

PADI Advanced Open Water Training Record

Advanced Open Water Core Dive:

UNDERWATER NAVIGATION

Skills Overview

- Knowledge Review
- Compass Use on Land
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Distance/Time Estimation Swim
- Navigate a Straight Line Underwater Using Natural Navigation Techniques
- Navigate a Straight Line and its Reciprocal Underwater Using a Compass
- Navigate a Square Pattern Underwater Using a Compass
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about underwater navigation and that completion of a PADI Underwater Navigator course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

NIGHT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Acclimatization on the Bottom
- Navigation Exercise
- Guided Tour (time/air pressure permitting)
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about night diving and that completion of a PADI Night Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Core Dive:

DEEP DIVE

Skills Overview

- Knowledge Review
- Briefing
- Timed Task on Surface
- Assembling and Positioning
Emergency Equipment
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Timed Task on Bottom
- Depth Gauge Comparisons
at Depth
- Guided Tour (time/air pressure
permitting)
- Ascent – Safety Stop
- Debrief
- Log Dive – Complete Training
Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about deep diving and that completion of a PADI Deep Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

ALTITUDE DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Depth Gauge Comparisons at Depth
- Guided Tour (time/air pressure permitting)
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about altitude diving and that completion of a PADI Altitude Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

BOAT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Boat Diving Entry
- Dive for Fun and Pleasure
- Ascent – Safety Stop
- Boat Diving Exit
- Stow Equipment
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about boat diving and that completion of a PADI Boat Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

DRIFT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Group Descent
- Drift Dive for Fun and Pleasure
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about drift diving and that completion of a PADI Drift Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

DRY SUIT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Buoyancy Check with Dry Suit
- Descent
- Neutral Buoyancy – Hovering
- Dry Suit Dive for Fun and Pleasure
- Ascent – Safety Stop
- Scuba Unit and Weight Belt Remove and Replace at Surface
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about dry suit diving and that completion of a PADI Dry Suit Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

MULTILEVEL DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent to Deepest Depth-Level
- Ascent to Second Depth-Level
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about multilevel diving and that completion of a PADI Multilevel Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

SEARCH AND RECOVERY DIVE

Skills Overview

- Knowledge Review
- Briefing
- Practice Search Patterns on Land
- Practice Object Rigging on Land
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Small Area Search
- Large Area Search
- Rigging and Lifting an Object
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about search and recovery diving and that completion of a PADI Search and Recovery Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

UNDERWATER NATURALIST

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Identification of Aquatic Plant Life
- Identification and Observation of Aquatic Invertebrate Animals
- Identification and Observation of Aquatic Vertebrate Animals
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about aquatic life and the underwater world and that completion of a PADI Underwater Naturalist course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

UNDERWATER PHOTOGRAPHY

Skills Overview

- Knowledge Review
- Briefing
- Prepare and Assemble Underwater Camera System
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Expose a Complete Roll of Film (macro or still-life photos)
- Ascent – Safety Stop
- Exit
- Debrief
- Post-Dive Care and Disassemble Underwater Camera System
- Log Dive - Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about underwater photography and that completion of a PADI Underwater Photographer course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

WRECK DIVE

Skills Overview

- Knowledge Review
- Briefing
- Pre-dive Safety Check (BWRAF)
- Entry
- Navigating the Wreck
- Returning to Ascent Point
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about wreck diving and that completion of a PADI Wreck Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

PEAK PERFORMANCE BUOYANCY

Skills Overview

- Knowledge Review
- Briefing
- Assembly of weight system
- Visualization practice
- Suiting up
- Pre-dive Safety Check (BWRAF)
- Entry
- Pre-dive buoyancy check
- Neutral buoyancy during slow descent
- Hovering practice
- Fine-tune with breath control
- Buoyancy game
- Ascent – Safety Stop
- Maneuver close bottom – no touching
- Post-dive buoyancy check
- Exit/Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about buoyancy control and that completion of a PADI Peak Performance Buoyancy course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive: **UNDERWATER VIDEOGRAPHY**

Skills Overview

- Video system preparation
- Briefing
- Suiting up
- Pre-dive Safety Check (BWRAF)
- Entry – retrieve video system
- Shooting with video system
(assigned or student-selected subjects; all students should practice each of the following)
 - standing
 - sitting
 - lying
 - swimming
- holding steady - at all times
- staying close to subjects, using upward angle
- holding takes five to twelve seconds depending on subject - all shots
- camera motion very slow and steady - all camera moves
- checking depth, time, air supply and location frequently - throughout dive
- maintaining proper buoyancy - throughout dive
- Ascent – Safety Stop
- Post-dive procedures
- Video system disassembly
- Debrief and review video
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about underwater videography and that completion of a PADI Underwater Videographer course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

DIVER PROPULSION VEHICLE (DPV)

Skills Overview

- Knowledge Review
- Briefing
- DPV and equipment prep
- Pre-dive Safety Check
- Appropriate entry with DPV
- DPV use at surface
- Appropriate descent with DPV
- DPV use underwater
- Adjusting depth and turning
- Tandem riding
- Parking and towing a DPV
- Underwater tour
- Appropriate ascent with DPV
- Debrief and post-dive procedures
- Log dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about DPV diving and that completion of a PADI DPV course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Elective Dive:

AWARE - Fish Identification Dive

Skills Overview

- Knowledge Review
- Slate preparation
- Briefing
- Equipment preparation
- Pre-dive Safety Check
- Entry
- Observe and identify fish families
- Record sightings
- Sketch/describe unfamiliar fish
- Ascent and exit
- Use reference materials to identify unfamiliar fish
- Debrief and post-dive procedures
- Log dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open-Water Training Dive. I am a renewed, Teaching-status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Telex _____

Student Statement

"I verify that I have completed all of the Performance Requirements for this Advanced Open Water Training Dive. I realize that there is more to learn about fish identification and that completion of a PADI AWARE - Fish Identification course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Student Signature _____ Date _____
Day/Month/Year

Name _____ Date _____

Scuba Tune-Up

Without reference, complete the following questions to the best of your ability. You may use a Recreational Dive Planner (the Table or The Wheel) as needed to answer dive table related questions. Print your name above and be prepared to turn in the Scuba Tune-Up at the beginning of your course or as directed by your instructor.

1. You should equalize your air spaces:
 a. only when you feel discomfort. b. every few feet/metres while descending, before you feel discomfort.
2. If you feel discomfort in your ear while descending, ascend until discomfort is gone, attempt to equalize once again and continue a slow descent.
 True False
3. The most important rule in scuba diving is: Breathe continuously and never hold your breath. True False
4. If you feel discomfort during ascent due to air expansion in any body air space during ascent:
 a. slow or stop your ascent, descend a few feet/metres and allow the trapped air to work its way out.
 b. ignore the discomfort and continue ascending.
5. If you begin shivering continuously underwater, you should swim faster to warm up. True False
6. If you become overexerted underwater, you should:
 a. stop, breathe and rest. b. ascend immediately to the surface and signal for assistance.
7. Of the considerations that must be discussed between dive buddies when planning a dive, (check those listed here):
 a. Discuss what to do if an emergency arises.
 b. Agree upon maximum time and depth limits.
 c. Establish and review communication procedures.
8. If you and your buddy lose contact underwater, you should:
 a. search for each other for not more than 1 minute, then surface to reunite if you haven't located each other.
 b. return to the boat or shore and wait for your buddy to return.
9. If you are exhausted and caught in a current at the surface, you should just signal for assistance. True False
10. Of the precautions that minimize the likelihood of being injured by an aquatic animal, (check those listed here):
 a. Never tease or intentionally disturb the animal. b. Never look under a rock outcropping.
 c. Move slowly and carefully. d. Avoid wearing shiny, dangling jewelry.
11. If you should accidentally become entangled in an aquatic plant you should:
 a. inflate your BCD to pull yourself free.
 b. not struggle or fight with the entanglement, work slowly to free yourself.
12. One way to prevent a problem from occurring underwater is to dive within your limitations. True False
13. If you run out of air at a depth of 11m/35ft and can't see your buddy, you should:
 a. make a buoyant emergency ascent. b. make a controlled emergency swimming ascent.
14. Unless local laws state otherwise, divers should stay within feet/metres of the dive flag, whereas boaters and water-skiers should stay feet/metres away from the dive flag.
 a. 15 m/50 ft, 30-60 m/100-200 ft b. 8 m/ 25 ft, 15-30 m/50-100 ft
15. To prevent problems with contaminated air, you should have your tanks filled only with pure, dry, filtered compressed air from a reputable air station. True False
16. If you begin to feel the effects of nitrogen narcosis you should:
 a. ascend to shallower depths. b. descend very slowly.
17. To prevent nitrogen narcosis: a. avoid deep dives b. descend very slowly.
18. When established depth and/or time limits have been exceeded, producing during ascent, the condition is known as decompression sickness.
 a. symptomatic bubbles in the body b. euphoria

19. Of the signs and symptoms associated with cases of decompression sickness, (check those listed here):
 a. Numbness or tingling b. Bloodshot eyes c. Joint and limb pain
20. A diver suspected of having decompression sickness should:
 a. wait at least 6 hours before diving again.
 b. discontinue diving, immediately seek medical attention and consult a diving physician.
21. The first-aid procedures for assisting someone with decompression sickness are prevention and treatment for shock, administration of oxygen and, if necessary, CPR. True False
22. Dive tables are primarily used:
 a. to gauge how much excess nitrogen you have in your body, so you can determine your maximum safe time and depth limits.
 b. to calculate your rate of air consumption for a dive at a given depth and time.
23. The maximum limits on dive tables should be avoided:
 a. so that you don't run out of air.
 b. at all times, especially when contributing factors (vigorous exercise, cold, older age, etc.) are present.
24. No-decompression diving means:
 a. that you will never run out of air at depth.
 b. that while staying within the limits of the tables, you may ascend directly to the surface at any time during the dive without significant risk of decompression sickness.
25. After a repetitive dive, your nitrogen level has risen, and the extra nitrogen absorbed on the repetitive dive has been added to the excess nitrogen still in your body from the first dive. True False
26. Bottom time is calculated
 a. from the beginning of descent until you leave the bottom for a direct ascent to the surface.
 b. from the time you reach the bottom until you leave the bottom.
27. If you are planning three or more dives in one day and your ending pressure group after the second dive is a Y, you should wait a minimum of _____ hour(s) between all subsequent dives. a. 1 b. 3
28. Indicate the final pressure group upon surfacing from the second dive. First dive: 18 m/60 ft for 30 mins; surface interval: 30 mins. Second dive: 16 m/50 ft for 30 mins.
 a. Pressure group R. b. Pressure group P. c. Pressure group S. d. Pressure group T.
29. Indicate the final pressure group upon surfacing from the second dive. First dive: 17 m/ 55 ft for 50 mins; surface interval: 24 mins. Second dive: 16 m/50 ft for 30 mins.
 a. Pressure group W. b. Pressure group T. c. Pressure group X. d. Pressure group U.
30. A safety stop is a delay in ascent at _____ feet/metres for _____ minutes. a. 5 m/15 ft, 3 b. 3 m/10 ft, 5
31. (Check all appropriate responses.) Always make a safety stop if:
 a. your dive has been to 30 m/100 ft or deeper.
 b. your dive was conducted in low-visibility water.
 c. your pressure group at the end of the dive is within three pressure groups of the no-decompression limit.
32. If you accidentally exceed a no-decompression limit by less than 5 minutes, you should:
 a. slowly ascend to 5 m/15 ft, remain there for 8 minutes prior to surfacing and discontinue diving for 6 hours.
 b. ascend directly to the surface at a rate of 18 m/60 ft per minute.
33. If you accidentally exceed a no-decompression limit by more than 5 minutes, you should slowly ascend to 5 m/15 ft and remain there for no less than 15 minutes, air supply permitting. True False
34. In cold water or under strenuous conditions, plan your dive as though the depth is _____ feet/metres deeper than actual:
 a. 5 m/15 ft b. 4 m/10 ft

Student Statement: I have had explained to me and I understand the questions I missed.

Name _____ Date _____

Scuba Tune Up Answer Key

1. b
2. True.
3. True
4. a
5. False. If you begin to shiver continuously, get out of the water, dry off and seek warmth.
6. a
7. a, b, c
8. a
9. False. If you get caught in a current at the surface you should first establish buoyancy, signal for assistance, and wait for help.
10. a, c, d
11. b
12. True
13. b
14. a
15. True
16. a
17. a
18. a
19. a, c
20. b
21. True
22. a
23. b
24. b
25. True
26. a
27. b
28. a. Pressure group R.
29. c. Pressure group X.
30. a
31. a, c
32. a
33. True
34. b