



**Training Record** 

Property of	
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http://www.padi.com and on MSN's Scuba! On-line magazine

# **PADI Standard Safe Diving Practices**

#### To be a good, safe diver, I should:

- 1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity.
- 2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions. Engage only in diving activities consistent with my training and experience.
- 3. Use complete, well-maintained, reliable equipment with which I am familiar; and inspect it for correct fit and function prior to each dive. Deny use of my equipment to uncertified divers. Always have a buoyancy control device and submersible pressure gauge when scuba diving. Recognize the desirability of an alternate air source and a low-pressure buoyancy control inflation system.
- 4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities.
- 5. Adhere to the buddy system throughout every dive. Plan dives including communications, procedures for reuniting in case of separation, and emergency procedures — with my buddy.
- 6. Be proficient in dive-table usage. Make all dives no-decompression dives and allow a margin of safety. Have a means to monitor depth and time under water. Limit maximum depth to my level of training and experience. Ascend at a rate of 60 feet per minute.
- 7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while under water. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving.
- 8. Breathe properly for diving. Never breath hold or skip breathe when breathing compressed air, and avoid excessive hyperventilation when breath hold diving. Avoid overexertion while in and under water and dive within my limitations.
- 9. Use a boat, float, or other surface support station whenever feasible.
- 10. Know and obey local diving laws and regulations, including fishand-game and dive-flag laws.



# **PADI Open Water Diver Training Record**

### Module One — Academics



- Introduction
- The underwater world
- Diving equipment
- The buddy system
- Skill development preview
- Pass Modular Quiz 1

**Date Completed** 

Anstructor Signature

Number

## Module Two — Academics

- · Adapting to the underwater world
- Respiration
- Diving equipment
- Diving communications
- Buddy system procedures
- Skill development preview
- Pass Modular Quiz 2

Date Completed

Instructor Signature

Number

# **PADI Open Water Diver Training Record**

### Module Two - Water Skills

- · Pre-dive safety drill
- · Controlled seated entry
- · Snorkel breathing and blast clearing
- · Snorkel/regulator exchange
- · No-mask breathing
- Mask replacement
- · Surface snorkeling
- · Deep-water exit
- . Giant-stride entry
- . Bkill combination drill Module Two
- . Cramp removal
- 25 yd/23m\tixed-diver tow

12/7/96 Date Completed

> 89158 Number

fintructor Signature

#### Module Three — Water Skills

- Glant-stride entry
- No-mask exercises
- · Neutral buoyancy underwater pivoting
- Alternate-air source use
- Free-flow breathing

Instructor Signature

- Controlled emergency swimming ascent
- \* Open water dive orientation

12/8/96 Date Completed

89158

Number

# **PADI Open Water Diver Training Record**

## Module Four — Water Skills

- · Surface dives skin diving
- · Displacement snorkel clearing
- · Skill combination drill Module Four
- · Local entry technique
- · Buoyancy control hovering
- · Buddy breathing

12 | 8 | 96 Date Completed

Instructor Signature

89158 Number

## Module Five - Water Skills

- Removal and replacement of weight belt (surface)
- · Removal and replacement of scuba unit (surface)
- · Removal and replacement of weight belt (under water)
- Removal and replacement of scuba unit (under water)
- · Skill combination drill Module Five
- Open-water dive orientation
- Air depletion exercise

Date Completed

Instructor Signature

89158 Number -

Note - All open-water training dives include:

- Briefing
- · Equipment preparation
- · Suiting up
- · Pre-dive safety drill
- Entry
- Exit
- Debriefing
- Logging dive

## PADI Open Water Diver Training Record

#### Module Three - Academics

- . The diving environment
- Dive planning
- . Boat diving procedures
- · Problem management
- · Skill development preview
- · General open water skills
- · Open water training preview dives one, two and three
- . Pass Modular Quiz 3

1217196 **Date Completed** 

Instructor Signature

89158 Number

### Module Four — Academics

- \* Accessory diving equipment
- \* Health for diving
- · Breathing air at depth
- Dive tables introduction
- Using the Recreational Dive Planner
- \* Bkill development preview
- Pass Modular Quiz 4

12 | 7 |9 6 Date Completed

Number



#### Module Five — Academics

- Recreational Planner special circumstances
- · Using the Recreational Dive Planner continued
- · Basic compass navigation
- Continuing education
- · Skill development preview
- · Open water training preview dives four and five
- . Epilogue and diving safety practices
- · Pass Modular Quiz 5

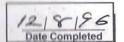
12 | 8 | 9 6 Date Completed

Instructor Signature

89158

Number

Pass Modular Scuba Course **Final Exam** 

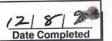


Instructor Signature

Number

Module One - Water Skills

- Scuba assembly/donning
- BCD inflation/deflation
- · Introduction to scuba
- · Regulator clearing
- · Regulator recovery
- · Introduction to mask clearing
- · Use of fins
- · Proper weighting
- · Ascents and descents



Instructor Signature

89158 Number

**Internator Signature** 

# **Open Water Diver Training Dive No. 1**

Do not complete this page unless all training requirements have been met. Use a regular log book page now if this dive must be repeated later on.

- · Buoyancy check/adjust
- · Controlled descent
- · Neutral buoyancy under water/pivoting under water · Underwater tour
- · Regulator recover/clear

- Clear partially flooded mask
- · Alternate-air-source use stationary
- Normal ascent

Dive No. 01 Location 6.0	Date _	12/24 BWI	96
Del/bar STARY	Time IN	Time OUT	psi/bar END
Temperature    Surface   Air   Air   Bottom    Average   Visibility   ft.   m	BO DEPTH BO RNT + ABT TBT	20 TTOM TIME	15FI/5 m stop  Exposure Protection
Fresh Shore W Salt Boat Co	laves ☐ Surf urrent ☐ Surge	☐ lbs. ☐ kg	20 20
Actual Bottom Time : +	Actual Bottom Time This Dive		al Actual tom Time

# **Open Water Diver Training Dive No. 2**

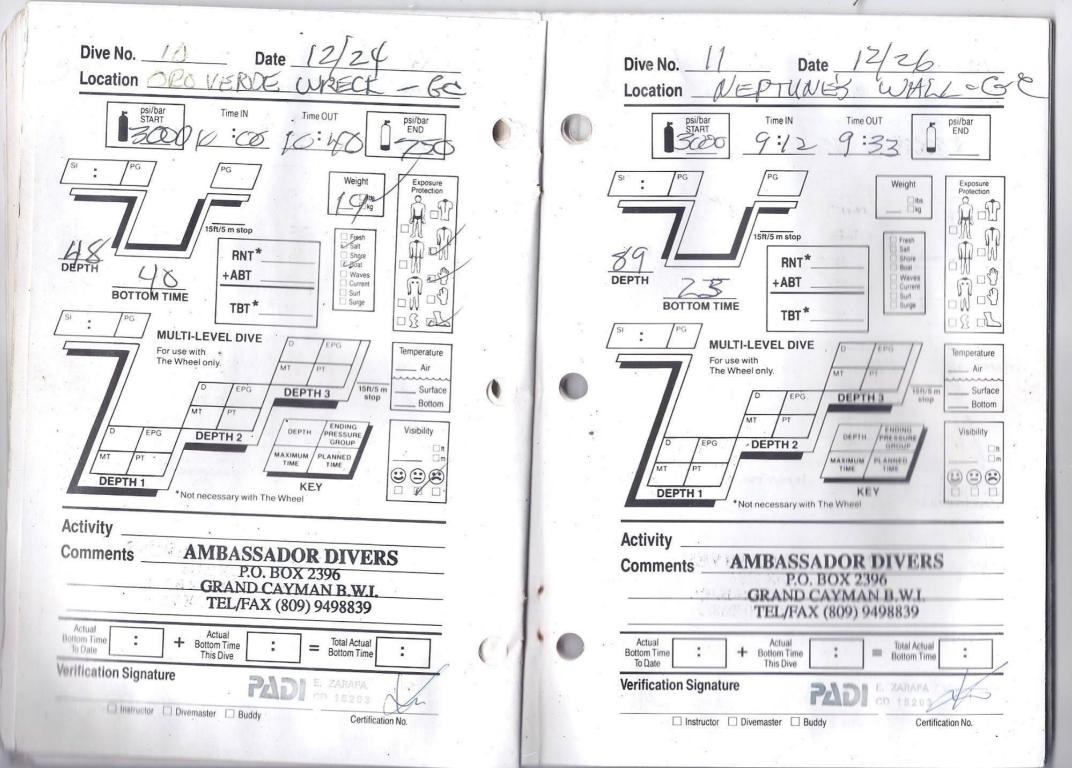
Do not complete this page unless all training requirements have been met. Use a regular log book page now if this dive must be repeated later on.

- · Free descent with reference
- Neutral buoyancy oral inflation under water
- · Completely flood/clear mask
- · Alternate-air-source ascent

- Controlled emergency swimming ascent \*
- Underwater tour
- · Cramp release (surface)
- Tired-diver tow 25 yds/23m

\*May be completed on Dive Number 5

PS/bar START	Time IN	Time OUT	psi/bar END
Temperature 32-50*F 50-70*F 70*F+ 0-10*C 10-21*C 21*C+	SI :	PG	PG 15ft/5 m
Surface	DEPTH	22 BOTTOM TIME	Exposure Protection
Average Visibility	Ann ann mar		
	Waves Surf	Weight	C- W-
Actual : -	Actual Bottom Time		otal Actual



# **Open Water Diver Training Dive No. 3**

Do not complete this page unless all training requirements have been met. Use a regular log book page now if this dive must be repeated later on.

#### Snorkeling Experience\*

- · Buoyancy check
- · Surface swim

- · Surface dives and underwater swimming
- · Proper descent and ascent
- · Displacement snorkel clearing

\*This dive is optional, at the instructor's discretion.

	Date		**
Location	W W	×1 11.	
psi/bar START	Time IN	Time OUT	psi/bar END
	rface ttom DEPTH	10 10 10 10 10 10 10 10 10 10 10 10 10 1	15ft/5 m stop  Exposure Protection
omments			
Artical Indiana Fina To France	Actual Bottom Time This Dive	: = To	otal Actual totom Time
structor Signature		H. A.	Instructor No.

# **Open Water Diver Training Dive No. 4**

Do not complete this page unless all training requirements have been met. Use a regular log book page now if this dive must be repeated later on.

- Compass swim at surface 50 yd/46m
- Snorkel clearing
- Snorkel/regulator exchange
- Free descent no reference

- Neutral buoyancy bottom
- Buddy breathing stationary
- Buddy-breathing ascent
- Underwater tour

Dive No. 03 Location 6.64	Date THATI	8 W1	/96
Pal/bar STARY	Time IN	Time OUT	psi/bar END
Temperature 32-50*F 50-70*F 70*F+ 0-10*C 10-21*C 21*C+	\[ \si \ : \]	PG	PG
Air Surface Bottom	<u>48</u>	22 BOTTOM TIME	15ft/5 m stop  Exposure Protection
Average Visibility	RNT + ABT	- 1	
Fresh Shore Wav		Weight	
mments			
Actual attorn Time To Date	Actual Bottom Time This Dive	: = Tot	al Actual :
tructor Signature Zore / Sim		The I	Instructor No.

# **Open Water Diver Training Dive No. 5**

Do not complete this page unless all training requirements have been met. Use a regular log book page now if this dive must be repeated later on.

- · Free descent
- Underwater navigation with compass
- · Remove/replace mask under water
- Neutral buoyancy hovering
- Controlled emergency swimming ascent \*
- Underwater tour

Comments Actual Total Actual	Dive No. OH Date  Location G. CANAN	12 26 B W,	96	
Temperature  BEANT BOJO'F 70'F 10'F 10'B' 21'C 10'B' 21'B'	START		psi/bar END	
Comments Actual Total Actual	Temperature    S2 50°F 50.70°F 70°F+   S-10°C 10-21°C 21°C+   Surface   Surface   Bottom   Bepth	2-H BOTTOM TIME	15ft/5 m stop  Exposure Protection	GRAND CAYIN TEL/FAX (80)
To Date This Dive Instructor No.	Comments  Actual Actual Bottom Time Actual Bottom Time	ge lbs	Total Actual Bottom Time	2396 LAN B.W.I. 9498839

# **PADI Advanced Open Water Training Record**

### **Student Notes**

#### I. General

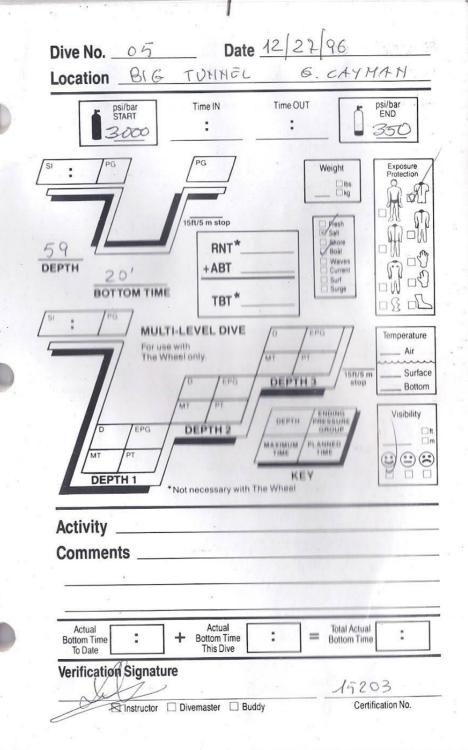
- Only renewed, Teaching status PADI Instructors may certify PADI Advanced Open Water and Advanced Plus divers. Training by instructors or individuals other than PADI Instructors cannot be honored. Instructor names and numbers may be cross-referenced prior to your certification.
- Open-water dives made for pleasure only, will not be credited for certification.
- Prior to Advanced Open Water training, your instructor will request to see a completed PADI Medical Statement. If you have not completed a PADI Medical Statement, you will be asked to do so prior to open-water training. NOTE: You may be required to consult with a physician prior to participating in Advanced Open Water training.

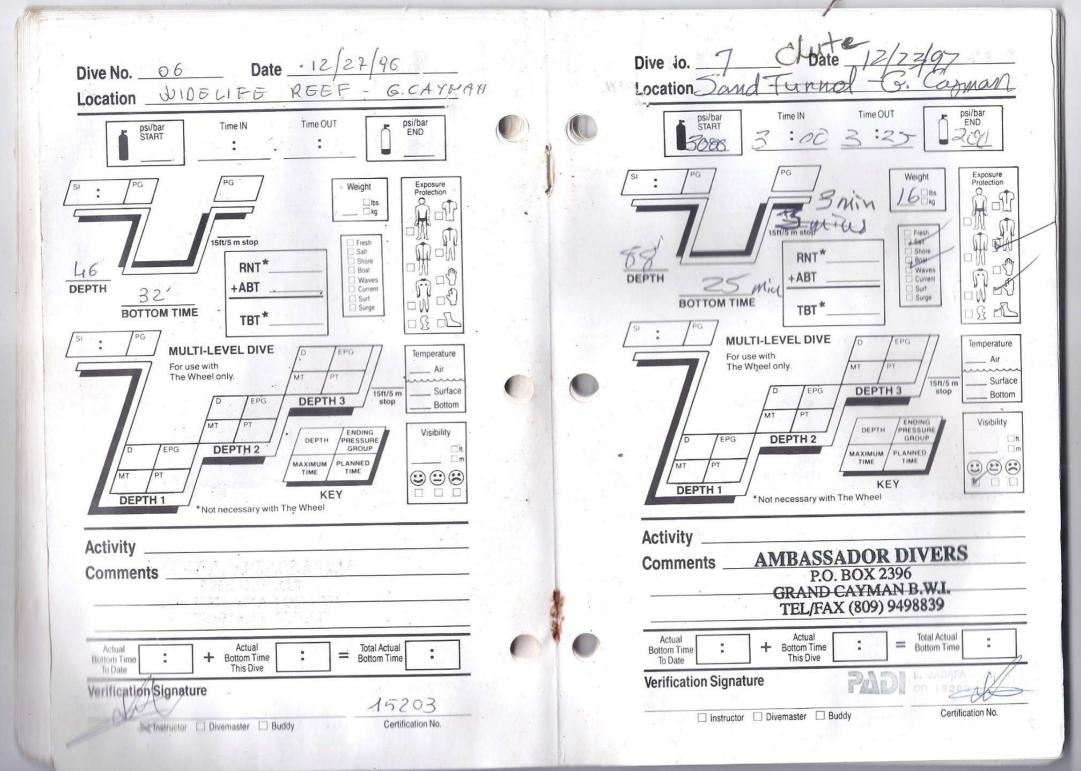
## II. Certification Precedures for Advanced Training

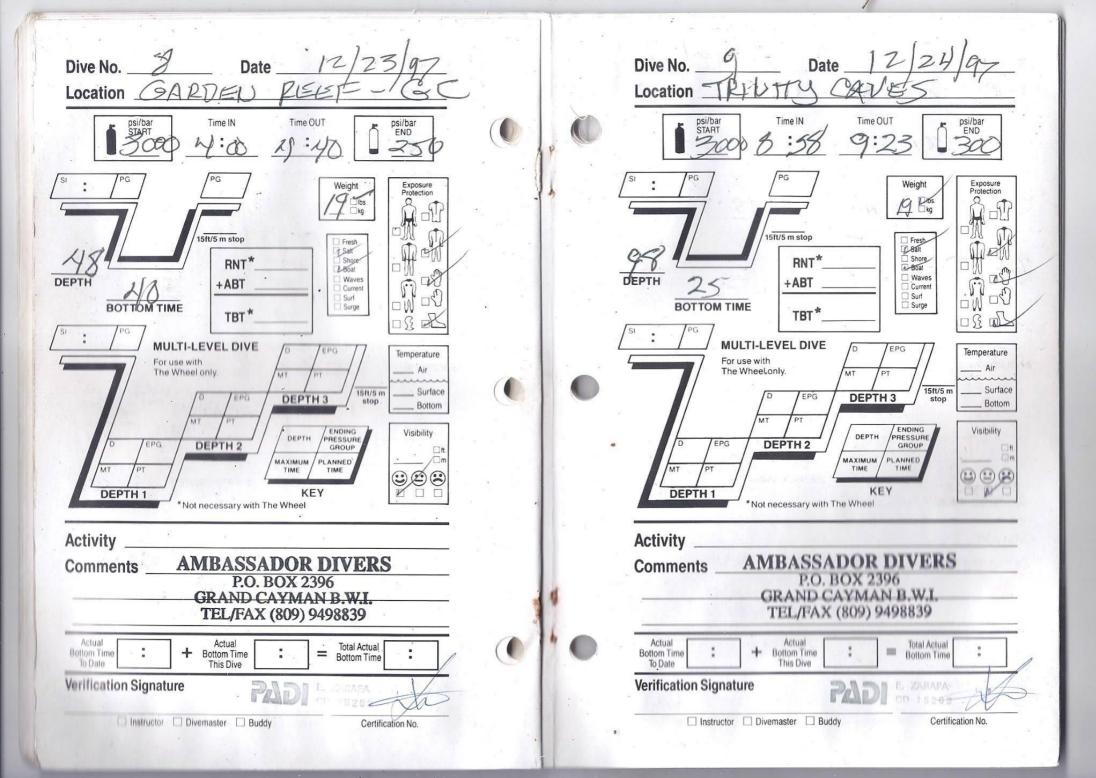
- Use the following PADI Advanced Open Water Training Record sheets as a means of documenting your progression through a PADI Advanced Open Water Diver or Advanced Plus course. IMPORTANT NOTE: These Training Record sheets are official documentation of completing Core and Elective Advanced Open Water Dives — do not lose them or you may be required to complete the dive again for certification.
- Upon completion of a PADI Advanced Open Water Core or Elective Dive, have your PADI Instructor complete the "Instructor Statement" and "Instructor Contact Information" segments. You are to sign the "Student Statement" and fill-in the date.
- To be certified as either a PADI Advanced Open Water Diver or an Advanced Plus Diver, complete the Core Dives and appropriate number of Elective Dives (Advanced Plus divers must also complete the additional requirements).
- Upon successful completion of the course requirements, your certifying PADI Instructor will complete a certification envelope for your PADI Positive Identification Card (PIC).

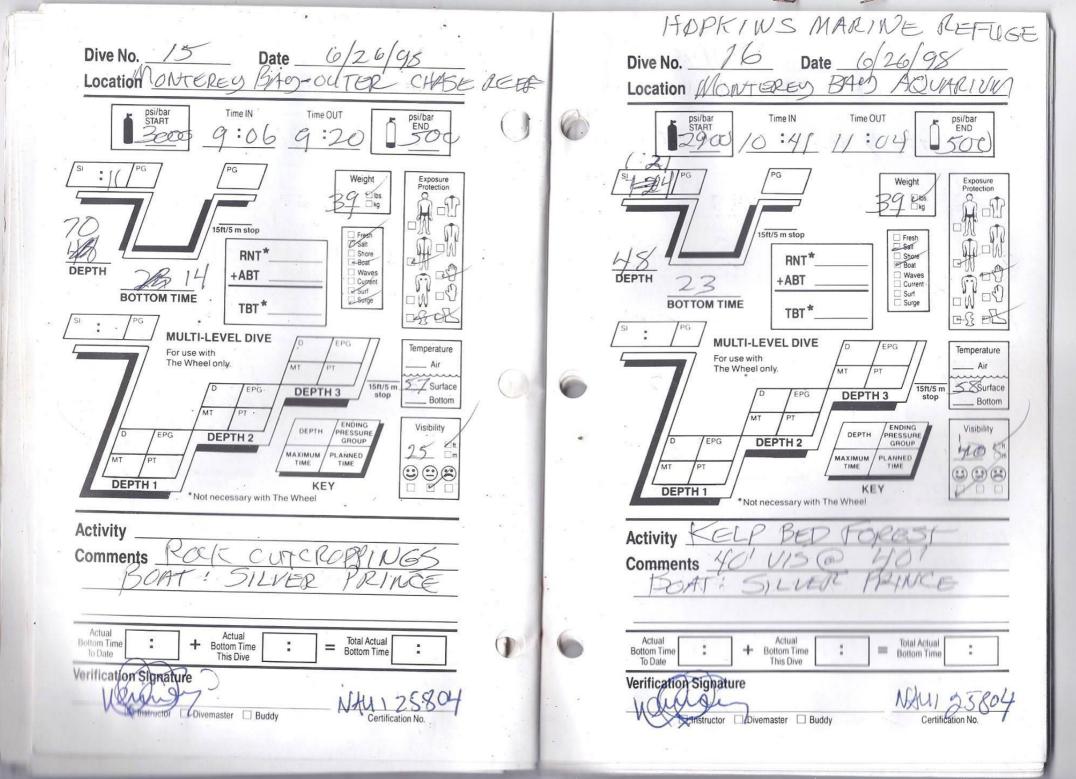
# **Experience Summary**

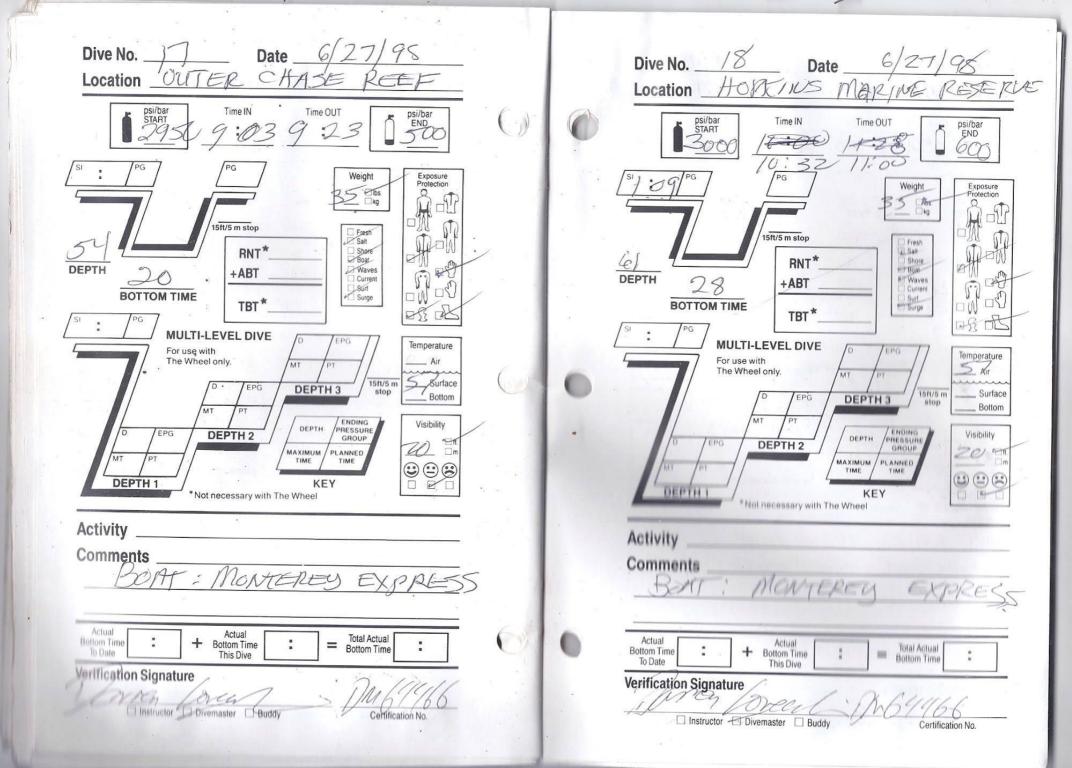
As of (Date) Last Six Total to Months Date Number of Dives Made Environment -Fresh Water Salt Water Shore Boat Waves Current Surf . Surge 32º-50ºF/0º-10ºC (Cold) 50°-70°F/10°-21°C (Moderate) 70°F+/21°C+ (Warm) Good Visibility Average Visibility Poor Visibility Specialty Dives -Night Dives Deep Dives (60 ft/18m+) Wreck Dives **Photo Dives** Other: \_ Other:

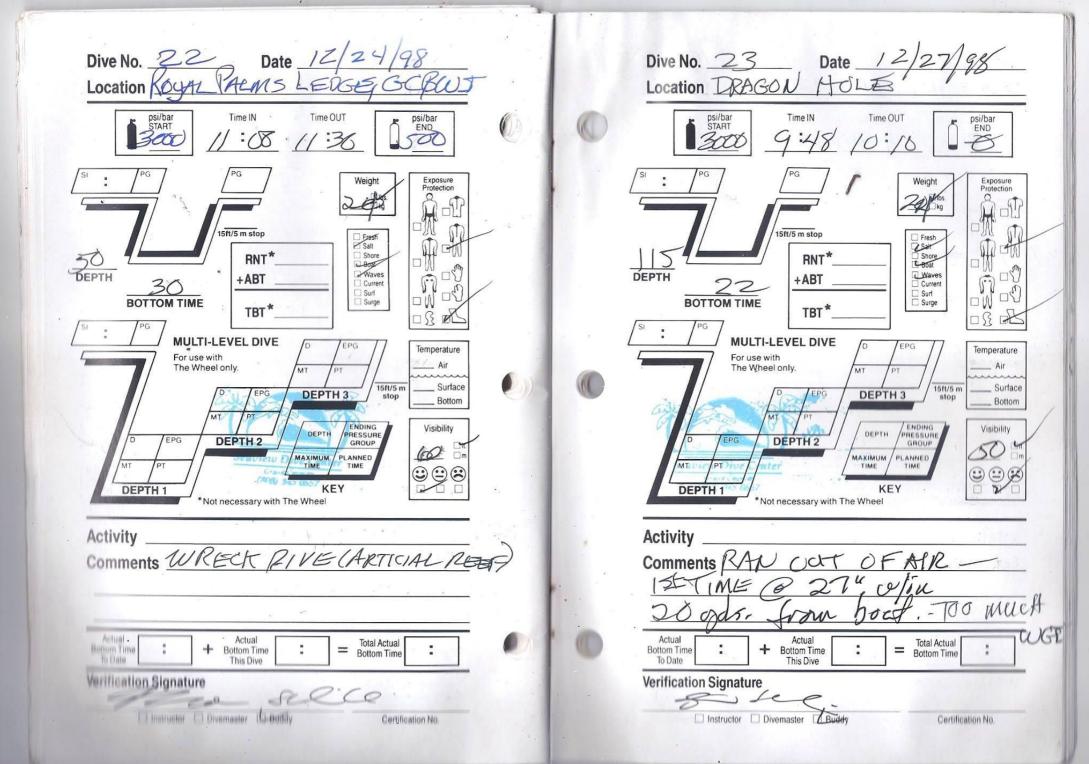




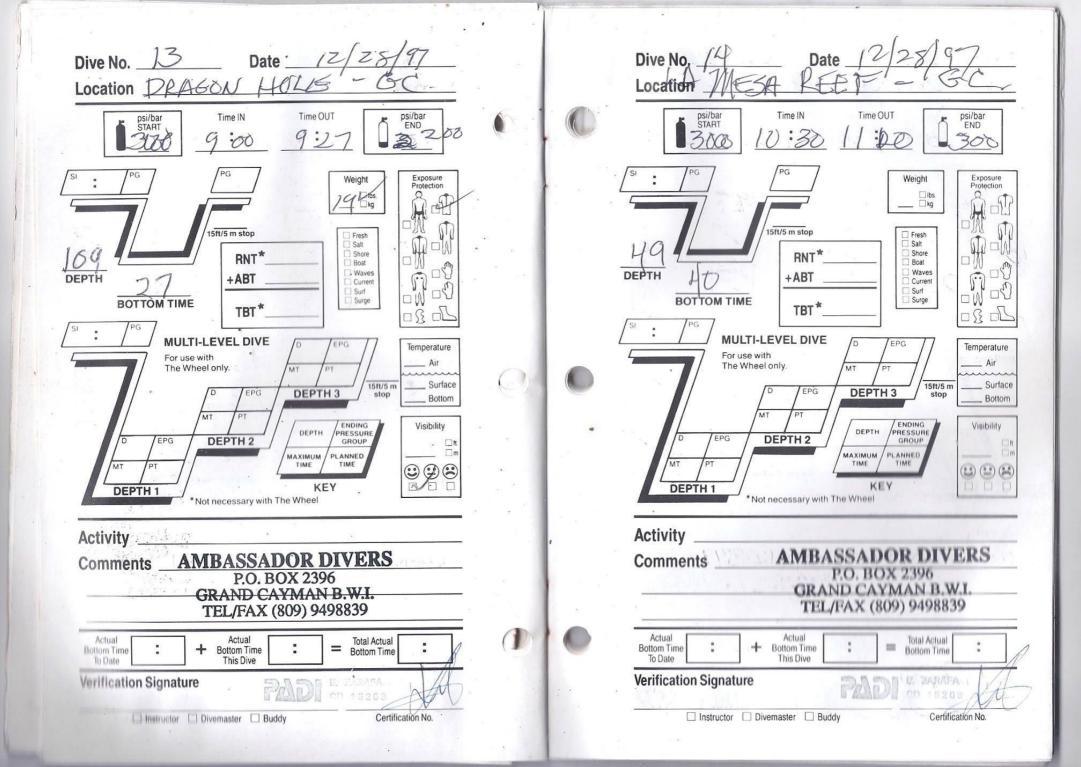


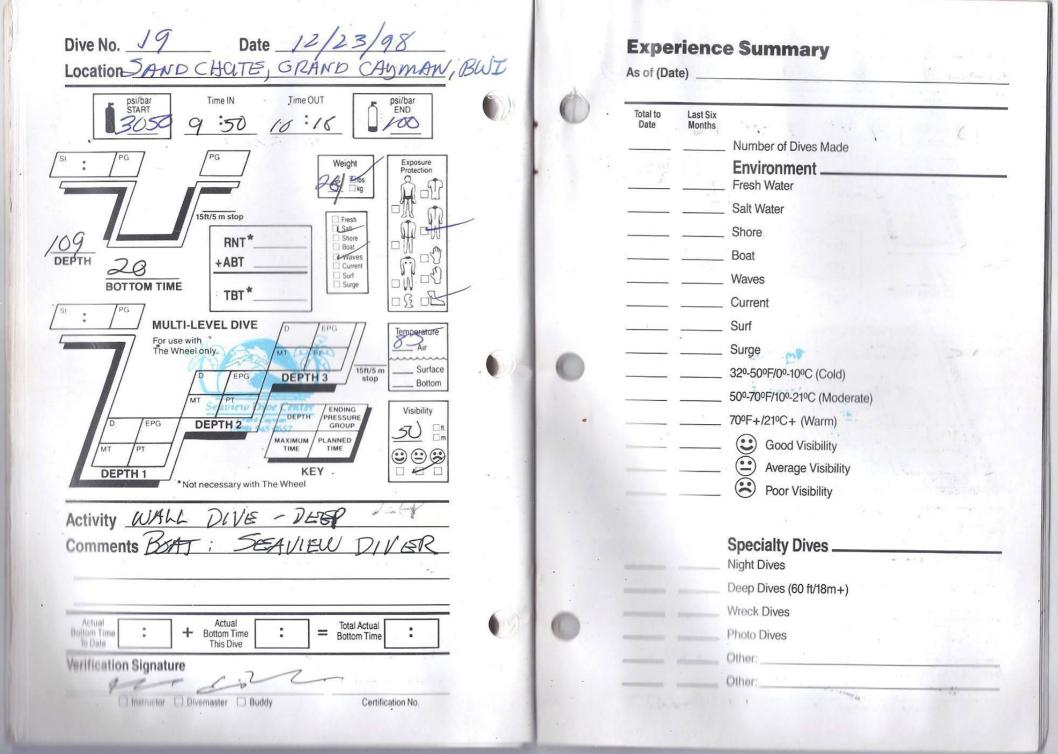


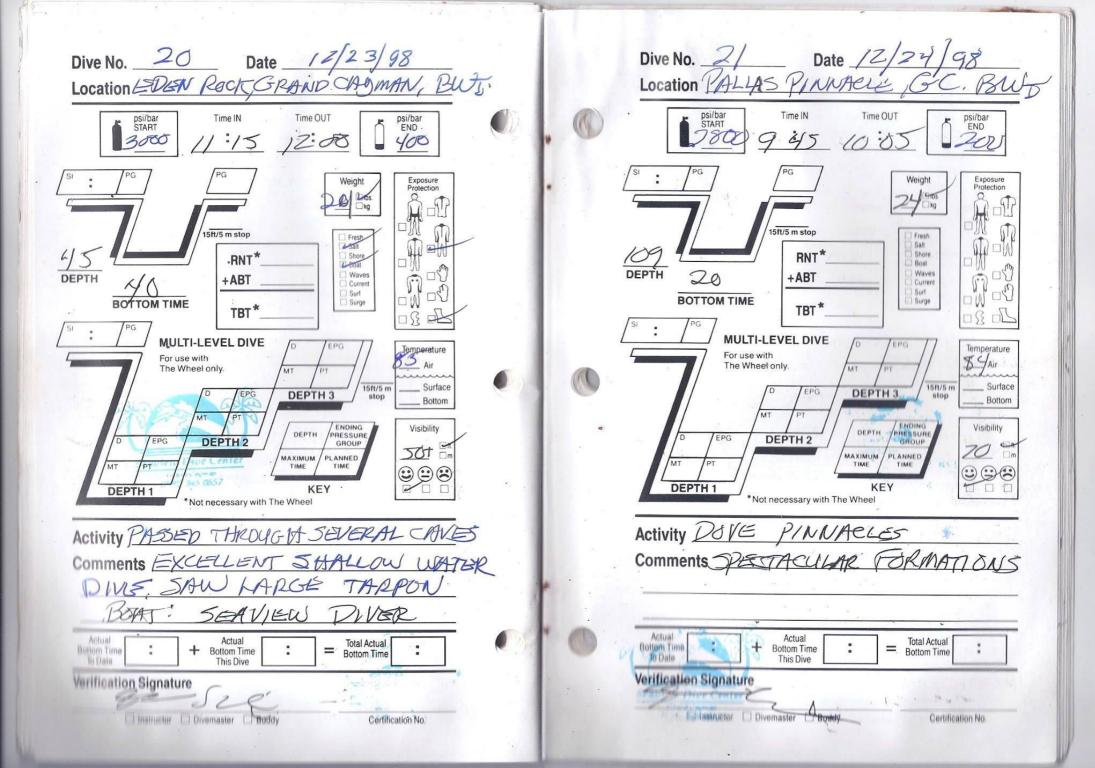


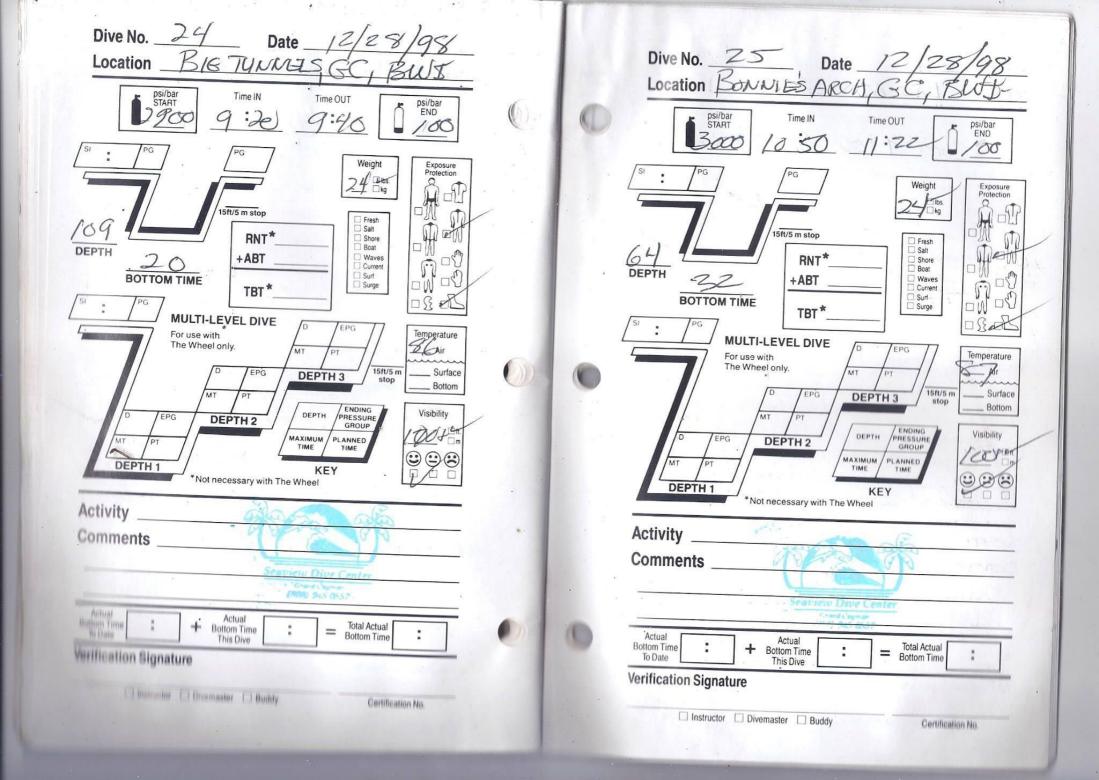


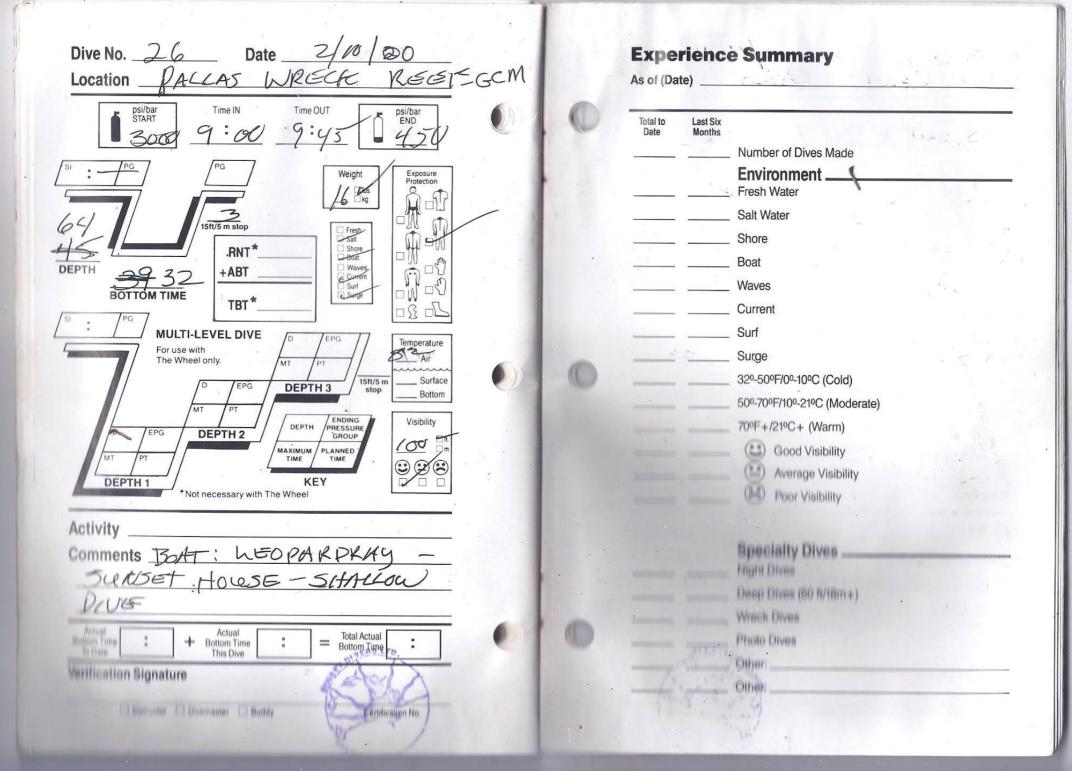
psi/bar Time IN Time OUT psi/bar END	
SI : PG  PG  Weight Protection Salt Shore Shore Shore Shore Surf BOTTOM TIME  RNT* +ABT	Total to Date  Number of Dives Made  Environment  Fresh Water  Salt Water  Shore  Boat  Waves  Current  Surf  Surge  32º-50ºF/0º-10ºC (Cold)  50º-70ºF+/21ºC+ (Warm)  Good Visibility  Average Visibility  Poor Visibility
Activity  Comments  AMBASSADOR DIVERS  P.O. BOX 2396 GRAND CAYMAN B.W.I.  TEL/FAX (809) 9498839  Actual Bottom Time To Date  Total Actual Bottom Time This Dive  This Dive  L. ZARAFA  Verification Signature	Specialty Dives

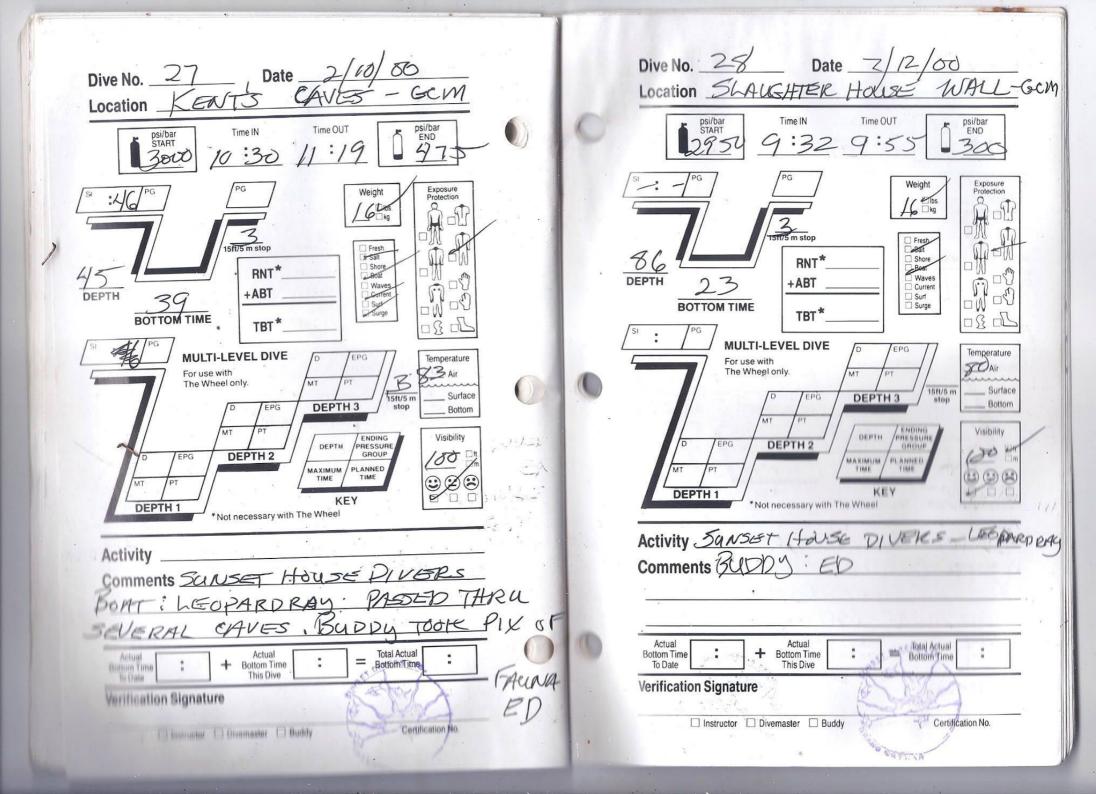


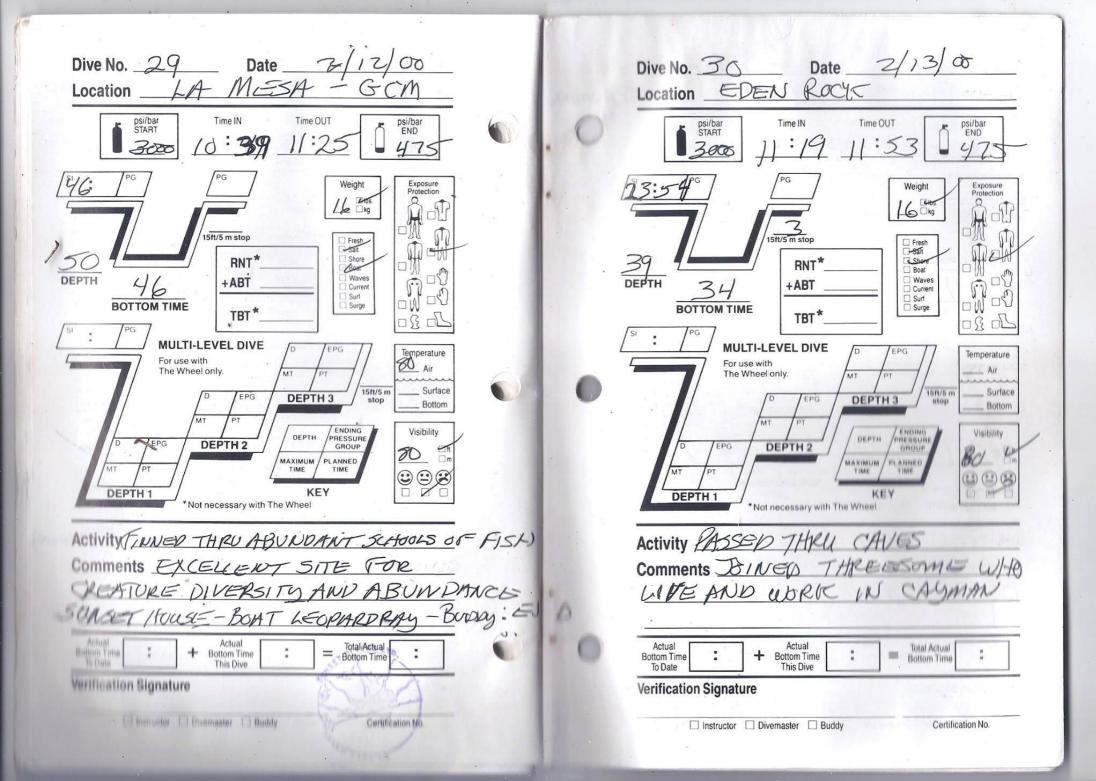


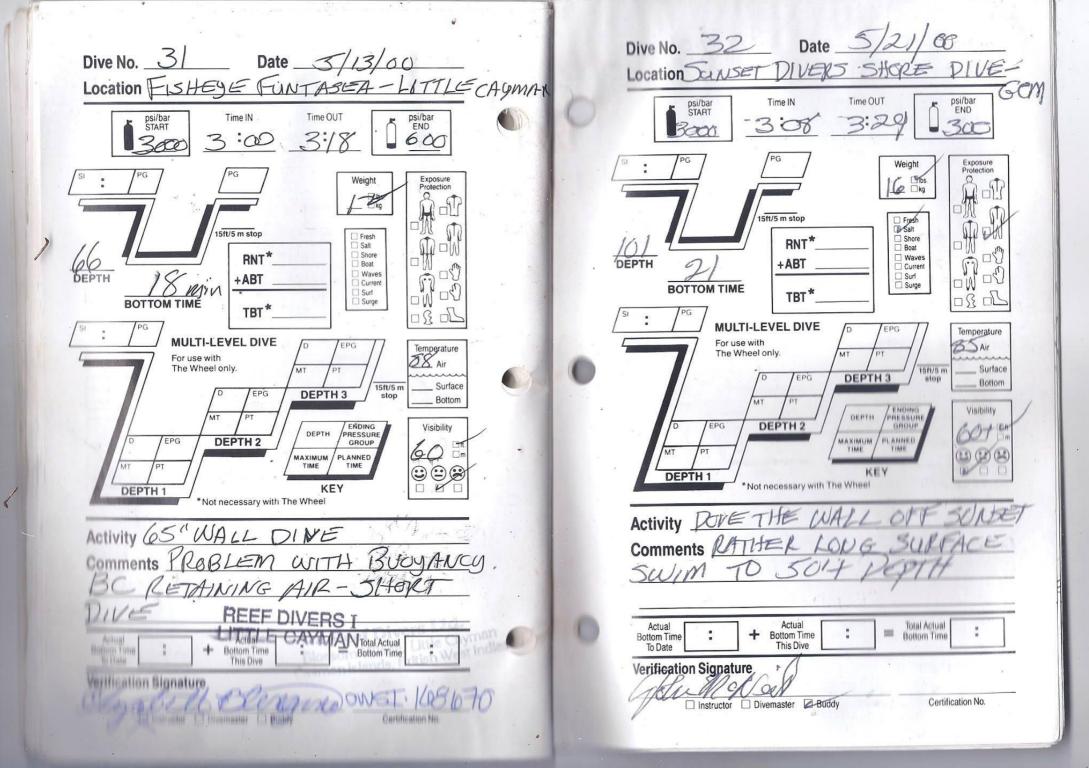


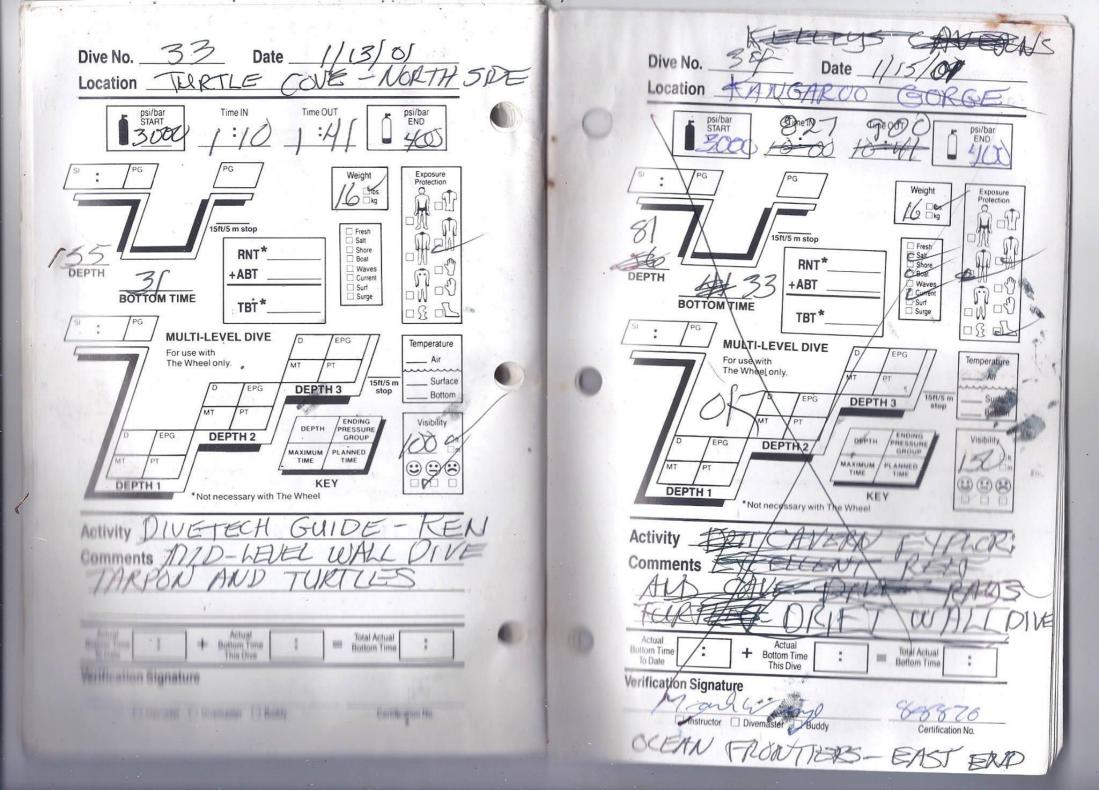






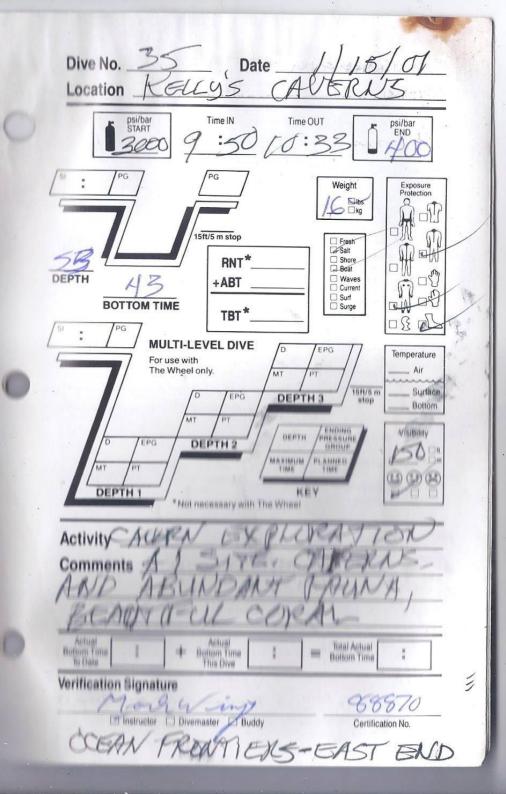


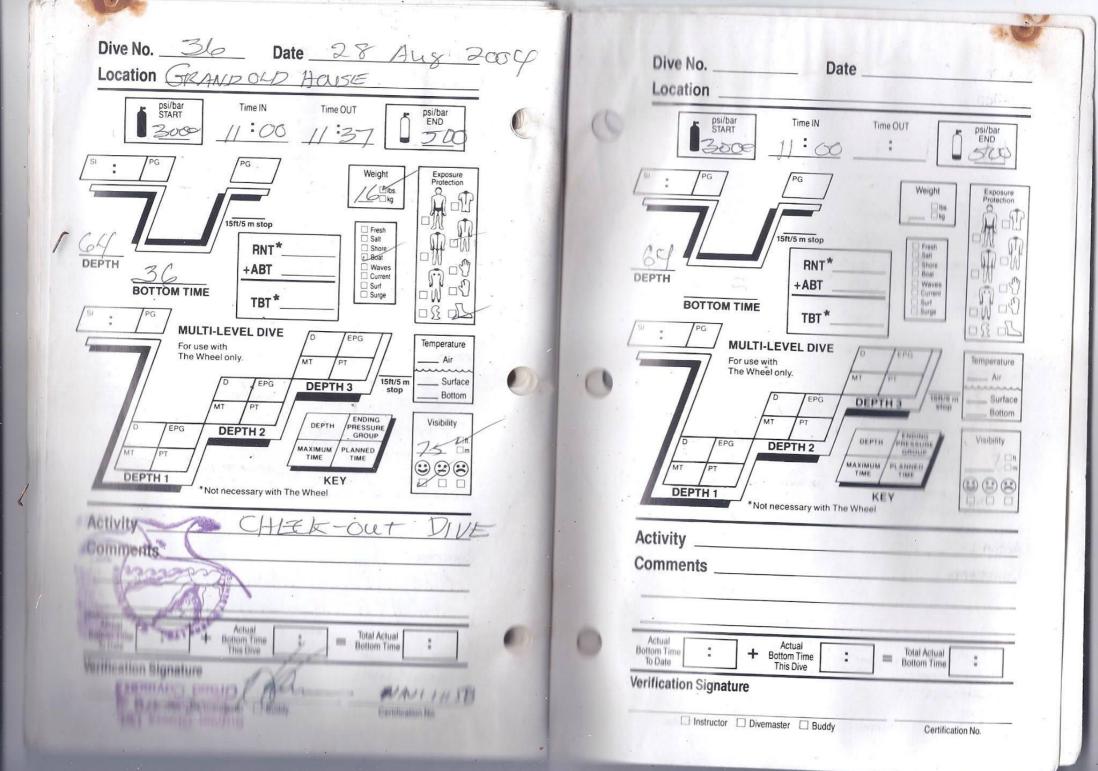


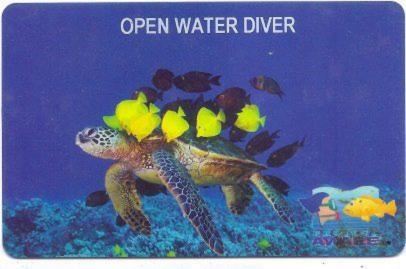


## **Experience Summary**

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#### STEVEN W. COLLINS



Diver No. 9701005476

Birthdate 22 Apr 1952

Cert.Date 26 Dec 1996

Instr.No. CD-15203

VINCENZO ZARAFA



This diver has satisfactorily met the standards for this certification level as set forth by: PADI, 30151 Tomas Street, RSM, CA 92688-2125 www.padi.com

