

## FIT/AAUS Training Log – YOUR NAME HERE

Date	Activity	Description	Hours
Oct 2007	Boating course	NY State Safe Boating Course	8
Nov 2007	Rescue Diver	PADI course	40
April 2009	AAUS meeting	Informational AAUS meeting	1
April 2009	AAUS training	DAN courses: Diving First Aid for Professional Divers, On site neurological Assessment, Oxygen First Aid, AED	20
May 2009	Pool	Pool check out and swim tests	2
May 2009	Open water	Open Water check out dives and review session	10
May 2009	Data gathering	Open water Buoy check and sheepshead collecting	6
May 2009	Nitrox	PADI Nitrox	10
May 2009	Dive Physics	PADI Dive Master Manual	5
May 2009	Dive Physiology	PADI Dive Master manual	5
May 2009	DAN Seminar	DAN Pathophysiology of Decompression Illness	1.5
May 2009	DAN Seminar	DAN Inert Gas Exchange, Bubbles, and Decompression Theory	1.5
May 2009	Open Water	Practice coring	10
May 2009	Open Water	Fish Count transect	4
May 2006	100 Ton Master's license	Sea School course for Coast Guard 6 pack and 100-ton Master's license sailing and towing endorsement	~40