

Cave Diving Group Trainee Diver Training Record

30th December 2014. Version 2b

Intended circulation: All CDG members.

This form is to be held by the Trainee Diver. Signatures can be by any Qualified Diver but it is anticipated that a Trainee's proposer and seconder will be the main signatories. In the tables below the word "complete" is used to indicate that the related item listed in the left-hand column of each table has been done to a standard that the signatory judges to be satisfactory (and meets the standard in Appendix 2 in the CDG Training Process Guidance Notes document where applicable). A signature or initials at any point in this document do not infer that a Trainee Diver has achieved any level of qualification within the CDG. Although this record sheet goes some way to meeting the constitutional requirement for a trainee to maintain a record of experience it does not replace a Trainee Diver's diving logbook but it can be used as an addition.

The fields in this record sheet can be filled in after covering a specific subject area or when a mentor deems it appropriate as a trainee's skills progress through experience building dives; but most likely by a combination of both.

Name: _____

Address: _____

Phone: (Land line) _____ (Mob) _____

E-Mail: _____

Emergency Contact: _____

Section: _____ Joining Date: ____/____/____ Proposer: _____ Seconder: _____

Number of years caving experience: _____

Estimated number of caving trips: _____

Diving Qualifications: _____

First Aid Qualified: Y/N (Training Agency: _____)

I have read and understood the following and agree to abide by them;

CDG Safety Code, CDG Cave Diver Education Rules, CDG Training Standard, CDG Assessment Schedule, CDG Recreational Cave Diving Risk Assessment, Signed Release and Waiver of Liability Agreement

Signed by Trainee: _____ **Date:** ____/____/____

Basic equipment configuration

Explanation of UK side mount configuration and initial set-up complete, including: Buckles and clips secure, position of lead and cylinders for trim, streamlining to minimise entanglement hazards, hose routing and second stage positioning, cylinder taps reachable and positioning of SPGs, instruments.

Signed by mentor: _____ **Date:** _____/_____/_____

Open water/cavern diving phase.

Theoretical knowledge and out of water activities:

	Theory reviewed.	Trainee demonstrates practical ability/calculations complete.
Gas laws needed to calculate cylinder contents in litres, surface consumption rate. Consumption rate at depth and partial pressures. Calculation of basic thirds.	Signed: Date:	Signed: Date:
Kitting and de-kitting.	Signed: Date:	Signed: Date:
Out of water pre dive checks.	Signed: Date:	Signed: Date:

Skills knowledge and in water activities:

	Explanation and demonstration.	Theory questions complete.	Trainee, in water, to basic skill assessment standard.
In water equipment checks.	Signed: Date:	Signed: Date:	Signed: Date:
Mask clearing, removal and replacement.	Signed: Date:	Signed: Date:	Signed: Date:
Swapping demand valves.	Signed: Date:	Signed: Date:	Signed: Date:
Reading gauges, SPG, compass, instruments.	Signed: Date:	Signed: Date:	Signed: Date:
Buoyancy control to protect visibility.	Signed: Date:	Signed: Date:	Signed: Date:
Line following with junctions and securing the line.	Signed: Date:	Signed: Date:	Signed: Date:
Breathing from a free flowing reg.	Signed: Date:	Signed: Date:	Signed: Date:
Breathing from a flooding second stage.	Signed: Date:	Signed: Date:	Signed: Date:
Dealing with and mitigating roll off.	Signed: Date:	Signed: Date:	Signed: Date:
Search drills using hand search and reel search techniques.	Signed: Date:	Signed: Date:	Signed: Date:
Dealing with entanglement.	Signed: Date:	Signed: Date:	Signed: Date:

Overhead diving phase.

Theoretical knowledge and out of water activities:

	Theory reviewed.	Trainee demonstrates practical ability/calculations complete.
Ascent rates. Non-square profile diving. Multi compartment decompression models.	Signed: Date:	Signed: Date:
Dive planning.	Signed: Date:	Signed: Date:
Identifying contaminated gas.	Signed: Date:	Signed: Date:
Prioritisation and dealing with task loading.	Signed: Date:	Signed: Date:
Modified thirds gas calculations.	Signed: Date:	Signed: Date:
Stage cylinder applications. Stage cylinder configuration.	Signed: Date:	Signed: Date:
Underwater transportation of equipment. Trimming heavy loads for underwater transportation.	Signed: Date:	Signed: Date:
Stowing dive equipment beyond a sump.	Signed: Date:	Signed: Date:

Skills knowledge and in water activities:

	Explanation and demonstration.	Theory questions complete.	Trainee, in water, to basic skill assessment standard.
Line cutting and repair.	Signed: Date:	Signed: Date:	Signed: Date:
Removal of equipment underwater.	Signed: Date:	Signed: Date:	Signed: Date:
Stage cylinder use.	Signed: Date:	Signed: Date:	Signed: Date:
Transporting equipment underwater.	Signed: Date:	Signed: Date:	Signed: Date:

Exploration skills.

Theoretical knowledge and out of water activities:

	Theory reviewed.	Trainee demonstrates practical ability/calculations complete.
Line marking. Loading a reel.	Signed: Date:	Signed: Date:
Belays and junctions.	Signed: Date:	Signed: Date:
Recovering and removing loose line.	Signed: Date:	Signed: Date:
Survey theory. Drawing a survey from data.	Signed: Date:	Signed: Date:

Skills knowledge and in water activities:

	Explanation and demonstration.	Theory questions complete.	Trainee, in water, to practical assessment standard.
Line laying including belays and junctions.	Signed: Date:	Signed: Date:	Signed: Date:
Surveying.	Signed: Date:	Signed: Date:	Signed: Date:
Recovering and removing loose line.	Signed: Date:	Signed: Date:	Signed: Date:
Replacement of old line.	Signed: Date:	Signed: Date:	Signed: Date: