

BSAC Ocean Diver

Ocean Diver Course Outline

The Ocean Diver Student pack costs £32.00 plus P&P

The Ocean Diver Course consists of the following elements:

- seven classroom lessons
- a theory assessment
- a basic swimming assessment
- five Sheltered Water lessons
- five Open Water lessons.

All practical training in both Sheltered and Open Water includes the achievement of specific performance standards at appropriate points throughout the lessons.

Ocean Diver Sheltered Water Lessons

The Ocean Diver lessons are structured very much on the 'less haste more speed' principle. The lessons concentrate on the students acquiring basic skills, such as buoyancy control, finning etc, to a level where they become second nature, and students become relaxed underwater and develop confidence in their own abilities. This builds a firm foundation on which other skills, such as navigation or the use of Surface Marker Buoys, can be overlaid in future Sports Diver training.