



POSITIONING & CONTROL - non critical skills

INTRODUCTION

LESSON OVERVIEW:

GUE uses dynamic instructor and student positioning:

- Realistic student positions to cultivate proper team protocols
- Objective is to maximize control and learning opportunities

During the field lecture about basic positioning and control students will learn:

1. Essential rules for positioning and control
2. Definitions of different skill types
3. Student and instructor positioning (Line, cross, single file and wing-on-wing)

LESSON VALUE:

To learn proper instructor and student positioning that facilitates effective teaching and proper student control underwater.

1. ESSENTIAL RULES

- The instructor must always be able to see and control all students at all times (don't turn your back or lose visibility)
- Proximity is key to control and depends on student capacity
- OOG skills are prioritized before anything else. The instructor must always be positioned so the s/he can control the OOG diver
 - Always stay at the same level as students (acting as visual reference and ready to assist)
 - Anticipate problems and escalate your intervention during student problems (1. communicate the solution, 2 stabilize the student, 3 fix the problem for the student)
- Communicate and cooperate with the video diver and ensure that the videographer is positioned where s/he needs to be
- Refrain from having the students reposition - instead maneuver around students yourself • Gas problems to the left - buoyancy problems to the right

2. DEFINITIONS

Critical Skills

- Critical skills are drills or skills that teach management of loss of visibility, loss of lights, simulated out-of-gas scenarios, simulated manifold failures, and rescue techniques involving assisting panicked divers, convulsing divers, and unconscious divers.

- Max depth 9m/30 ft



Static Applications

- Skills performed while in a static formation (e.g. cross formation during B5)

Dynamic Applications

- Skills performed while student dive team is moving underwater (e.g. no-mask swim, ascents)

3. STUDENT AND INSTRUCTOR POSITIONING

Line Formation

Application (static):

- Kicks
- Demonstrations

DEMO 1

- Position students in line formation for instructor demo of kicks
 - Demo a presentation of a kick by walking in front of the students emphasizing that the instructor should only swim far enough to still see all students lined up.
- Demo working with one student and the videographer while the other students wait for their turn • Stay in position while one student swims in order to maintain supervision of passive students
- Feedback active student when s/he turns around

DEMO 2

- Position students in a line formation for demo of helicopter turn
- Demo helicopter turn by rotating half way left and back again, then half way right and back again • Demo working with one student and the videographer while the other students wait for their turn

DEMO 3

- Position students in line formation for instructor demo of any other uw skill (B5, S-drill etc) • Present a how to initiate a demo of e.g. B5

Cross/Diamond Formation

Application (static and dynamic):

- Non-critical skills (B5:1-4, SMB deployment, BU light deployment)
- Critical skills (B5:5, S-drill, Valve drill, No-mask swim)



- Ascent/descents (non-critical or combined with critical skill combination)

DEMO 1

Non-critical skills 1:

- Position students in a cross formation for B5 skill practice
- Demo static instructor position (instructor not re-positioning) and dynamic videographer positioning (videographer re-positioning to capture all students)

DEMO 2

Critical skills 1 (static):

- Position students in a cross formation for S-drill skill practice
- Instructor always positioned with OOG diver or the diver at risk to the left
- Demo dynamic instructor and videographer positioning (reposition to have student at risk to the left of the instructor)

DEMO 3

Critical skills 2 (dynamic):

- Initiate OOG swim by asking OOG diver to swim forward (between the donor and supporting team member)
- Instructor and videographer repositions to the left and right of team • Instructor repositions in front of student dive team to cut the drill
- Instructor and videographer repositions back to their original positions • Divers involved in the drill goes back to their own gas supply and re-sets equipment

DEMO 4

Critical skills 3 (dynamic)

- Position students in a cross formation for no-mask swim
- Instructor should be positioned with the blinded diver to his right
- Initiate no mask swim by asking diver to the right to remove mask
- Team moves in, instructor and video repositions to swim slightly in front of student dive team (or just above the no-mask diver)
- Instructor taps on the blind divers arm to stop the drill
- Instructor and video repositions to their original positions



Single File Formation

Application:

- Propulsion practice on a line or in a square

DEMO

- Position students in a single-file formation

- On a straight line; Instructor should be positioned side by side with the first diver, but far away enough to see all divers. Videographer position on the other side of the student dive team
- In a square; Instructor should be positioned in the middle of the square and turn as students are swimming around the square. Video can be positioned on the outside of the square or next to the instructor

Wing-on-wing formation

Application:

- Propulsion practice or exploration

DEMO

- Position students in a wing-on-wing formation
- The instructor should be positioned side by side with the first diver, but far away enough to see all divers. Videographer positions on the other side of the student dive team

4. SUMMARY

- The instructor must always be able to see and control all students at all times (don't turn your back or lose visibility)
- Proximity is key to control and depends on student capacity
- Always stay at the same level as students (acting as visual reference and ready to assist) • Gas problems to the left - buoyancy to the right
- Line formation - static (kicks and demo)
- Cross formation - static and dynamic, critical and non-critical skills (B5, S-drill, Vdrill, SMB, No mask swim, ascents/descents)
- Single file - dynamic (propulsion)
- Wing-on-wing - dynamic (propulsion, exploration)