



ITDA DIVING PROGRAMS

Entry Level Diver - Scuba Diver - Environment
Diver/Dry Suit – Rescue Diver - Advanced
Diver - Specialist Diver - Dive Leader

Divers from any agency (Approved by ITDA Group) may cross over and join the ITDA as a Diver at the same (Equal) Level or may crossover and upgrade to a higher level.

Upgrades require a training program completion with an ITDA Group Instructor, Trainer or Course Director.

ITDA Professional Body.....

Any Diver from any agency may apply to join the ITDA Professional Body and have their certifications converted into and equal ITDA Qualifications with titles.



We also offer Higher Education Programs. www.divecollege.eu

With a “Certificate” in diving and a “Diploma” program from 2019 in partnerships with ITDA Colleges and Universities...

Benefits include:

- **Recognition & Status for Training and Experience**
- **ITDA Star*** Rating System**
- **Discounts on Products & Training**
- **Insurance & DAN Offers for Travel & Diving**
- **Access to the ITDA Travel Group Services (Discount Travel & Diving - Members Only)**

To join the ITDA just go online to: www.itda.agency and click on about us / membership. Or you can email for an application form from the web contact page or see details below...

ITDA Group International Technical Diving Agency

Web. <https://www.itda.agency> Mail: admin@diveitda.com

UK - Europe - Poland - Middle East - Asia Pacific - USA
Scandinavia - South America - South Africa - Caribbean



Diving Record Book and Experience Log

DIVERS LOG



SAFE DIVING

Elements of Safe Diving

Safe diving is a lot more complicated than you might imagine, there are many elements that contribute to SAFE diving practices, here are some of the most important ones:

- **Equipment** – Failure of equipment causes diving accidents (Check and Know your gear!)
- **Use and Knowledge of Dive Tables** (You cannot learn or practice enough)
- **Limitations of Skills and Training** (Know your limitations!)
- **Dive Planning & Risk Assessment** (Plan your Dive and Stick to your Plan)
- **Environmental Safety** (Do not dive in unknown or hazardous environments)
- **Buddy Choice or Guided Dives** (If you have the choice, dive with professionals)
- **Buddy Experience** (Never take responsibility for a less experienced buddy)
- **Practice Safe Descents** (Comfort is the key word. Go slow and equalize early & often)
- **Practice Safe Ascents** (The slower the better & spend as much time)
- **Never ascend faster than 9 meters per minute** (Slower is better)
- **Make Decompression Stops after every dive!** (Do not Ascend directly or surface)
- **2 Stops are safer** (9m / 6m or 6m and 3m Depending on dive profile)
- **Do not Dive if you or your buddy feel unwell**
- **Take a good long rest between dives, do not exercise, or play sports between dives**
- **Be well hydrated before diving, drink lots of water** (Avoid alcohol)
- **Always carry a whistle and or underwater signaling device**
- **Never Dive into Caves or Cavern without the correct training & Experience**
- **Never penetrate wrecks without the training and experience required**
- **Never Dive deeper than your training and experience**

Short Glossary of table terms: RNT / SIT / BT / ADT / TDT / DECO

RNT – Residual Nitrogen Time

SIT – Surface Interval Time

BOTTOM TIME – Time from descent to start of ascent

ACTUAL DIVE TIME – Time from descent to Arrival on surface including stops
TOTAL DIVE TIME – Actual Bottom Time plus+ RNT added together (for repetitive dives)

DECO – Any time spent in water releasing gas pressure = Decompression



Diver Training Record

Completed Entry Level Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
Completed Entry Level Training Part 2.	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
Completed Resort Diver Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
Completed Environment Diver Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
Completed Sports Diver Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
Completed Rescue Level Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR

ITDA - Diver Training

ADVANCED DIVER TRAINING

ITDA offer a vast number of advanced diving options from: Advanced Rescue and buoyancy control, to wreck penetration diving and crossovers / upgrades to our technical programs.

TECHNICAL DIVING

Our Technical diving programs are from entry level Nitrox with the Ntech Diver programs, to Advanced Trimix and SCR/CCR Rebreather programs. Visit our web site for details...

Here is an Area to record your Advanced / Specialist Dives.

Completed Advanced Diver Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
SPECIALIST LEVEL:	
Completed Specialist Diver Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR
SPECIALIST LEVEL:	
Completed Specialist Level Training	Date.
Instructor / Facility. Destination. Stamp.	DD/MM/YEAR



ITDA Safe Diving Guidelines / Procedures:

Tables & Dive Planning. If you are working hard (physical Exertion) or Diving in cold water (below 10c. degrees Celsius) Plan your dive as 4m deeper and 10 minutes longer than actual.

This is because you are at a much higher risk from DCS. (Be cautious don't take chances)

Safe Diving means exercising a great deal of self-discipline and saying no! It is YOUR Life do not waste it! (or put others at risk for your mistakes)

Scuba Diving can be a very safe and fun sport, but it can also be deadly, and the risk of serious injury or death is always possible so lets be **SAFE** Divers.



Date:	Dive No:	Total Time: (To Date)
Location	Dive Site	
Wetsuit Type:	Weight.	Heavy/Light. Correct.
Cylinder Size:	Pressure In:	Out: Used: Mix / Oxygen %.
Time in:	Time Out:	Total Dive Time: Bottom Time. Deco Y / N.
Visibility:	Sea State:	Tides: Currents: Max Depth- Ave.
Equal Surface Air Consumption: (Bar Used x Volume = ? / Pressure = ? / Time = ESAC Rate)		

Planned Dive Profile	Surface	Pressure Group
Depth	Time	RNT +ADT =TDT
Actual	Depth.	RNT +ADT =TDT

Ascent Rate Max. 9m per minute. Stops at 9m & 6m. Page No
 See Over for comments.....

Dive Log Comments:**Dive No:****Log Page No.**

Buddy Diver Signature.			
Name:	Stamp:	Agency:	
Number:	E-Mail / Tel:		

Date: _____		Dive No: _____		Total Time: (To Date) _____	
Location _____		Dive Site _____			
Wetsuit Type: _____	Weight: _____	Heavy/Light. Correct. _____		Buoyancy? _____	
Cylinder Size: _____	Pressure In: _____	Out: _____	Used: _____	Mix / Oxygen %. _____	
Time in: _____	Time Out: _____	Total Dive Time: _____	Bottom Time: _____	Deco Y / N. _____	
Visibility: _____	Sea State: _____	Tides: _____	Currents: _____	Max Depth- _____	Ave. _____
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Planned Dive Profile

Surface

Pressure Group

RNT
+ADT
=TDT

Actual

Depth.

RNT
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Time

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E-Mail / Tel: _____			

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Surface

Pressure Group

Actual

Depth.

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Ascent Rate Max. 9m per minute. _____

Stops at 9m & 6m. _____

Page No _____

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Dive Log Comments:	Dive No:	Log Page No.	
<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Buddy Diver Signature. _____</p> <p>Name: _____</p> <p>Number: _____ Stamp: _____ Agency: _____</p> <p>E-Mail / Tel: _____</p> </div>			

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Dive No:

Log Page No.



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Number: _____

Stamp: _____

Agency: _____

E-Mail / Tel: _____

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