

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.