

## Scuba Diving Pool Skills

Assembly of Gear and Disassembly of gear (blow off dust cover, remove water from BCD, repack reg bag inside BCD)

Water Entries: Giant stride, Controlled Seated, Backward Roll. Negative entry

Check Neutral Buoyancy (Float @ eye level with no air in BCD)

5 Point ascent (signal, time, orientation, Regulator in mouth, Deflate BCD) TOTAL CONTROL & SLOW

5 Point ascent (signal, time, orientation, look up & reach up & **swim up** , Deflate BCD) TOTAL CONTROL & SLOW

Ascent rate **SLOW** (no faster than 60 feet per min) 30 feet per min is best

Neutral Buoyancy when swimming **WITHOUT HANDS USING BREATHING TO FINE TUNE**

Always blow tiny bubbles any time the regulator is out of your mouth.

Always grasp the regulator by the hose, not the mouthpiece, turn regulator down so it doesn't free flow

Hovering motionless in mid water

Hover motionless using the depth gauge and stopping at different depths while looking at the gauge

Ascend and descend stopping direction and hovering motionless (feet first, horizontal, and swimming down head first)

Fin Pivots using power inflator to add air into BCD (control up and down with just breathing, hold inflator in hand)

Fin Pivots using oral inflator to add air into BCD (control up and down with just breathing, hold inflator in hand)

Clearing of mask (half flood, full flood)

Mask removal and replacement

No mask swimming

CESA vertical swim while making the ahhh sound swimming at normal ascent rate of no faster than 60 feet per min.

Octopus securing stationary & Octopus securing and making an ascent (Orally inflate BCD when come to the surface)

Octopus securing and swimming around the pool

Inflation of BCD (Power inflator and Oral Inflator)

Deflation of BCD (Inflator hose up, cable dump, rear dump swimming down)

Regulator clearing (exhalation and purge button)

Regulator recovery (sweep method and reach method)

Clearing of the ears easily and comfortably on descents and ascents

Disconnecting and reconnecting of the BCD Inflator underwater

Free flowing regulator underwater

Tired diver Tows (tank valve, modified tired swimmer, leg push)

Cramp removal (on yourself and your buddy)

Snorkel regulator exchanges on the surface with scuba gear

Weight belt removal and replacement in deep water (on the surface and underwater)

Gear Removal and replacement on the surface (on the surface lay across must hold tank boot and straddle ride)

Gear Removal and replacement underwater (must hold tank boot and grip mouthpiece tight)

Air depletion underwater (only under instructor supervision)

Compass work on the surface

Compass work underwater

Buddy breathing underwater (ascent, swimming around)

Dump weight belt and ascend (control ascent as slow as possible by flaring fins and using arms to slow down)

Signals underwater

Checking how much air is in your tank and asking how much air (signal) is in your buddy's tank)

Replacing your buddies tank which has come loose from the back pack (both on the surface and underwater)

Control buoyancy underwater swimming, hovering, and ascents with the low pressure inflator disconnected

**Spontaneous** out of air emergency scenario testing reactions and responses of other classmates in the pool

Combination of multiple skills underwater

All skills in a full 6.5 ml wet suit

### Skills game playing underwater:

Swim and maintain neutral buoyancy while exchanging gear

Doff and don with gear in the deep end of the pool