



OPEN WATER SYLLABUS

The SCUBA program that you are about to begin is an entry-level course. This course is designed to train you with the knowledge, proper skills and techniques necessary to dive safely and with confidence.

If during this program you have any questions or problems with any aspect of the material or skills presented please ask for assistance. We are here to make your training safe and FUN!

Our SCUBA classes are divided into two distinct programs. The first is the classroom portion. The classroom lectures are designed to enhance the textbook and workbook that are required to be completed before the written exam is taken. Lectures and the corresponding textbook chapters are as follows:

- I. Learning to Dive**
 - A. SCUBA Habits (chapter 4) (intro and lecture #1)
 - B. SCUBA Equipment (chapter 2 & 3, pages 6-38) (lecture #2)
 - C. Underwater Communications (appendix L)

- II. Snorkeling and Skin Diving**
 - A. Physiology (chapter 6, pages 68-75)
 - B. Pressure & Squeezes (chapter 4, page 44 & chapter 6, pages 68-70) (lecture #3)
 - C. Diving & Kicking (chapter 2, page 11)

- III. SCUBA Physiology (lecture #4)**
 - A. Safe Diving Practices (chapter 6)
 - B. SCUBA Injuries and how to avoid them (chapter 6)
 - C. Proper Diving Techniques (chapter 4, pages 40-42)

- IV. Decompression and Dive Tables**
 - A. Your body and nitrogen (chapter 8, pages 99-100)
 - B. The Bends (chapter 8, pages 106-112) (lecture #5)
 - C. Dive Tables and their proper use (chapter 8, pages 101-105) (lecture #6)

- V. Marine Life and Oceanography (lecture # 7)**
 - A. Things that live where we dive (chapter 5)
 - B. Currents, waves and bodies of water (chapter 5, page 53)

NOTE: Chapter 1, History of Diving and Chapter 7, Diving Physics as well as the appendixes contain important information but are not required for the test. Only exception is the gas laws, sound and buoyancy.

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SYLLABUS (continued)

The second part of the program involves pool training. All skills learned in the pool are explained and then demonstrated. You are evaluated on your ability to comfortably and safely perform these skills. All skills will be performed in your open water training dives. If you or your instructor feel that you need extra pool time to master specific skills, special arrangements can be made. Pool skills you will learn are as follows:

- I. Swimming Evaluation**
 - A. 200 yard swim (any combination of strokes)
 - B. 5 Minute tread
 - C. Swim Underwater (one breath distance swim)
 - D. Resting Position

- II. Snorkel and Skin Diving**
 - A. Mask use and clearing
 - B. Snorkel use and clearing
 - C. Surface Dives
 - D. Kicks
 - E. Cramp Releases

- III. SCUBA Skills and Equipment**
 - A SCUBA Assembly
 - B. Entries and Exits
 - C. BC use
 - D. Fin use
 - F. Regulator use
 - i. Breathing underwater
 - ii. Free Flow breathing
 - iii. Recovery
 - G. Fin Pivot
 - H. Descent Procedures
 - i. Ear equalization
 - ii. Mask equalization
 - I. Kicking with SCUBA
 - J. Ascent procedures
 - K. Hand Signals

- IV. Emergency Procedures**
 - A. Buddy Breathing
 - B. Shared Air (octo)
 - C. Dependent Ascent (octo)
 - D. Emergency Kicking Ascent
 - E. Underwater Problem Solving

NOTE: It is necessary for you to be present for class and pool sessions. If you can not be at a particular session please let the instructor know at least a week beforehand so that other arrangements can be made. There is no charge for one make up class. However if you miss two classes there is a \$50.00 make up charge.