

## OCD Divers Open Water SCUBA Diver Class Syllabus September 10-20, 2021

Congratulations on your decision to learn to dive and welcome to a wonderful hobby that will bring years of exploration and enjoyment!

Any questions? Call or text: 817-380-5772 or email: [instructor@ocddivers.com](mailto:instructor@ocddivers.com)

### Course Schedule

- By Thursday 9/9 Pre-work
  - Complete Independent Study:
    - ✓ Read the entire Open Water manual,
    - ✓ Complete the five end of chapter knowledge reviews
    - ✓ Watch all video segments provided to you separately
  - ✓ Complete medical form and if needed, obtain a provider's certification
  - ✓ Obtain your personal gear: mask, snorkel, fins, and booties
- Friday 9/10 6:00 PM via Zoom or at Colleyville Pool in person
  - Review end-of-chapter knowledge reviews for chapters 1-5
  - Take quizzes for chapters 1-4
  - Take final exam
- Saturday 9/11 5:00 PM at Colleyville Pool
  - Bring scuba personal gear, towels, sunscreen, swimsuits, etc.
  - Swim tests:
    - 200 yards in swimsuit or 300 yards with added mask/snorkel/fins
    - Ten-minute float/tread
  - Gear Assembly and Equipment Care skills poolside
  - Confined Water dives 1-2, begin Confined Water dive 3
- Sunday 9/12 5:00 PM at Colleyville Pool
  - Be sure to bring your gear and personal items.
  - Confined water dives 3-5
- Saturday 8/18 1:00 PM at The Scuba Ranch [The Scuba Ranch](#)
  - 8131 Co Rd 346, Terrell, TX 75161 or [click here for directions.](#)
  - **Important: Be sure to complete your [waiver](#) online before arriving.**
  - \$20/day entry, \$25 weekend tank rental, \$10 tank refills.
  - Camping, snacks, drinks, restrooms, showers, available on-site.
  - Open Water Dives 1-3
  - Enriched Air Nitrox Option – Knowledge Review
  - BSA Scouts – Merit Badge Class
- Sunday 8/19 11:00 AM at the Scuba Ranch
  - Open Water Dive 4
  - Two additional training dives available for Peak Performance Buoyancy, Underwater Digital Photographer, Enriched Air Nitrox, or beginning Advanced Open Water.
- Monday 8/20 (No school GCISD) 10:00 AM at Wheeler Branch
  - Option: Complete Advanced Open Water Dives 3-5

## Same Weekend Additional Course Options

When you add-on courses the same weekend as Open Water, you save money because you already have your gear rental covered and you save time because you are already going to the lake. Sign-up for all of these and your Advanced Open Water will be discounted too!

### [Advanced Open Water \(AOW\) - \\$319](#)

- Knowledge Development: Read five chapters (Deep, Navigation, + 3 more), watch videos, and complete knowledge reviews. Can combine specialties.
- Dives: Five total, corresponding to knowledge development.
- Requires only one more day at the lake, even if combined with specialties. We start on Friday for this track.
- Why do it? Extends certified depth to 100 feet. More confidence. Much stronger diver. **Often required for better dive sites when on vacation to tropical destinations**

### [Enriched Air Nitrox \(EAN\) Diver - \\$219](#)

- Knowledge Development: Read a short book, watch a video, use a computer to plan dives, analyze tanks, complete knowledge review, and final exam.
- Completed in class or at TSR Sunday, no extra day required! Tank dives are optional.
- Why do it? The air in our atmosphere is approximately 79% nitrogen (N2) and 21% oxygen (O2). An enriched air tank increases O2 up to 40% and decreases N2 as low as 60%. Increased O2 gives you more stamina on dives because muscles use it in the aerobic process. Absorbing less nitrogen while diving extends bottom times and greatly diminishes post-dive fatigue. Benefits are good for those under 30, great for those in the 30's and 40's, and for those over 50, enriched air is a game-changer. If diving together on vacation, it is best to all dive enriched air so profiles match. Check-out Scuba Diving Magazine's Video: [What are the Benefits of Nitrox Diving](#)

### [Peak Performance Buoyancy Diver - \\$159](#)

- Knowledge Development: Read a short book and complete the knowledge review.
- Dives: Two dives with skills demonstrated and practiced on the dives, can be linked to other course dives.
- Completed same weekend as Open Water, no extra day required.
- Why do it? Better control in the water, advanced techniques, more confidence, better able to protect the underwater aquatic environment. It is also fun to do with a gaming aspect built-into the class.

### [Digital Underwater Photography - \\$229](#)

- Knowledge Development: Read a short book, watch a video, use an underwater camera and iPhone app to download, edit, and share photos and videos!
- Dives: Two dives focused on using the camera with different settings, angles, and modes. Can be linked to other course dives.
- Completed the same weekend as Open Water/Advanced OW, no extra day required.
- Why do it? As the saying goes, take only pictures and leave only bubbles. With this course, you will have a great introduction to using digital equipment to document and share your family's adventures. And, of course, taking photos underwater is really cool!

### Continue your Education

- After this weekend, join a scheduled class or let us know if you want us to build a custom plan. We are flexible and glad to work with you however works best.
- Favorite Courses: [Rescue Diver](#), CPR/First Aid, The Exclusive Texas Lone Star State Diver, [Deep](#), [Wreck](#), [Search & Recovery](#), [Night](#), and [Underwater Navigator](#).

## Sample Confined Water Dive Plans

Flexible skills may move among dives. Some skills are hyperlinked to optional videos.

### Confined Water Dive 1

- [Equipment preparation](#) and mask defogging
- Entry, put on gear and weights
- [Pre-dive safety check – guided](#)
- BCD inflation/deflation on surface
- Introduction to breathing underwater
- Regulator clear – exhalation and purge
- [Regulator recovery](#)
- [Clear partially flooded mask](#)
- [Alternate air source use](#)
- Descent and [equalization](#)
- [Underwater swimming](#)
- [Hand signals](#)
- SPG use and air monitoring
- Fun and skill practice
- Ascent and positive buoyancy
- Oral BCD inflation at surface
- Surface swimming and good surface habits
- Exit & [equipment care](#)

### Confined Water Dive 2

- Dive planning and air management reminder
- Assemble and put on gear
- Pre-dive safety check
- [Deep water entry](#)
- [Weight check](#)
- Snorkel breathing and clearing
- [Snorkel/regulator exchange](#)
- Snorkel swimming with buddy
- Disconnect inflator hose
- [Loose cylinder band](#)
- [Five-point descent](#)
- [Neutral buoyancy](#)
- Clear fully flooded mask
- [Remove, replace, and clear mask](#)
- Emergency weight drop
- No mask breathing
- Air depletion exercise
- Air management within 20 bar/300 psi
- Fun and skill practice
- [Five-point ascent](#)
- Exit & equipment care

### Confined Water Dive 3

- Assemble, put on gear and pre-dive safety check
- Deep water entry
- [Weight check and adjustment](#)
- [Weight system removal and replacement at surface](#)
- Cramp release
- Descent with visual reference
- [Hovering](#)
- Trim and weight positioning
- [Air depletion/alternate air source use \(donor/receiver\) swim and ascent](#)
- [Controlled emergency swimming ascent](#)
- Air management within 20 bar/300 psi
- Fun and skill practice
- Five point ascent
- Exit & equipment care

### Confined Water Dive 4

- Assemble, put on gear and pre-dive safety check, and Entry
- [Weight and trim check](#)
- Tired-diver tow
- [Surface scuba kit removal and replacement](#)
- Descent – stop before contacting bottom, underwater [swim over sensitive bottom](#), and ascent without contacting bottom.
- [Hover – oral BCD inflation](#)
- [Freeflow regulator breathing](#)
- [No mask swim](#)
- Air management within 20 bar/300 psi
- Fun and skill practice
- Skin diving skills
- Exit & equipment care

### Confined Water Dive 5

- Assemble, put on gear and pre-dive safety check, and Entry
- [Underwater scuba kit removal and replacement](#)
- [Underwater weight system removal & replacement](#)
- Minidive
- Exit & equipment care

## Sample Open Water Dive Plans

Flexible skills may move among dives. Some skills are hyperlinked to optional videos.

### Open Water Dive 1

- Briefing and hand signal review
- Pre-dive acclimation
- Assemble and put on gear
- Pre-dive safety check
- Entry – positively buoyant
- [Check and adjust weighting](#)
- Snorkel-to-regulator exchange
- Controlled descent and [equalize](#)
- Trim check
- [Clear partially flooded mask](#)
- [Regulator recovery](#) and clear
- Explore the dive site
- Air monitoring
- Ascent
- Exit and [equipment care](#)
- Debriefing and log dive

### Open Water Dive 2

- Dive planning and briefing
- Assemble and put on gear
- Pre-dive safety check
- Entry and good surface habits
- Weight and trim check
- BCD oral inflation at surface
- Cramp release
- Tired diver tow
- Controlled descent
- Neutral buoyancy
- [Clear fully flooded mask](#)
- Alternate air source use (donor/receiver) and ascent
- Explore the dive site – avoid bottom contact and stay close to buddy
- Air management within 20 bar/300 psi and signal air remaining
- Five point ascent – safety stop, if feasible
- Inflatable signal tube deployment
- Exit and [equipment care](#)
- Debriefing and log dive

### Open Water Dive 3

- Dive planning and briefing
- Assemble and put on gear
- Pre-dive safety check
- Entry and good surface habits
- Weight and trim check
- Weight system and scuba kit removal and replacement at surface
- Straight line surface swim with compass
- Descent with visual reference
- Hovering – oral BCD inflation
- [Remove, replace, and clear mask](#)
- Underwater compass navigation
- Controlled emergency swimming ascent
- Explore the dive site – avoid bottom contact and stay close to buddy
- Air management within 20 bar/300 psi and signal air remaining
- Five point ascent – safety stop, if feasible
- Exit and [equipment care](#)
- Debriefing and log dive

### Open Water Dive 4

- Plan dive using Dive Planning Slate
- Assemble and put on gear
- Pre-dive safety check
- Entry and good surface habits
- Weight and trim check
- Free descent without reference
- Explore the dive site as buddy team – avoid bottom contact and stay close to buddy
- Air management within 20 bar/300 psi and signal turn/ascent points
- Five point ascent with safety stop
- Exit and [equipment care](#)
- Debriefing and log dive