

PEAK PERFORMANCE BUOYANCY COURSE REQUIREMENTS

Prerequisites:

- Minimum age 10 years
- Certified as a (Junior) Open Water Scuba Diver

Performance Requirements:

Successfully complete the Knowledge Development module

Two dives demonstrating:

- Visualization techniques prior to the dive to help, relax, establish a comfortable breathing pattern and move gracefully through the water
- Conducting a buoyancy check to adjust the weight
- Controlled slow descent to the bottom and, if needed, adjusting the buoyancy using the BCD
- Adjustment for neutral buoyancy at a predetermined depth
- Hovering for 60 seconds rising and sinking no more than 1 m./3 ft. making minor adjustments using breath control (open circuit) or very minor hand sculling (rebreathers)
- Horizontal swim without touching the bottom or breaking the surface with equipment or body
- Efficient fins kicks using long, slow strokes and gliding
- Adjustment of weights and hovering in different positions
- Post-dive buoyancy check by adjusting the amount of weight worn to achieve neutral buoyancy at the surface with the BCD deflated
- Rigging a weight system with the following considerations in mind
- Estimate the amount of weight to begin using PADI's "Basic Weighting Guidelines"
- Positioning and distributing weights for comfort and desired trim in the water
- Hovering for 90 seconds
- Flooding and clearing your mask while holding a specific depth while compensating for sudden buoyancy changes (rebreathers only)
- Maneuvering as close to a non-living portion of the bottom without touching it and then back away using neutral buoyancy with hand or fin sculling