

SECTIONS IN BLUE ARE MANDATORY FOR THE SNORKELLER ROUTE.

SECTIONS IN BROWN ITALIC TEXT ARE OPTIONAL FOR THE SNORKELLER ROUTE

ALL SECTIONS ARE OPTIONAL WHEN TAKING THE ELEMENTARY DIVER ROUTE.

Before training commences, the trainee must have completed the Diver Training Fitness assessment in section 3.3 and assessment "A" in section 4.2, and completed a medical questionnaire (Section 3.1). In the cases of trainees under the age of 18 years this should be countersigned by a parent or guardian.

SAFETY

Do not use diving boards or water slides

Do not dive into the water

Do not enter the water before checking it is clear below

Always hold arm above head and look up when surfacing

Always exhale as you surface

B. BASIC SNORKELLER

- B1. Safe entry. Sink basic equipment to the pool floor and recover to the surface and refit, give "O K" signal.**
- B2. Fin 200 metres, surface dive every 25 metres and swim underwater.**
- B3. Demonstrate ability to establish positive buoyancy with BCD.**
- B4. Fin 100 metres wearing an appropriate weight.**
- B5. Fin 50 metres face submerged breathing through snorkel and not wearing a mask.**

OPTIONAL EXERCISES

- B6. Clear snorkel during surface drill.*
- B7. Clear mask underwater.*
- B8. 3 forward rolls and 3 backward rolls.*
- B9. Swim 25m [or further] underwater.*
- B10. 30 seconds breath holding.*
- B11. Repeat B5. with removing snorkel, replace and clear.*
- B12. As item B4, duck dive, release weight belt, surface, and re-duck dive, re-fit weight belt, surface and swim 50 metres.*

NOTES FOR GUIDANCE

- B1. Safe entry.** Basic equipment is mask, fins and snorkel. Trainees should be able to demonstrate a forward stride entry; backward stride entry and a forward roll entry. The trainee may not touch the sides of the pool while refitting equipment. The trainee may perform as many dives as necessary to recover their equipment. This exercise should be carried out with little hesitation and completed in a confident manner.
- B2. Fin 200 metres and dive.** Assess fining and diving technique. The trainee should fin down to the bottom and for a horizontal distance of approximately 4 metres. A correct surfacing procedure must be performed and on surfacing should clear snorkel without pausing. Surface dives should be both head and feet first methods. Trainees should remain together to demonstrate the understanding of the Buddy System.
- B3. Buoyancy control.** As trainees are unlikely to possess a BCD at this stage of the training this exercise may be waived. However, the exercise requires the BCD should be inflated by

mouth and deflated with the purge button on the BCD mouth piece. It is suggested that the trainee wears an appropriate weight belt during this drill as it will demonstrate the need to wear one in order to maintain correct attitude when a BC is used.

- B4. Fin 100 metres with weight belt.** The trainee should wear a weight belt with enough weight to make them approx 5 kg overweight. The weight may be reduced for trainees of a slight build. The swim must be continuous and the sides of the pool must not be touched, as this exercise is a test of stamina.
- B5. Fin 50 metres with snorkel.** No mask. The trainee should not be allowed to hold their nose during this exercise. If a change of direction is made, the head must not be lifted. They should swim with an out stretched arm to prevent colliding into obstructions. This is an important test as it demonstrates the trainee's ability to cope with a 'lost mask' situation.
- B6. Clear snorkel during surface drill.** *During a vertical ascent the head should be well back looking towards the surface and exhaling into the snorkel during the last couple of metres. As the head breaks the surface, the head is rolled forward to inhale. This method is called displacement clearing and it is sometimes easier and saves the odd second or so when a breath is desperately needed after a prolonged dive.*
Note. CMAS currently recommend that the snorkel is removed from the mouth prior to commencing each dive, and the snorkel is replaced at the surface to allow the Snorkeller to look down whilst breathing. This should be considered when training the use of snorkels.
- B7. Clear mask underwater.** Trainees should be encouraged to clear their masks underwater as it will be of benefit for the SCUBA training. This exercise may be performed by holding themselves down by the steps, or during the ascent when performing the recovery of the basic equipment.
- B8. Forward/backward rolls.** The art of being able to perform good forward and backward rolls staying approximately midwater, demonstrates good control and mobility.
- B9. Underwater swimming.** Used to develop confidence and teach air endurance through remaining calm and conserving energy and movement
- B10. Breath holding.** Used to assess breath control. The trainee must understand the risks of hyperventilation before a breath holding dive. Breaking breath-holding records must be discouraged.
- B11. Repeat B5.** The trainee should remove their snorkel at the end of each length, pass it behind their back, replace and clear it. Helps to perfect snorkel clearing.
- B12. Ditch and retrieve.** This exercise is another confidence test. A Snorkeller should be familiar with the quick release buckle to allow the belt to be jettisoned underwater. The trainee should surface for a breath, dive and re-fit the weight belt. It is acceptable to re-fit the belt on the surface (but it is easier on the bottom!). The poolside must not be touched during the exercise.

LECTURES

LECTURES ARE MANDATORY FOR SNORKELLER AND ELEMENTARY DIVER ROUTES.

- S1. Introductions to Diving and Basic Equipment**
S2. Ears, Sinuses and Air filled spaces
S3. Respiration and Circulation

OPEN WATER ASSESSMENTS

The alien environment of open water cannot be simulated in the clear, warm and safe confines of the swimming pool and therefore open water assessments are required to judge trainees reactions to the new surroundings. Trainees who demonstrate confidence in the pool will sometimes react very differently in the 'cold, dark, depths' of the open water venues. For these reasons organising and executing an open water meeting must be arranged with the following points in mind.

- (a) There must be a suitable proportion of Instructors to trainees.
- (b) Conditions should be safe, clear and interesting and the venue have a shallow area. Particularly with a coastal venue it should be calm and free from tide, and consideration should be given to boat cover.
- (c) The Diving Officer and Training Officer must be notified and give approval to what is planned.

The Open Water assessments to snorkeller Qualification are as follows:-

H. SNORKELLER

The snorkeller assessment is divided into two sections, Basic Snorkeller and Advanced Snorkeller.

SAFETY

IT IS ADVISED THAT THREE COMPETENT DIVERS SHOULD BE PRESENT, PREFERABLY OF DIVE LEADER QUALIFICATION, ONE MUST BE AN **OPEN WATER INSTRUCTOR**
1 DIVER IN SNORKEL GEAR TO ACCOMPANY THE TRAINEE AROUND
AT LEAST 1 DIVER IN SNORKEL GEAR ON STANDBY OR ACTING AS SURFACE COVER IN THE CASE OF INCIDENT
1 PERSON TO STANDBY ON SHORE/IN BOAT TO BE AVAILABLE TO TAKE ANY NECESSARY ACTION

SNORKELLER ASSESSMENT (Section 1)

- H1. **Swim 500 metres neutrally buoyant**
- H2. **Surface dive and recover object**
- H3. **Attend two additional snorkel meetings.**

NOTES FOR GUIDANCE

H1. Swim 500 metres neutrally buoyant. Neutral buoyancy is defined as "the level of the water is in line with the eyes when air is in the lungs has been expired and when a deep breath is taken the trainee should rise slightly". A trainee is not neutrally buoyant if the BC has to be inflated.

H2. Dive and recovery. The surface dive may be made feet or head first. Depth may be varied from between 5 metres minimum to 7 metres maximum.