



Pathfinder Honour: Requirements & Framework

Snorkelling (Skin Diving)

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic
Master Honour



Snapshot of Honour

Welcome to the wonders of the under-water world. The aim of this honour is to give first-timers the introductory skills to participate in snorkelling (also called skin diving in some countries). The Swimming 3 (Intermediate) honour is a prerequisite.

You'll learn about the prerequisites for snorkelling; about snorkelling equipment and how to care for it. You'll know about snorkelling safety. You'll show skills in communication and mask clearing. Best of all, you will enter the water.

Honour History:

Original Honour: 1961, Author not known

General Conference: Reviewed 2001

South Pacific Division: Reviewed April 2008.

- Reviewed: Judy Burton, South Queensland Conference

Snorkelling (Skin Diving) Honour

Honour Framework: [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Swimming 3 (Intermediate) Honour or RLSSA Level 5, Junior Swim and Survive Award.
Preparation Time:	Average (4-8 hrs)
Physical Requirements:	Minimal / Moderate
<u>Equipment/Materials Required:</u>	Snorkelling equipment (Mask, snorkel, fins)
<u>Location:</u>	Calm, still water for practical parts. It is important to comply with this
Sabbath Appropriate:	Practical parts can be adapted to explore the wonders of nature.
<u>Safety & Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. Competent Instructor Required
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion, Practical part in calm, still water
Recommended Assessment:	Workbook & Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development.
Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

Honour Components:

Requirements:	See following page
Trainer's Notes:	Snorkelling (Skin Diving) Honour Trainer's Notes
Student's Workbook:	Snorkelling (Skin Diving) Honour Workbook
Assessment Method:	Snorkelling (Skin Diving) Honour Assessment

Snorkelling (Skin Diving) Honour

Requirements

Source: General Conference of SDA, 27 May 2007

<http://youth.gc.adventist.org/Docs/Recreation/skin%20diving%20small.doc>

Note: Any Additional South Pacific Division Requirements are in italics

~~Strikethroughs~~ show parts not applicable to the SPD.

IMPORTANT: Competent Instructor Required

1. Have the ~~Intermediate Swimming~~ [*Swimming 3 (Intermediate)*] Honour.
2. a. Name three prerequisites for a person who wishes to engage in *snorkelling* (skin diving).
b. *What two medical conditions would preclude a person from snorkelling (skin diving)?*
3. What equipment is essential for *snorkelling* (skin diving)?
4. *Explain how to care for and maintain snorkelling (skin diving) equipment.*
5. Discuss the effect of the following factors on *snorkelling* (skin diving):
 - a. Types of beaches
 - b. Surf and currents
 - c. Marine life
6. *What safety precautions / rules of good sportsmanship should be followed while snorkelling (skin diving)?*
- ~~7. Describe the skills involved in communication, hyperventilations and mask clearing.~~
7. *Correctly interpret and respond to hand signals used to communicate at the surface and underwater.*
8. ~~Demonstrate a practical test in a pool and a qualifying dive in open water.~~
PRACTICAL 'POOL' TEST
 - a. *Demonstrate how to prepare, put on, adjust and remove all snorkelling equipment.*
 - b. *With face in the water and mask removed, demonstrate ability to breathe through snorkel only.*
 - c. *Take mask off in the water and refit without touching the side or bottom of the pool.*
 - d. *Demonstrate the skills involved in equalising, mask clearing and snorkel clearing.*
 - e. *Swim at the surface maintaining control of direction.*
 - f. *Dive under the surface, swim underwater, ascend safely, clear snorkel of water and resume breathing through snorkel without lifting face from the water (Repeat 3 times without stopping).*

General Conference Reference No: SKIN DIVING (YOU6350)