

SCUBA DIVER

POOL PERFORMANCE REQUIREMENTS

Session 1	Session 2	Session 3
<ul style="list-style-type: none"> • Maintain a near natural (surface breathing) breathing cycle while under water. • Swim slowly and neutrally buoyant (adjusted by the instructor) in mid water while maintaining direction (not sinking or floating upward). • Demonstrate fin kicks without overly bending legs, resulting in adequate forward thrust. • Comfortably change direction while swimming under water. • Clear a partially flooded mask of water. • Clear a regulator of water by exhaling into it. • Clear a regulator of water by using the purge button. • Maintain an open airway while the regulator is not in the mouth by exhaling a small stream of bubbles. • Breathe from an alternate air source handed by another diver. • Inflate the BCD at the surface to establish positive buoyancy (both with low pressure inflator and oral inflation). 	<ul style="list-style-type: none"> • Assemble and disassemble a scuba unit. • Demonstrate appropriate procedures for rinsing scuba equipment. • Demonstrate an appropriate deep water entry (if possible, the giant stride). • Demonstrate a deep water exit. • Demonstrate a descent using the 5 point method. • Demonstrate an ascent using the 5 point method. • Use hand signals to communicate under water, including indicating remaining cylinder pressure. • Recover a regulator hose from behind the shoulder. • Establish neutral buoyancy while under water (fin pivot is an option) and by use of the low pressure inflator. • Locate, secure and breathe from the alternate air source from another diver. • Remove, replace and clear a mask of water. 	<ul style="list-style-type: none"> • Perform a buddy check. • Demonstrate an appropriate deep water entry (if possible, the backward role). • Establish neutral buoyancy while under water (fin pivot is an option) and by use of oral BCD inflation. • Establish positive buoyancy at the surface by operation of the quick release of the weight system, pulling weights free of the body and then handing them to a standing by diver (as a simulation for dropping the weights). • Swim at the surface in full scuba equipment while breathing from a snorkel • Clear a snorkel of water while at the surface. • Demonstrate multiple snorkel/regulator exchanges while swimming at the surface. • Demonstrate mastery of the skills learned in Pool Session 1, 2 and 3 by participating in the Scuba Diver skill review.