aquaSketch Open Water Training Checklists

aquaSketch

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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

Performance Requirements and Training Sequence:

Session 1

☐ **A.** Dive Planning Briefing and Log entry
☐ **B.** Equipment preparation
☐ **C.** Put on and adjust equipment with Buddy
☐ **D.** Predive Safety Check with Buddy

☐ E. Water Entry as determined during the briefing
☐ F. Buoyancy control/weight check - adjust the weight so that the student floats at eye level with an empty BCD while breathing normally.
☐ G. Mask Clearing - partial
☐ H. Controlled descent (maximum 12m/40 ft) using a descent line or sloping bottom contour.
☐ I. Instructor supervised Underwater exploration and Practice Time
☐ J. Ascend at a rate no faster than 18 meters/60 feet per minute while maintaining buddy contact.
☐ K. Water Exit as determined during dive planning.
☐ L. Final Gear Check and removal
☐ M. Debriefing and log entry

Note/Slate Area

Session 2

☐ A. Dive Planning Briefing and Log entry
☐ B. With buddy prepare equipment then put on and adjust
☐ C. Predive Safety Check with Buddy
☐ D. Water Entry as determined during the briefing
☐ E. Buoyancy control/weight check - adjust the weight so that the student floats at eye level with an empty BCD while breathing normally.
☐ F. Controlled descent (maximum 12m/40 ft) using a descent line or sloping bottom contour demonstrating proper procedures of Signaling, Orientation, Regulator In, Time Check and Continuous Equalization.
☐ G. Mask Clearing - partially and fully flooded
☐ H. Recover and clear a regulator
☐ I. Buddy Breathing - In a stationary position breath from an alternate air source provided by another diver. Students should alternate roles as donor and receiver.
☐ J. Instructor supervised Underwater exploration and practice time
☐ K. Ascend properly using an alternate air source as either the donor or receiver and establish positive buoyancy at the surface while demonstrating proper ascent procedures of Signaling, Time Check, Arms Raised, Looking Up, Equalizing BC to control ascent speed.
☐ L. Weight Belt removal at surface

☐ **M.** Water Exit as determined during dive planning.
☐ **N.** Tank Removal / Replacement
☐ **O.** Final Gear Check
☐ **P.** Debriefing and log entry

Alternate Skills

☐ **1.** Cramp removal - self and buddy
☐ **2.** 25 meter/yard tired dive tow
☐ **3.** Snorkel/regulator exchange
☐ **4.** 50 meter/yard straight line surface swim with compass
☐ **5.** Moving on the bottom

Note/Slate Area

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

STUDENT NAMES

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

TASK EVALUATION

ALTERNATE SKILLS

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

1	2	3	4	5

REMARKS

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Session 3

☐ A. Dive Planning Briefing and Log entry
☐ B. With buddy prepare equipment then put on and adjust
☐ C. Predive Safety Check with Buddy
☐ D. Entrer Water as determined during the briefing
☐ E. Buoyancy control/weight check - adjust the weight so that the student floats at eye level with an empty BCD while breathing normally.
☐ F. Free descent (maximum 9m/30 ft) using visual reference only and demonstrating proper procedures of Signaling, Orientation, Regulator In, Time Check and Continuous Equalization.
☐ G. Achieve neutral buoyancy by inflating the BCD orally.
☐ H. Clear Mask fully flooded
☐ I. Exploration and practice time
☐ J. Ascend at a rate no faster than 18 meters/60 feet per minute while maintaining buddy contact and demonstrate proper ascent procedures of Signaling, Time Check, Arms Raised, Looking Up, Equalizing BC to control ascent speed.
☐ K. Water Exit as determined during dive planning.
☐ L. Final Gear Check
☐ M. Debriefing and log entry

Alternate Skills:

☐ 1. Underwater navigation with compass
☐ 2. Controlled Emergency Swimming Ascent
☐ 3. Remove and replace weight system at the surface
☐ 4. Remove and replace scuba unit at the surface

Note/Slate Area

Session 4

☐ A. Dive Planning Briefing and Log entry
☐ B. With buddy prepare equipment then put on and adjust
☐ C. Predive Safety Check with Buddy
☐ D. Entrer Water as determined during the briefing

☐ E. Buoyancy control/weight check - adjust the weight so that the student floats at eye level with an empty BCD while breathing normally.
☐ F. Free descent (maximum 18m/60 ft) using visual reference only and demonstrating proper procedures of Signaling, Orientation, Regulator In, Time Check and Continuous Equalization.
☐ G. Achieve neutral buoyancy and hover in midwater with minimal body movement.
☐ H. Clear Mask fully flooded
☐ I. Exploration and practice time
☐ J. Ascend at a rate no faster than 18 meters/60 feet per minute while maintaining buddy contact while demonstrating proper ascent procedures of Signaling, Time Check, Arms Raised, Looking Up and Equalizing BC to control ascent speed.
☐ K. Water Exit as determined during dive planning.
☐ L. Final Gear Check

☐ M. Debriefing and log entry

Alternate Skills:

☐ 1. Compass Course
☐ 2. Air Consumption
☐ 3. Moving on bottom

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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