

Scuba Diving Skills - Open Water Certification

Module One

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| <input type="checkbox"/> 1. Equipment assembly Disassembly | <input type="checkbox"/> 5. Neutral buoyancy at the surface |
| a. drain BCD | |
| b. dust cover on regulator | <input type="checkbox"/> 6. Equalization of ears and air spaces |
| <input type="checkbox"/> 2. BCD Inflation / Deflation | |
| a. oral | <input type="checkbox"/> 7. Five point descent and ascent |
| b. power | |
| <input type="checkbox"/> 3. Regulator Clearing | <input type="checkbox"/> 8. Mask clearing |
| a. exhalation | a. partial flood |
| b. purge | b. full flood |
| <input type="checkbox"/> 4. Regulator Recovery | <input type="checkbox"/> 9. Mask removal & replacement |
| a. sweep | |
| b. reach | |

Module Two

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|---|--|
| <input type="checkbox"/> 1. Pre-Dive safety drill | <input type="checkbox"/> 4. Cramp removal self & buddy |
| a. BWRAF | <input type="checkbox"/> 5. Tired diver tow |
| <input type="checkbox"/> 2. Deep water entries | a. tank tow |
| a. giant stride | b. modified tired swimmer |
| b. controlled seated | <input type="checkbox"/> 6. No mask breathing and swimming |
| c. backward roll | <input type="checkbox"/> 7. Deep water exit |
| <input type="checkbox"/> 3. Snorkel / Regulator | a. hold weight belt folded or non buckle end |
| exchange and clear | b. remove gear and hold on to BCD |

Module Three

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|--|--|
| <input type="checkbox"/> 1. Fin pivots (hold inflator in hand) | <input type="checkbox"/> 3. Alternate air source use |
| a. power inflator | a. stationary |
| b. oral inflation | b. swimming |
| <input type="checkbox"/> 2. Free flow regulator | <input type="checkbox"/> 4. Controlled Emergency Swimming Ascent |
| | a. horizontally |

Module Four

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|---|---|
| <input type="checkbox"/> 1. Surface dives | <input type="checkbox"/> 3. Buddy Breathing |
| <input type="checkbox"/> 2. Hovering motionless | |

Module Five

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| <input type="checkbox"/> 1. Weight belt and gear removal & replacement |
| a. surface |
| b. underwater |
| <input type="checkbox"/> 2. Compass swimming and running reciprocal heading (count kick cycles) |
| a. surface |
| b. underwater |
| <input type="checkbox"/> 3. Know how to use your R.D.P. Tables frontwards and backwards |

Open Water Certification Places and Dates: _____
