

Student Name:

Course Number:

Start Date:

End Date:

Academic or Practical Application	CR	CW	OW	Comments:	Academic or Practical Application	CR	CW	OW	Comments:
ACADEMIC TOPICS					Ascent/Descent Skills:				
Applied Sciences					*Control pressure in air spaces				
Diving Equipment					*Control feet first descent with breath or BC				
Diving Safety					Controlled ascent with precautionary stop				
Diving Environment					Underwater Skills:				
Diving Activities					Give, recognize and respond to U/W signals				
Continuing Education					*Mask clearing, including remove & replace				
Written Examination					*Remove, replace and clear primary regulator				
SWIMMING SKILLS					*Primary regulator recovery				
207 m (225 yds) non-stop, any stroke					*Hover w/out support				
10 minute survival swim					Use of buddy system				
15 m (50 ft) underwater swim, 1 breath					Monitor air supply- communicate amt				
SKIN DIVING SKILLS					Environmental and compass navigation				
412 m (450 yds) snorkel swim, non-stop					Compass navigation, bearings and reciprocal				
Recover diver from about 3 m (10 ft)					Planning Skills:				
Perform skindiving techniques:					Surface air consumption calculation				
Water entries and exits					Plan/make no-deco dive between 12-18 m (40-60 ft)				
Surface Dives					Calculate repetitive no-deco dive using tables				
Surface Swimming					Environmental Skills:				
Clearing the snorkel					Diving with minimal impact on environment				
Ditching the weight belt					Marine life identification				
Buoyancy control					Emergency Skills:				
Underwater swimming and surfacing					Transport 45 m (50 yds) simulated exhausted buddy				
SCUBA DIVING SKILLS					*Share air both as donor and receiver				
Pre-and Post-Dive Skills:					*Perform controlled emerg. swimming ascent				
*Select, check, assemble and don equipment					*Alternate air share both as donor/receiver				
*Pre-dive gear check for self and buddy					*Retrieve unconscious diver from 3 m (10 ft)				
* Defog Masks					EANx Diver Requirements: (if included)				
* Doff, Rinse and care for gear					Academic Requirements (see current S & P)				
Surface Skills:					EANx Dive #1				
* Entries and exits					EANx Dive #2				
* Perform surface buoyancy/weighting ck					(EANx) Written Examination				
Surface communications for divers					OPEN WATER DIVES: No scuba dive may exceed 18m (60 ft)				
Orally inflate/deflate own and buddy's BC					<input type="checkbox"/> Dive #1	<input type="checkbox"/> Dive #2	<input type="checkbox"/> Dive #3	<input type="checkbox"/> Dive #4	<input type="checkbox"/> Dive #5
*At surface remove (in turn) ... equipment					NOTES/ADDITIONAL SKILLS/ACADEMIC REQUIREMENTS				
*Face submerged, breathe thru snorkel, rest/swim									
Face submerged, breathe thru water in snorkel									
Release simulated cramp for self and buddy									
Entry, exit/use of float/flag (if applicable)									

Note: Listed skills are abbreviated. For detailed descriptions refer to current Standards.

* Confined and Open Water skills marked with an asterisk "*" must be introduced in confined water.