

OPEN WATER SCUBA DIVER

OPEN WATER PERFORMANCE REQUIREMENTS

Open Water Dive 1	Open Water Dive 2
<p>Dive training consists largely of two elements – learning to dive and learning to perform skills that serve in case of a problem or emergency. Learning to dive means control over direction and buoyancy throughout the dive, effortless underwater swimming, pacing oneself, keeping contact with the buddy, using communication skills and enjoying the underwater world. This first dive is not aimed at performing “skills”, but at learning to dive.</p> <ul style="list-style-type: none">• Enter the water with minimal help in a manner that is appropriate for the local conditions.• Swim underwater while maintaining direction.• Demonstrate the ability to comfortably change direction while swimming.• Demonstrate progress in refraining from the use of hands for propulsion or stability.• React correctly to at least 5 (standard) hand signals.• Demonstrate proper monitoring of instruments throughout the dive.• Demonstrate an attitude to stay close to the buddy and the ability to do so.• Exit the water with minimal help in a manner that is appropriate for the local conditions.	<p>This second dive should provide a mix between learning to dive and performing skills that can serve in case of a problem or emergency. Mastery of the skills from both dive 1 and 2 is required before the diver can be certified.</p> <ul style="list-style-type: none">• The use of hands for propulsion or stability should now be limited to minor events.• Clear a flooded mask of water.• Recover and clear a regulator.• Establish and maintain neutral buoyancy in a stationary position (fin pivot, hovering at a line or vertical bottom feature).• Locate, secure and breathe from an alternate air source.• Perform a 5 point ascent to the surface in a controlled manner (buddy contact and ascend speed) from a depth of 6 to 9 meters.• Perform a 5 point descent in a controlled manner (buddy contact and maintaining appropriate buoyancy) to a depth of 6 to 9 meters.• Perform at least 3 regulator/snorkel exchanges while swimming at the surface with the head in the water.• Swim at the surface in full scuba equipment while breathing from a snorkel and keeping the head in the water for a distance of no less than 50 meters.• At the end of the dive, in water too deep to stand up in, use the quick release of the weight system to remove weights, pull them free of the body and hand them to an assigned person to experience the increase in positive buoyancy.

Open Water Dive 3	Open Water Dive 4
<p>This first dive should provide a mix between learning to dive and performing skills that can serve in case of a problem or emergency.</p> <ul style="list-style-type: none"> • Demonstrate progress in the objectives of the Scuba Diver Course. • Independently perform a buoyancy check at the surface and mount an appropriate amount of weight to the weight system. • Swim efficiently under water by moving from the hips and having the knees only slightly bent (if not complicated by a medical condition) while maintaining neutral buoyancy. • Remove the mask, breathe without a mask for one minute in a controlled manner, replace the mask and clear it of water. • Locate, secure and breathe from an alternate air source. • Ascend with a buddy form 6 to 9 meters depth in a controlled manner while one of the divers breathes from the alternate air source of the other. Arriving at the surface the receiver should orally inflate the BCD and the donor should support the receiver until adequate positive buoyancy is established. • Descend to a depth of 6 to 9 meters with only a visual reference available. Start with 5 points and maintain buddy contact and buoyancy control throughout the descent. • Perform a safety stop at a depth of 5 metres for a duration of 3 minutes, then continue the ascent to the surface in a controlled manner. 	<p>This second dive provides a final chance to evaluate general diving skills and requires students to perform skills that can serve in case of a problem or emergency. Mastery of all skills is required before the diver can be certified.</p> <ul style="list-style-type: none"> • Swim a straight line underwater for no less than 25 meters using an underwater compass and return to within 5 meters from the starting point after making a 180° turn. • Perform an emergency swimming ascent from a depth of 6 to 9 meters while continuously exhaling a small stream of bubbles. During the ascent the instructor holds a line and the student. All equipment must stay in place and the speed is not to exceed 18 meters per minute. At the surface the student must inflate the BCD orally. (Students may indicate they wish to discontinue the skill by taking up normal breathing or grabbing the line.) • Perform a free descent to a depth of 6 to 9 meters, starting with the 5 point method and while maintaining buddy contact and neutral buoyancy throughout the decent. • Hover motionless in mid water. • React to a diver giving the out-of-air and share-air signals by giving an alternate air source. The receiver should breathe from the alternate air source until the donor established adequate physical contact and positions the team in a way that allows a controlled ascent. • At the surface - Perform a surface swim in full equipment while breathing with snorkel while maintaining direction toward a (simulated) point of exit and for a distance no less than 50 meters. • At the surface - Remove, replace and adjust the scuba unit while at the surface. • At the surface - Remove, replace and adjust the weight system while at the surface.