

Proposed Open Water Sequence Of Dive Skills

Minimum dive depth and time for all open water dives: 20 feet for 20 Min.

Audible signal commands underwater:

Short honking sounds = Look at me or begin skill or change skill

Short honking sound followed immediately by a long honking sound = Reassemble at the starting point

Long honking sound = make a slow 5 point ascent to the surface

O.W. Training Dive One:

1. Students will assemble their gear, put on appropriate exposure protection, & properly weight themselves
2. Enter the water and swim to descent point.
3. Descend to underwater gathering location holding onto the descent line, 5 point descent, clearing ears, Relaxing and breathing normally.
4. Tour underwater area Lead by Instructor (Mr. Corbett) working on buoyancy control, getting relaxed and acclimated to the Open Water.

O.W. Training Dive Two:

Beginning with the Surface interval between dives one and two, students will perform the following skills on the surface:

1. Cramp removal on yourself and your buddy
2. Tired diver tow using the method of your choice
3. Snorkel / Regulator exchange
4. Weight belt removal and replacement (may be done later)
5. Gear removal and replacement (may be done later)

Student will then descend using the 5 point descent method this time only looking at the descent line for reference. Once on the bottom, students will perform the following underwater skills:

1. Half flood of a mask followed by a full flood of a mask.
2. Regulator recovery using a method of your choice
3. Fin Pivots using the power inflator to put initial air into the BCD. Remember to hold onto the inflator while performing the skill breathing in and out to make yourself go up and down 3 - 5 times.
4. Octopus securing being both the donor and the recipient. Combined with the next skill
5. Octopus ascent, the second time the buddy teams secure the octopus they will make an ascent to the surface no faster than 60 feet per second and both divers will orally inflate their BCD when they arrive on the surface
6. Divers will then be taken underwater one at a time by Mr. Corbett to demonstrate their ability to perform a CESA from 20 - 30 feet of water. Remember that the regulator always stays in the mouth during this skill and the diver must make the ahhh sound while ascending at a normal rate and deflating the BCD as appropriate to control the speed of their ascent. Diver will again orally inflate their BCD when they get to the surface. Mr. Corbett will give you three numbered signal commands underwater in preparation for beginning and performing this skill.
7. When all students have completed the CESA skill the group will again ascend underwater using a 5 point descent and complete a guided tour to various locations underwater.

Students will exit the water following the completion of *Dive Two*, disassemble their gear, change tanks, debrief the dives log the dives and prepare for lunch.

Day Two

After lunch students will practice their compass skills on the land both with and without a towel. Students will then gear up and enter the water with their compasses. If weight belt and gear removal have not been performed already, students will put on a blank weight belt for this segment of training. Skills to be performed in the afternoon on the surface include:

1. Weight belt removal and replacement on the surface
2. Gear removal and replacement on the surface
3. Compass work on the surface in a straight line and reciprocal course using the snorkel while swimming.
4. Compass work underwater swimming in a straight line for 10 – 20 yards, turning around and returning to original starting point.

Upon successful completion of these surface skills, student will exit the water and put their weights on to begin an *Afternoon Exploratory Dive* to various locations around the lake. Student will be given a variety of experiences involving fins on boarding ladders, backwards rolls off of floating platforms, ascents and descent using their gages as references, safety stops, negative entries, and compass work underwater. Upon completion of this afternoon dive, students will exit the water, break down and stow their gear, debrief and log the dive, and prepare for diving on the following day.

O.W. Training Dive Three:

Students will assemble their gear and put on appropriate exposure protection. The skills and activities for the day are as follows:

1. Enter the water with a compass and swim on the surface to the dive site. Descend using the 5 point method without a line reference.
2. Perform a full flood of a mask
3. Perform fin pivots using the oral inflator to put initial air into the BCD. Remember to hold onto the inflator while performing the skill breathing in and out to make yourself go up and down 3 - 5 times.
4. Complete a guided tour to various locations underwater.
5. Surface when signaled to do so using a slow 5 point ascent. Inflate the BCD upon reaching the surface.
6. Begin surface interval. Debrief the dive.

O.W. Training Dive Four:

1. Descend using the 5 point method without a line reference.
2. Perform a mask removal.
3. Demonstrate hovering while underwater
4. Complete a guided tour to various locations underwater.
5. Practice using the compass while participating in the tour for confidence and proficiency
6. Surface when signaled to do so using a slow 5 point ascent. Inflate the BCD upon reaching the surface.
7. Work on **SLOW** ascents and descents using the depth gage in right hand and BCD inflator in left hand.

Upon completion of this dive, students will exit the water, break down and stow their gear, debrief and log the dive, receive their temporary certification card, pose for the group picture, pick up and put away all gear, clean up the area, and prepare for the return trip back to Charleston. A mutually agreed upon time will be established to meet in Charleston to unload the gear from the truck.