

YORK UNIVERSITY
KINESIOLOGY AND HEALTH SCIENCE
PKIN 0270 Skin Diving I
Course Outline

Instructor: David Ferguson 705 432 2246 / dovetailf@sympatico.ca 2018

Scope of Course: Skin diving is a set of skills and knowledge that crosses several disciplines. It is used commercially in aquatic site and facility inspections. It is an emergency search and rescue skill used by lifeguards, coast guard personnel, etc. It is used in facility and aquatic site construction, fishing, submerged recovery, and much more. It is a sport and prequalification for SCUBA certification. This is a complete skin diving training course that covers the theoretical knowledge and practical skills required to be a safe, competent and confident skin diver. The program components cover safety, scientific, medical, and environmental aspects of skin diving. It also teaches practical skills and techniques including equipment, entries, submersion, donning and doffing gear, swimming, rescues etc.

Prerequisite: Swim 1 or equivalent (with the instructor's permission); 16 YOA and SFA + CPR C recommended

Optional Text: ACUC Skin Diving Instructor Manual – ACUC (2004)
The Canadian Lifesaving Manual (1994 - The Life Saving Society Canada - (\$50.00)
Scuba Bronze - The Life Saving Society Canada

Evaluation: Practical Evaluation: ~ 75% (items taught and evaluated – through out term)
~ Theory Exam: 25% (completed by end of term)
~ Assignment P / F (completed by end of term)
Note: A minimum of 80% attendance is required to maintain class participation.

Please Note: - All assignments and the written exam are mandatory and must be submitted as assigned by due date(s). Late assignments will result in a penalty of 10% per calendar day. Non-submission or submissions not as assigned will result in a '10' mark penalty, and loss of the 'Pass / Fail' option. Submissions not as assigned will not be graded. Cheating or plagiarism will result in an 'F' for both parties. Further, all attending this class must have a note book (not a sheet of paper) and a pen / pencil for note taking by the start of the second week of classes. Failure to do so will result in removal from the class.

Content and Learning Outcomes:

A demonstrated understanding of theoretical and practical knowledge and techniques through participation, safety skills, aquatic activities, assignments, and testing (written and oral). Further, students will be able to provide practical demonstrations of skills, strokes, rescues techniques, etc. to the standards taught throughout the course through aquatic testing, hands on activities, scenarios, demonstrations, etc.

Specific Content:

Theory of Skin Diving: ~ Participants are required through written and practical evaluation to demonstrate an understanding of the theory and skills and techniques of skin diving.

Safety in Skin Diving: ~ the role of each diver in the safety of all participants; awareness of medical pre-conditions and consequences, dangerous areas, activities, behaviours, aquatic and marine hazards; proper equipment plus use, storage and care; proper techniques, and respect for the aquatic environment

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Skin Diving Lifesaving: ~ the role of lifesaving, rescues, search procedures, first aid etc. when required in the skin diver's world

Skin Diving Equipment: ~ the care and use of the skin diver's equipment whether in a pool, fresh water or ocean environment is key to enjoyment and safety

Scientific aspects of Skin Diving: ~ there are many aspects of science and physics that affect the skin diver in the sub aquatic environment relating to pressures, atmospheres, gases temperatures, etc. that are key to the enjoyment and safety of the skin diver

Skin Diving Techniques: ~ entries, assorted kicks, submerging, donning and doffing equipment on the surface and submerged, continuous swim in gear, recovery of objects, reorientation, surface survival, individual and team search skills, safety procedures, hand signals, equalization, care and ability to use skin-diving gear etc. are all part of the skin divers repertoire of required skills

Practical Skills: These are the practical skill areas participants will be taught and be do for evaluation.

- ~ total safety throughout the course
- ~ continuous swim (250m)
- ~ entries (5)
- ~ entries in gear (5)
- ~ surface dives (2)
- ~ underwater swim (10m)
- ~ don and doff gear (shallow)
- ~ kicks (2)
- ~ continuous swim in gear (250m)
- ~ continuous swim in gear and submerge and ascend X3)
- ~ individual and team search skills
- ~ submerged donning and swim (mask and snorkel)
- ~ recover weights and objects
- ~ 2 rescues
- ` Plus assorted skills (equalization, defogging, ongoing care of equipment throughout course, Reorientation, surface survival, safety procedures, hand signals, etc.;

Please Note: **Practical Evaluation:** The above items will be evaluated by the Instructor during class. Designated evaluation times are not specific as evaluation is done after practice and students have shown competence. Due to the amount of content and learning in this program, teaching or evaluation of items missed due to absence (for any reason) are not repeated. Repeat teachings or evaluations of items are not normal procedure. Items not attempted or incomplete can result in a failing grade.