

Scuba Diver training record

Student name: _____
 Course number: _____

Start date: _____
 End date: _____

Topic	Y/N	Remarks
Administration:		
Registration form completed		
Medical form completed		
Waiver signed		
Course fee paid		
Additional equipment paid		
Registration with NAUI done		DATE: _____
C Card handed over and log books stamped		DATE: _____
Academic topics:		
Equipment lecture		
Diving safety		
Diving environment		
Dive tables		
Physics and Physiology		
Swimming skills:		
200m swim		
10 minute survival swim		
15m underwater on one breath		
Skin diving skills:		
Various finning techniques		
Seated water entry		
Giant stride entry		
Mask clearing		
Snorkel clearing		
Skin dive techniques		
Scuba skills:		
Doff and Don gear		
Seated pool entry		
Back roll entry		
Giant stride		
Mask clearing		
Regulator recovery		
Regulator clearing		
Buddy and Octo breathing		
Bouyancy control		
Equalising air spaces		
Monitor air pressure		
Signs and signals		
Emergency swimming ascend		
Planning skills:		
Dive planning		
Air consumption rate		
Dive logging		
Open water skills:		
4/5 Dives logged		
0/1 Skin dive logged		
Skills demonstration in open water		
Diver assists in open water		
Signed:		
<div style="display: flex; justify-content: space-between;"> </div>		
Student _____		