

## Depth Progression/Experience

Following successful completion of Sports Diver, Dive Leader and to some extent Ocean Diver (if 20m not achieved during training), it is natural for a diver to want to progress to deeper depths to explore and widen their experiences. To dive deeper requires the diver to expand their envelope of experience and often, also their comfort zone and for this reason depth progression needs to be carefully managed and supervised.

BSAC recognise this, and the following is an extract from the **BSAC Instructor Manual** and follows compelling advice given to our Diving Officer (December 2015);

*"Depth Experience;*

*Newly qualified Sports Divers & Dive Leaders wishing to increase their depth experience, should be encouraged to do so in a progressive manner, in increments of approximately 5m on each depth progression dive.*

*They should be accompanied on such dives by a diver holding a minimum qualification of Dive Leader, and all such dives should be performed under the "supervision" of a National Qualified Instructor."*

In this context, we take "under the supervision of an NQI" to mean;- In advance of the planned dive, the trainees Instructor would check that the dive had been planned properly in terms of gas, deco, turn-round time, surfacing procedure (e.g., DSMB / shotline), equipment needed, etc.

In practice, a few days before the dive, there would be a discussion between the *trainees Instructor, the Experienced Buddy* and the *trainee diver* undertaking the depth progression. **It is intended to simply be a check that all relevant risks have been considered and addressed.** On the day of the dive, the *Dive Manager* will be briefed with the detail of the planned depth progression as part of the normal briefs by the divers undertaking this training and logging it on the dive log accordingly.

Lunesdale Sub Aqua Club.  
Diving Officer.