



ITDA Group International Inc. Ltd.

ITDA Training Support
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 Add your Country Support below

Standards Sheet & Training Guide

Scuba Open Water Diver Program

Training Materials and Time needed for Study to obtain ITDA Academic Credit(s)

| Theory | Description | Where to obtain | Credit(s) | Contact | Other | Total Hours |
|--------------|--------------------|-------------------|-----------|------------|------------------|-------------|
| Resort Diver | Self Study | *ITDA web | 0.5 | 0 | | 4 hours |
| Skills | Instructor Classes | Training Facility | 1.5 | 8-10 hours | | 10 hours |
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| | | | | | Self Study | 4 hours |
| | | | | | Contact | 10 hours |
| | | | | | Practical Skills | 6 hours |
| | | | | | Total | 20 hours |

Student Name / Ref: _____ Date: _____

Instructor/Trainer: _____ Date: _____

Practical Training and Time needed for Exercises to obtain ITDA Experience Credit(s)

| Date / Time: | Skill Required | Comfort Level | Pass Grade | Grade Achieved | Score / Marks |
|--------------|---------------------|---------------|------------|--------------------|---------------|
| | Pre Skills Comfort | | 3 | | |
| | Regulator Breathing | | 3 | | |
| | UW Swimming | | 3 | | |
| | Reg Skills Set | | 3 | | |
| | Buoyancy + Weights | | 3 | | |
| | Mask Skills Set | | 3 | | |
| | Position / Comfort | | 3 | | |
| | Ascents | | 3 | | |
| | Descents | | 3 | | |
| | Rescue Skills | | 3 | | |
| | | | | | |
| | | | | Final Grade | |

Supervising Instructor **MUST** sign off all training for certification.

Instructor/Trainer: _____ Pass / Fail? Date: _____ Signed _____

ITDA Group ID No. _____ Assistant Name & Number: _____