

(BASIC) ADVANCED SCUBA DIVER

OPEN WATER PERFORMANCE REQUIREMENTS

The first three dives must be completed for both Basic Advanced Scuba Diver and for Advanced Scuba Diver and require a minimum age of 12 to participate.

Open Water Dive 1	Open Water Dive 2	Open Water Dive 3
<p>This first dive of the Advanced Scuba Diver course is an important preparation for the subsequent dives. In the pool session students have learned about adjusting trim, using the spinal cord for underwater positioning, staying vertical during descents and manoeuvring underwater with the frog kick. This dive is meant to apply those skills in diving circumstances that are realistic for local diving.</p> <ul style="list-style-type: none"> Independently perform a buoyancy check at the surface and mount an appropriate amount of weight to the weight system as well as distribute these weights for proper trim. Perform a free descent while keeping control over body positioning, descent speed and buoyancy. Swim efficiently underwater by means of the frog kick (if not complicated by a medical condition), pausing between each kick until forward movement is minimal while maintaining depth. Change direction and manoeuvre close to underwater obstacles using the frog kick (if not complicated by a medical condition). Maintain position in mid-water after halting all movement. Share air with another diver in mid water while maintaining position and depth for duration of no less than a minute. 	<p>This second dive deals with individual navigation skills as a preparation to navigate a dive site in dive five of this course. While performing their navigation skills, students should further develop their control over direction and position as a continuation of the first dive of the course. The dive is to be planned based on a dive site map. Navigating that map from the entry to the location(s) where skills are performed is part of the requirements of this dive.</p> <ul style="list-style-type: none"> Establish the number of arm lengths, the number of kick cycles and the elapsed time needed to cover a distance of 100 meters while swimming at a relaxed pace. Swim a straight line underwater for no less than 25 meters using an underwater compass and return to within 3 meters from the starting point after making a 180° turn. Maintain direction underwater by swimming a straight line for a distance of no less than 30 meters by using visual references only. Fix a location with use of cross bearings and retrieve the location with a maximum error of 10 meters. 	<p>This third dive is a preparation for dives without physical depth restriction and at the same time a preparation for participation in deeper dives.</p> <ul style="list-style-type: none"> Perform a free descent while keeping control over body positioning, descent speed and buoyancy. Demonstrate mastery of basic diving skills while hovering or swimming in mid-water. Skills should include mask clearing, regulator recovery and clearing, alternate air source use and cramp release. Manoeuvre at and around vertical underwater obstacles. Demonstrate a technique to deploy a surface marker buoy. The technique used is decided on by the course instructor. Perform a controlled emergency swimming ascent from the depth of the safety stop and orally inflate the BCD when arriving at the surface in a controlled manner.

The last two dives must be completed for Advanced Scuba Diver and require a minimum age of 15 to participate.

Open Water Dive 4	Open Water Dive 5
<p>This is the first of two deeper dives. You could see this dive as the “input” dive and the next as the “output” dive. In this dive, you introduce your students to aspects of deep diving with the intent to show the relationship between theory and real dives. The dive should be made at a depth between 25 and 30 meters.</p> <ul style="list-style-type: none"> • Measure the thickness of two or three pieces of neoprene at the surface, at 10 and 20 meters and at the maximum depth of the dive. • Compare colours at the maximum depth of the dive by first writing the name of the colour next to each coloured field without any lighting. Then use a torch to show the real colours. • Note the dive time and remaining dive time given by the personal dive computer when arriving at the deepest point of the dive and repeat it at 20 meters, at 10 meters and during the safety stop. • Demonstrate a technique to deploy a surface marker buoy. The technique used is decided on by the course instructor. • Compare air consumption at the maximum depth of the dive with the air consumption during the safety stop. Use the findings to calculate the surface equivalent. 	<p>This last dive provides a final chance to evaluate if students are adequately prepared to dive to depths up to 30 meters and on dive sites without physical depth restrictions. In this dive you do not take the role of teacher, but rather guide the students through the planning, preparation and the conduct of a deep dive.</p> <ul style="list-style-type: none"> • As a group, make a dive plan for a dive to a depth between 25 and 30 meters based on information received in a dive briefing and the content of the Advanced Scuba Diver course. • Participate in a dive to a depth between 25 and 30 meters depth and demonstrate the ability to execute the dive in accordance with the dive plan. • As a group, prepare a dive to a depth between 25 and 30 meters according to the dive plan made and the content of the Advanced Scuba Diver course. <p>Give students information of a dive site, including a map. The information should reflect the common content of a dive site briefing. The students should then plan the dive as a group. Their planning should take the navigation into account. Planning, preparation and execution should reflect the skills and information learned in both the Open Water Scuba Diver and Advanced Scuba Diver courses. Although the students are planning, preparing and executing the dive, the course instructor should accompany students and maintain direct control.</p>