

Student Name:

Course Number:

Start Date:

End Date:

Note: Listed skills are abbreviated. For detailed descriptions refer to current Standards.

Academic or Practical Application	CR	CW	OW	Comments:	Academic or Practical Application	CR	CW	OW	Comments:
ACADEMIC TOPICS (RESCUE)					SKILL REQUIREMENTS (ADV. RESCUE)				
Causes and preventions of diving accidents					Rescue Equipment				
Physical conditioning and physiological factors					Demonstrate use of rescue floats, lines and backboards				
Stress and psychological factors					Problem ID and Resolution (open water)				
Stress and the panic syndrome in self and others					Identify and assist equipped as a skin diver:				
Recognizing distress					muscle cramp (surface)				
Pre-Dive equipment checks					fatigue (surface)				
Surface drowning syndrome					early panic symptoms (surface)				
Diving Rescue					breathing difficulties (surface)				
Self Rescue					Identify and assist equipped as a scuba diver:				
Diver Assists					early panic symptoms (underwater)				
Surface and Underwater Rescues					breathing difficulties (underwater)				
Diver Transport					loss of buoyancy control (underwater)				
In-water rescue breathing					loss of orientation (underwater)				
Gear removal techniques					Lost Diver				
Boat or shore extrication techniques					Diver Transport				
First Aid applications					Exit Assist				
Oxygen usage					Retrieval from depth (skin)				
Written Examination					Diver Rescue (skin)				
SKILL REQUIREMENTS (RESCUE)					Rescue (scuba start)				
Open Water (surface)					Diver Extrication				
Identify and assist with:					Rescue from Depth (scuba)				
muscle cramp					First Aid				
rapid shallow breathing					Accident Management Plan				
exhaustion									
signs of pre-panic									
breathing difficulties									
Perform controlled Scuba Diver Rescue from 6 m (20 ft)									
Transport one-on-one 46 m (50 yds) to shore					OPEN WATER DIVES: Rescue				
Remove n/b diver from water w/aid of assistant					<input type="checkbox"/> Session #1 <input type="checkbox"/> Session #2 <input type="checkbox"/> Session #3				
ACADEMIC TOPICS (ADV. RESCUE)					OPEN WATER DIVES: Advanced Rescue				
Accident Prevention factors					<input type="checkbox"/> Session #1 <input type="checkbox"/> Session #2 <input type="checkbox"/> Session #3 <input type="checkbox"/> Session #4 <input type="checkbox"/> Session #5				
Diving first aid					NOTES/ADDITIONAL SKILLS/ACADEMIC REQUIREMENTS				
Diving rescue techniques									
First Aid and CPR Skill Review									
Diving first aid kits									
Recompression therapy: theory & goals									
Accident management									
Emergency procedures									