do it
 - e. Demo – small inflation and rise up – they do it
 - f. Swim around together
 - g. Give up sign and swim together to surface – inflate BDC (a little to demo and complete when they have)
 - h. Go deeper if they are confident – expect them to panic and shoot to surface at any time
 - i. Try a side roll and get them to copy
 - j. Swim around whole pool
 - k. Surface
 - l. Take off fins
 - m. Get out – you last to ensure they get out safely
 - n. De-kit – helping each other
 - o. Debrief – Review what they did; Praise them and explain what they would do next in training.
 - p. Ask them if they have any questions and if they enjoyed it!