

OPEN WATER SCUBA DIVER

For Scuba Diver

POOL PERFORMANCE REQUIREMENTS

Session 1	Session 2
<ul style="list-style-type: none">• Demonstrate mastery of the skills learned in in the Scuba Diver course by participating in the Scuba Diver skill review.• Demonstrate the procedure of establishing proper weighting at the surface before a dive.• Hover motionless in mid-water without holding breath.• Breathe from a free-flowing regulator in an effective manner for no less than 30 seconds.• Swim under water for 1 minute without wearing a mask. A buddy may assist to maintain direction.• Demonstrate the reaction for a malfunctioning inflator (unintended inflation) by disconnecting the inflator hose underwater.• Perform an emergency swimming ascent by swimming diagonally from a deeper point in the pool to the surface for a distance of 10 meters, while extending one hand for protection, while having a BCD deflation mechanism in the other hand, while swimming no faster than 18 meters per minute and while continually exhaling a small stream of bubbles. Arriving at the surface, the BCD must be inflated orally.	<ul style="list-style-type: none">• Remove, replace and adjust the scuba unit at the bottom in water to deep too stand up in.• Remove, replace and adjust the weight system at the bottom in water to deep too stand up in.• Remove, replace and adjust the scuba unit at the surface in water too deep to stand up in.• Remove, replace and adjust the weight system at the surface in water to deep too stand up in.• Perform an underwater check of a buddy's equipment after removing and replacing it.• Demonstrate adequate underwater swimming by maintaining direction while swimming very slowly.• Demonstrate adequate underwater swimming in developing adequate thrust by performing kick cycles from the hip with only very slightly bent knees.• Release a simulated cramp while underwater.• React to an out-of-air situation by giving the hand signal "no more air".• Demonstrate mastery of the skills learned in Pool Session 1 and 2 by participating in the Open Water Scuba Diver Skill Review.