BILAN DE LA VALIDATION DES COMPETENCES PRATIQUES

Au niveau 1

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NOM PRENOM | Plongeur encadré 20 M | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S’équiper / se déséquiper | | | Se mettre à l’eau et sortir | | | | Communiquer | Evoluer dans l’eau | | | | | | | | | | | | | | Milieu | Retourner en surface | | | | | Evoluer en sécurité | |
| Gréage et dégréage | Capelage et décapelage | Savoir choisir son matériel | Saut droit | Bascule arrière | Départ de la plage | Sortir de l’eau | Exécution des signes conventionnels | S’immerger | | Se propulser | | | | | | Se ventiler | | | | S’équilibrer | | Aisance aquatique | Maitrise la vitesse de remontée | Tenue d’un palier | Tour d’horizon | Gonflage du gilet en surface | Remontée en expiration contrôlée | Applique les procédure mise œuvre par le GP | Intervention en relai |
| Canard | Phoque | Palmage ventral surface | Palmage dorsal | Palmage de sustentation | Palmage en immersion | Nage capelé 50 M | 100 m PMT | Ventilation en immersion | Ventilation sur tuba et vidage tuba | Vidage du masque | Lâcher et reprise d’embout | Poumon ballast | Gestion du gilet de stabilisation |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |