

PRE-DIVE EXERCISES

Briefing, Pre-Dive Check and Hand Signal Review

Equipment Adjustment

POOL/CONFINED WATER EXERCISES — SHALLOW WATER

Entries and Exits

Regulator Breathing

Regulator Clearing (Purge and Exhale)

Regulator Retrieval (Arm Sweep and Alternate)

Mask Clearing

Stationary Air Sharing (With the Instructor)

Equalization Techniques

POOL/CONFINED WATER EXERCISES — DEEP WATER

Buoyancy Check with a Total Diving System

Controlled Descent

Neutral Buoyancy (Diving Position)

Controlled Ascent

DEBRIEFING AND RECORD KEEPING

Training Record / DiveLog

SKILL BRIEFING

Objective of the Dive

Value

Skills Completed During the Dive

Explanation of Skills

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Conduct / Hand Signals

SKILL DEBRIEFING

Positive Reinforcement

Problem 1

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Solution 1

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Problem 2

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Solution 2

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Training Record / DiveLog