



DIVEHEART.org®

Imagine The Possibilities



Diveheart Experience Log Sheet Definitions

A **Diveheart Experience** is an activity performed as a member of a Diveheart Adaptive Dive Team that primarily focuses on scuba diving underwater.

Diveheart Support Skills are activities unique to Adaptive Diving. They include assisting Adaptive Divers with transfers (wheelchair, boat, water), dive gear, wetsuit donning and ditching, weighting, descent, and ascent. Support Skills are necessary to complete a Diveheart Experience, but are not considered a separate Experience. All Diveheart Buddy Candidates are required to complete each of the Support Skills at least once during their 30 Diveheart Experiences. Participation in the Pre-Dive Briefing is mandatory for all members of the Diveheart Adaptive Dive Team before every dive.

Open Water: a body of water significantly larger than a swimming pool offering conditions typical of a natural body of water encountered by divers. Depth: Twenty (20) feet minimum.

Confined Water: a general term that refers to either a swimming pool or confined open water. Confined open water is an open water site that offers swimming pool-like conditions with respect to clarity, calmness and depth. Depth: Ten (10) feet minimum.

Adaptive Diver: must have first and last names for your Adaptive Diver.

Adaptive Diver's Cert Level: is the recreational or adaptive certification that this person holds. Examples: Open Water Diver, Divemaster, HSA Adaptive Diver, or Diveheart Adaptive Dive Team.

Your Role on the Adaptive Dive Team (choose one):

Instructor – a teaching status instructor from a recognized recreational agency with a Diveheart Adaptive Dive Buddy certification can teach Adaptive Divers through that qualifying recreational agency. These dives can count towards their 30 Diveheart Experiences. This person cannot issue a Diveheart certification until they complete their 30 Diveheart Experiences and meet all Diveheart Adaptive Scuba Instructor requirements.

Forward Buddy – primary assistance with mask and regulator clearing, regulator recovery, signaling, equalization, out of air emergencies, full face mask assistance, snorkel to regulator exchange, and monitoring gauges.

Rearward Buddy – primary assistance with underwater swimming, surface swimming, buoyancy control, controlled ascent/descent, monitoring gauges, and safety/deco stops.

- Forward Buddy / Rearward Buddy Rotation process should be discussed in the Pre-Dive Briefing.
 - Rotation process will vary depending on the Adaptive Diver, the Adaptive Dive Team, and environmental considerations.
- A rotation is a minimum of 10-15 minutes in a particular position. In a 45-60 minute dive a candidate may earn 3-4 Experiences.
- Some teams may not require both Forward and Rearward buddy. This is recorded as a Forward Buddy. For example, Adaptive Divers with differing cognitive abilities.
- Weather, Adaptive Divers, candidate ratios and many other factors affect the number of Experiences a candidate will have in a given training week. A candidate cannot be guaranteed 30 Experiences in a week-long training trip.

Adaptive Dive Team Buddy Members: must have first and last names for your Adaptive Diver.

Location/ Event: Identify if this is a trip, where in the world is the trip? Is this a Diveheart Scuba Experience? Where in the world?

Name of Event Lead: On a dive trip it would be your Boat Lead. At a Diveheart Scuba Experience it would be the person running the event.

Team or Event Lead Signature: Signature of the person that saw you dive. This would be the Boat Lead or your Instructor.