



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					

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