# 25 YEARS 98-23

#### 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: <a href="www.itda.agency">www.itda.agency</a> 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. <a href="mailto:https://www.itda.agency">https://www.itda.agency</a> Mail:<a href="mailto:admin@diveitda.com">admin@diveitda.com</a>

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



**Diving Record Book and Experience Log** 



ITDA-IHMP International / Steve Craig-Murray - Publications ©98-2023

#### 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.	
Completed Entry Level Training Pa	
Instructor / Facility. Destination.	
Completed Resort Diver Training	
Instructor / Facility. Destination.	
Completed Environment Diver Tra	
Instructor / Facility. Destination.	
Completed Sports Diver Training	
Instructor / Facility. Destination.	
Completed Rescue Level Training	Date.
Instructor / Facility. Destination.	

## **ITDA - Diver Training**



www.itda.agencv

#### **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.

Instructor / Facility. Destination. Stamp.	
1	
SPECIALIST LEVEL:	
Completed Specialist Diver Training	
Instructor / Facility. Destination. Stamp.	
SPECIALIST LEVEL:	
Completed Specialist Level Training	
Instructor / Facility. Destination. Stamp.	

#### ITDA Safe Diving Guidelines / Procedures:

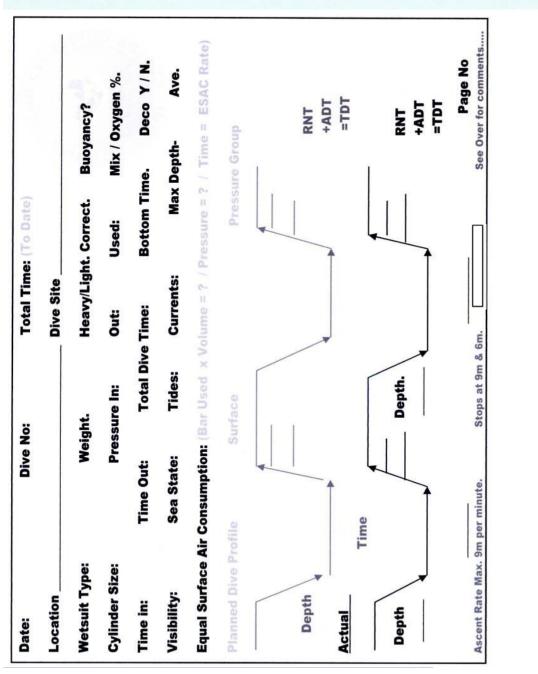
**Tables & Dive Planning.** If you are working hard (physical Exertion) or Diving in cold water (below 10c. degrees Celsius) Plan your dive as 4m deeper and 10 minutes longer than actual.

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

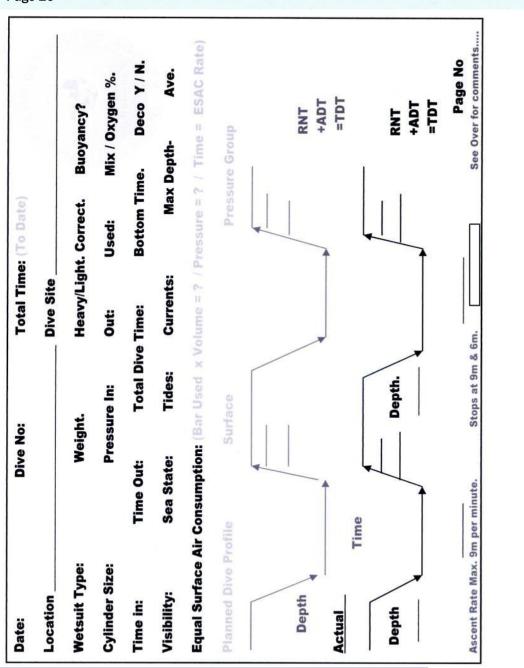
# Safe Diving means exercising a great deal of self-discipline and saying no! It is YOUR Life do not waste it! (or put others at risk for your mistakes)

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.





Dive Log Comments:	Dive No:	Log Page No.
Buddy Diver Signature.		
Name:		
Number: Stamp: A	Agency:	
E-Mail / Tel:		

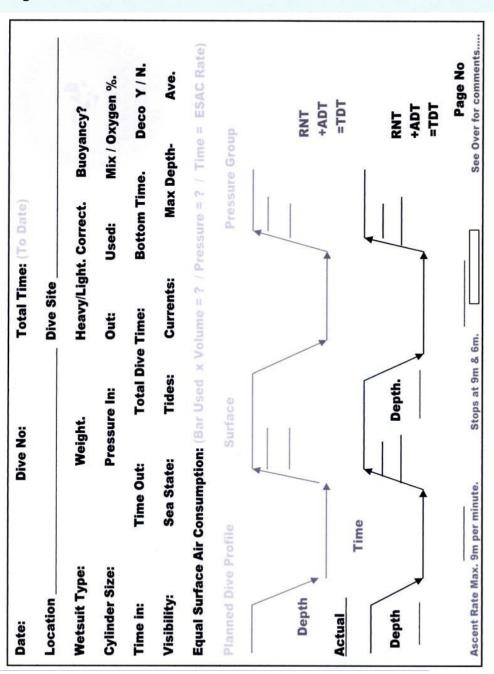


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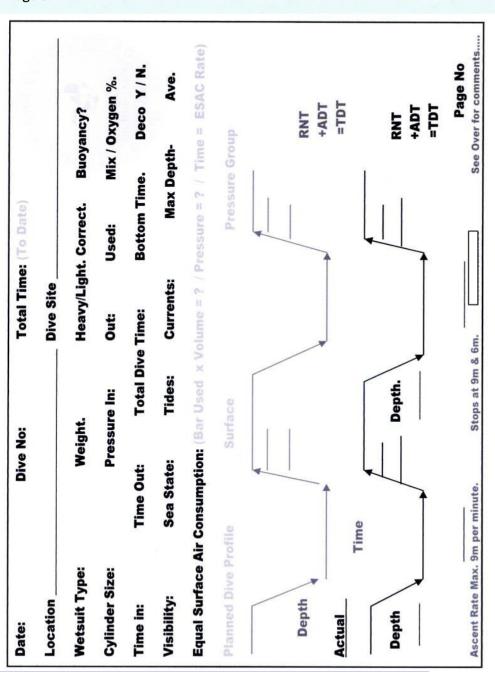
Date:	Dive No:		Total Time: (To Date)	(To Date)	
Location			Dive Site		
Wetsuit Type:	Weight.		Heavy/Light. Correct.	t. Correct.	Buoyancy?
Cylinder Size:	Pressure In:	re In:	Out	Used:	Mix / Oxygen %.
Time in:	Time Out:	<b>Total Dive Time:</b>	Time:	<b>Bottom Time.</b>	e. Deco Y/N.
Visibility:	Sea State:	Tides:	Currents:	Max	Max Depth- Ave.
Equal Surface Air	Equal Surface Air Consumption: (Bar Used x Volume = ? / Pressure = ? / Time =	r Used x Vo	lume = ? / F	ressure = ?	Time = ESAC Rate)
Planned Dive Profile		Surface		Pressul	Pressure Group
Depth Actual					RNT +ADT =TDT
Depth	Time	Depth.			RNT +ADT
Ascent Rate Max. 9m per minute.		Stops at 9m & 6m.	n.	Д	Page No See Over for comments

Dive Log Comments:	Dive No:	Log Page No.
Buddy Diver Signature.		
Name:		
Number: Stamp: Age	Agency:	
E-Mail / Tel:		

International Technical Diving Agency

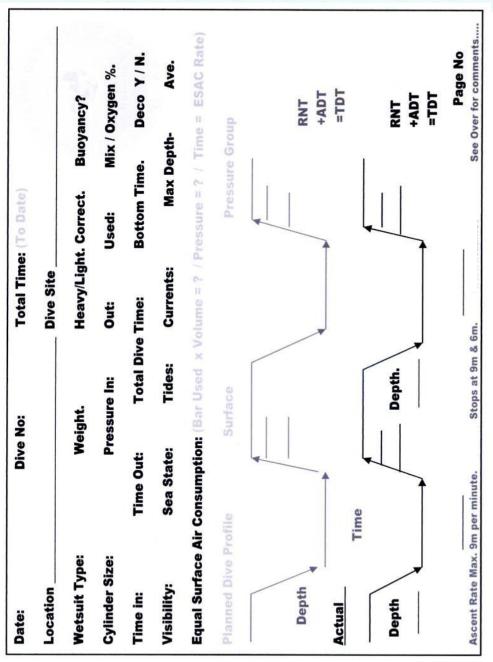


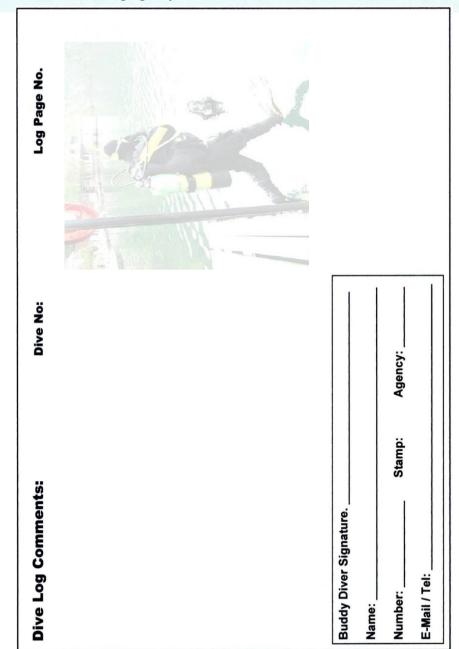
Dive Log Comments:	Dive No:	Log Page No.
Buddy Diver Signature.		
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Agency:

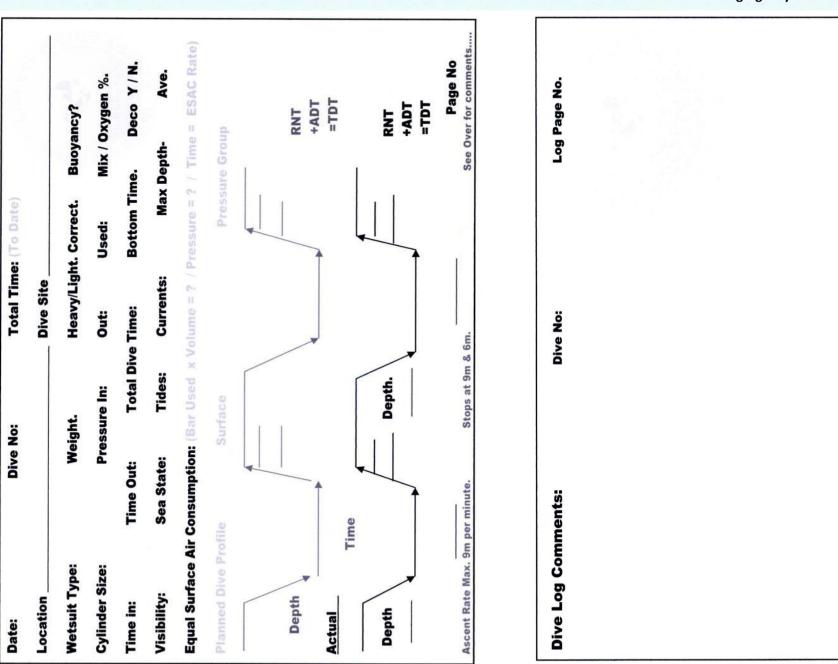
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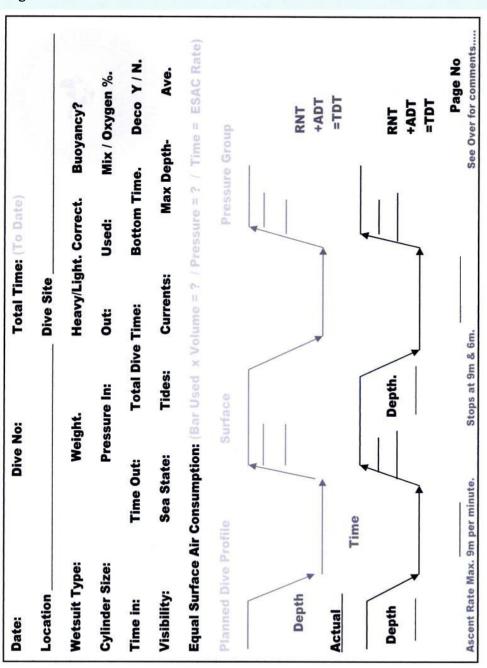
E-Mail / Tel:

Number:

Name:

**Buddy Diver Signature.** 





Dive Log Comments:	Dive No:	Log Page No.
Buddy Diver Signature.		
Name:		
Number: Stamp: A	Agency:	
E-Mail / Tel:		

