

Clearance Diver Preparation Checklist

Use this checklist to organise clearance diver preparation across fitness, water confidence, study, admin, and resilience. Verify current official requirements with ADF Careers.

Fitness

- Build running consistency
- Train push-ups and sit-ups with strict form
- Practise shuttle run pacing and turns
- Include mobility and recovery work

Water Confidence

- Swim regularly with safe supervision
- Practise calm breathing at the surface
- Avoid solo breath-hold or underwater drills
- Seek qualified coaching for technique issues

Selection Readiness

- Research the clearance diver role
- Prepare application documents
- Build a steady study routine
- Practise calm problem solving under pressure
- Keep training notes each week

Prepare with ClearancePath: <https://clearance.selectionready.com.au>

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