



Advanced Open Water Course Dive Log

Welcome to your Advanced Open Water Course. This course will expand upon the knowledge you have gained during the Open Water Course and allow you to safely enjoy more challenging forms of diving. Below is a guideline of the dives planned for your course, dive locations and the times to meet. This course is designed to fit into your schedule, meaning you can complete it fast or over a longer period of time if that suits. Please use our Club Calendar to choose any of the specialty dives there (i.e. Drift, Boat or Night Dives) and to propose other dates to do your dives. I will also be planning AOW dives for others and will keep you posted on any dives that are coming up.

As preparation for the course I would recommend reviewing your Open Water Manual before commencing the course if it has been some time since learning to dive. Once you have your Advanced Open Water Manual it is a good idea to read the chapter(s) on the dives you are doing the night before diving to make sure it is fresh in your mind. If you have experienced Seasickness before I would find out about Quells or Ginger tablets before any boat dives. Also check that all of your equipment is in good working order. Overall, prepare to have some fun and experience the thrills that are on offer.

DIVE NO/TYPE	LOCATION	TIME/DATE
1. Deep Dive	_____	_____
2. Navigation Dive	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____