



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					

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