

# aquaSketch Confined Water Training Checklists



www.aquasketch.com 1-800-282-1608

## aquaSketch Vellum Care and Maintenance

After diving, always remove the vellum from the Minno and rinse in fresh water. Avoid prolonged exposure to direct sunlight.

**Disclaimer: This is a supplemental reference, not intended for legal use in dive certification. Compare this checklist with your present certification agency's standards**

### End of Sheet

## Note/Slate Area

### Session 1

#### Class Briefing explaining class objectives

#### Water Skills Evaluation

- A. 200 meter/yard continuous surface swim or 300 meter/yard with fin
- B. 10 minute tread water without swim aids

#### Equipment Skills

- C. Assemble and disassemble a scuba unit at least 3x without assistance
- D. All scuba equipment should be secure and stored efficiently during dives
- E. Divers should be knowledgeable of proper post dive care for scuba equipment

#### Dive Preparation:

- F. Mask defogging
- G. Inflate / deflate BCD at surface using the low pressure inflator

#### Put on and adjust equipment:

- H. Put on and adjust mask, fins, snorkel, BCD, scuba and weights with an assistant

#### Shallow Water entry:

- I. Breathing underwater: In shallow water, demonstrate proper compressed-air breathing habits, remembering to breathe naturally and not to hold breath
- J. Regulator clearing - Clear a regulator while underwater by exhalation and purge-button methods and resume breathing from it.
- K. Regulator recovery - In shallow water, recover the regulator hose by using both the 'behind the shoulder' and the 'right side sweep' methods
- L. Clear a partially flooded mask

#### Deeper Water

- M. Equalization - Swim underwater with scuba equipment while maintaining control of both direction and depth, properly equalizing the ears and mask to accommodate depth changes
- N. Submersible pressure gauge use - While underwater, locate and read the submersible pressure gauge and signal whether the air supply is adequate or low based on the gauge's caution zone
- O. Hand signals review - While underwater, recognize and demonstrate standard hand signals
- P. Using an alternate air source - In shallow water, breathe underwater for at least 30 seconds from an alternate source supplied by another diver
- Q. Ascent - Demonstrate the techniques for a proper ascent
- R. Exit and equipment disassembly

#### Debriefing

### Session 2

#### Briefing

- A. Prepare and put on scuba equipment
- B. Perform the pre-dive safety check
- C. Demonstrate appropriate deep water entry(s)

#### Surface swimming with scuba

- D. Clear a snorkel of water by using the blast method and resume breathing through it without lifting the face from the water
- E. Swim a distance of at least 50 metres/yards at the surface, while wearing scuba and breathing through the snorkel
- F. Snorkel/regulator exchange - Exchange snorkel for regulator and regulator for snorkel repeatedly while at the surface without lifting the face from the water

#### Descent

- G. Descend demonstrating proper procedures of Signaling, Orientation, Regulator In, Time Check and Continuous Equalization.
- H. Mask removal, replacement and clearing underwater
- I. Breathe underwater for not less than 1 minute while not wearing a mask
- J. Demonstrate the proper response to a leaking low pressure inflator by disconnecting the low pressure hose from the inflator mechanism in shallow water (either underwater or at the surface)
- K. BCD oral inflation - At the surface in water to deep to stand up in, orally inflate a BCD to at least half full and then fully deflate it
- L. Proper weighting at the surface - Adjust for proper weighting, which is defined as floating at eye level at the surface with an empty BCD while holding a normal breath
- M. React to air depletion by giving the out-of-air signal in water too deep to stand up in

#### Ascent

- N. Demonstrate proper Ascent procedures of Signaling, Time Check, Arms Raised, Looking Up and Equalizing BC to control ascent speed.
- O. Weight removal at surface (quick release)
- P. Deep water exit - In water too deep to stand up in, remove the weights, scuba unit and fins, then exit using the most appropriate means. (Buddy assistance may be provided.)
- Q. Exit and disassemble equipment

#### Debriefing

### Session 2 Drills

#### First 25 Meters/yards

- 1. Deep Water Entry
- 2. Deflate BC
- 3. Feet First Descent
- 4. 15 m/50 ft. U/W swim
- 5. Proper Ascent
- 6. Partially Inflated BCD
- 7. Surface Swim using Snorkel

#### Second 25 Metres/Yards

- 1. Surface Swim using Snorkel
- 2. Snorkel-to-Regulator Exchange
- 3. Deflate BCD
- 4. Feet First Descent
- 5. Bottom Controlled Boyancy
- 6. Proper Ascent
- 7. Inflate BCD

### Session #                      Date                      P- Pass, F- Fail

## STUDENT NAMES

10	9	8	7	6	5	4	3	2	1
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓

## TASK EVALUATION

10	9	8	7	6	5	4	3	2	1	
										A
										B
										C
										D
										E
										F
										G
										H
										I
										J
										K
										L
										M
										N
										O
										P
										Q
										R

## DRILL EVALUATION

											1
											2
											3
											4
											5
											6
											7

## REMARKS

										1.
										2.
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										10.

### Session 3

Objectives and Recommended Training Sequence

#### Briefing

- A. Equipment assembly
- B. Put on scuba equipment
- C. Pre-dive Safety Check
- D. Deep water entry
- E. Neutral buoyancy underwater - Independently establish neutral buoyancy under water by pivoting on the fin tips, or, when appropriate, another point of contact (both oral and low-pressure inflation)
- F. Neutral buoyancy swim - Swim at least 10 metres/yards underwater while maintaining neutral buoyancy
- G. Demonstrate cramp removal technique
- H. At the surface in water too deep to stand up in, perform a tired diver tow for 25 meters/yards
- I. Air depletion - Respond to air depletion by signaling out-of-air, then securing and breathing from an alternate air source supplied by a buddy for at least one minute while swimming underwater. NOTE: Student divers who act as an alternate air source donor in the air depletion exercise or during the Confined Water Dive One alternate air source breathing skill must have completed this requirement.
- J. Free flow regulator breathing - Breathe effectively from a free-flowing regulator for not less than 30 seconds
- K. Controlled emergency swimming ascent - Simulate a controlled emergency swimming ascent by swimming horizontally underwater for at least 9 metres/30 feet while continuously exhaling by emitting a continuous aazhhh sound
- L. Exit and equipment disassembly

#### Debriefing

### Session 4

Objectives and Recommended Training Sequence

#### Briefing

- A. Equipment assembly
- B. Put on skin diving equipment

#### Surface dives:

- C. Demonstrate proper hyperventilation when skin diving
- D. Make a vertical dive from the surface in water too deep to stand up in (without excessive splashing or arm movement)
- E. Clear and breathe from a snorkel upon ascent (blast or displacement methods)
- F. No mask swim - Swim underwater without a mask for a distance of not less than 15 metres/50 feet, and replace and clear the mask underwater
- G. Buoyancy control - Using 'buoyancy control, hover without kicking or sculling for at least 30 seconds
- H. Buddy breathe sharing a single air source for a distance of at least 15 metres/50 feet underwater both as a donor and a receiver
- I. Exit and equipment disassembly

#### Debriefing

### Session 4 Drills

#### First 25 Metres/Yards

- 1. Surface Dive
- 2. 15m/50 ft. Underwater Swim
- 3. Proper Ascent
- 4. Blast clearing
- 5. Snorkel

#### Second 25 Metres/Yards

- 1. Snorkel
- 2. Surface Dive
- 3. 15m/50 ft. Underwater Swim
- 4. Proper Ascent
- 5. Displacement Clearing

### Session 5

#### Briefing

- A. Equipment assembly
- B. Put on equipment
- C. Entry
- D. Remove, replace, adjust and secure the scuba unit and weights at the surface, with minimal assistance, in water too deep to stand up in.
- E. Remove, replace, adjust and secure the scuba unit on the bottom, with minimal assistance, in water too deep to stand up in
- F. Remove, replace, adjust and secure weight belt or weight system on the bottom in water too deep to stand up in. For students using weight integrated BCDs or weight harness systems that require reassembly after weights are removed, have the students remove the weights in shallow water, while underwater
- G. Remove and replace scuba unit - surface
- H. Exit and equipment disassembly

#### Debriefing

### Session 5 Drills

#### First 25 Metres/Yards

- 1. Deep Water Entry
- 2. Deflate BC
- 3. Feet First Descent
- 4. Remove Weights, Add Extra Weight, Replace Weights, Adjust for Neutral Buoyancy
- 5. Controlled Ascent
- 6. Partially Inflated BCD
- 7. Snorkel

#### Second 25 Metres/Yards

- 1. Snorkel-to-Regulator Exchange
- 2. Deflate BCD
- 3. Descent
- 4. Deflate BCD, Remove Extra Weight, Remove and Replace Scuba Unit
- 5. Controlled Ascent
- 6. Inflate BCD

#### Third 25 Metres/Yards

- 1. Deflate BCD
- 2. Feet First Descent
- 3. Alternate Air Source Use in Stationary Position with Diver "A" as Donor
- 4. Alternate Air Source Use While Swimming ("A" as Donor)

#### Forth 25 Metres/Yards

- 1. Alternate Air Source Use in Stationary Position with Diver "B" as Donor
- 2. Alternate Air Source Use While Swimming ("B" as Donor)
- 3. Controlled Ascent
- 4. Inflate BCD
- 5. Deep Water Exit

## Note/Slate Area

### End of Sheet

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AquaSketch welcomes any suggestions that can help us to improve our product and enhance your diving experience.

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