

OCD Divers Open Water SCUBA Diver Class Syllabus

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

Course Schedule

- Paperwork
 - Complete the Open Water Forms Packet, scan and email it back, or print and bring to our first session. We will also have printed copies available if needed.
 - For the medical form, if required, obtain a medical provider's sign-off before any in-water activities.
- eLearning Version Knowledge Development
 - OCD Divers will set-up your eLearning profile and assign the course. Do not pay for eLearning on PADI's website.
 - Complete all elements of the eLearning program at your own pace.
 - Arrive to the first pool session 20 minutes early to take a quick review.
- Book/Classroom Version Knowledge Development
 - Pre-Work:
 - Watch all video segments.
 - Read the book and complete the quick reviews within each chapter and the five end of chapter knowledge reviews
 - Classroom session via Zoom or at Location and Date/Time
 - Knowledge Reviews / Quizzes / Discussions
 - Schedule finalization, paperwork, and class options discussion
- Skills Development at the Colleyville pool
 - Park on the street, enter the driveway with the small dive flag painted on it, walk around to the back yard pool.
 - Bring your personal gear (mask, snorkel, booties, fins, wetsuit), towel, and change of clothes.
 - Scuba gear (BCD, regulators, computer), tanks, and weights provided poolside
 - Date/Time: Confined Water dives 1-2 and swim tests
 - Date/Time: Finish Confined water dives 3-5
- Lake dives at [The Scuba Ranch, 8131 Co Rd 346, Terrell, TX 75161](#)
 - Be sure to complete your [waiver](#) online before arriving.
 - When arriving, pay your [entry fee](#) for the weekend and [rent your tanks and weights](#). You may rent personal gear too if you accidentally forgot anything.
 - OCD Divers will bring Scuba gear (BCD, regulator, computer) for your use daily
 - Day one (Date/Time): OW Dives 1-3
 - Day two (Date/Time): OW Dive 4, & Options: [Advanced Open Water 1 & 2](#), [Peak Performance Buoyancy](#), [Enriched Air Nitrox](#), & [Digital Underwater Photography](#)
 - Optional day three (Date/Time): Last day of Advanced Open Water

Sample Confined Water (Pool) Dive Plans

Dive flexible skills may move among dives. Some skills have optional YouTube video links.

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 (Lake) Dive Plans

Dive flexible skills may move among dives. Some skills have optional YouTube video links.

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
- Equipment disassembly and 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
- Equipment disassembly and 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
- Mask removal and replacement
- 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
- Equipment disassembly and 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
- Equipment disassembly and care
- Debriefing and log dive