



6 Session Course

READING ASSIGNMENTS

Please complete each night's homework prior to the start of class

- Night #1 Chapter #1: Introduction (All), Chapter #2: Diving Equipment (pg. 14 – 20)
- Night #2 Chapter #2: Diving Equipment (pg.20 – 45), Chapter #4: Diving Science (pg. 97-112)
Pool reading (pg. 48-55, 58-68, and 86-87)
- Night #3 Chapter #4: Diving Science (pg. 112-121), "Pressure Related Injuries" handout,
Chapter #5: Decompression, Dive Tables, Dive Computers (All) and "Dive Table" handout
Pool reading (pg. 55-60, 68-72 and 82-91)
- Night #4 Chapter #8: Diving Environments (All)
Pool reading (pg. 77-81)
- Night #5 Chapter #7: Problem Solving (All), Chapter #6: Dive Planning and Recording (All)
Chapter #9: Diving Activities (All), "Air Consumption" worksheet, Pool reading (pg. 72-76)
- Night #6 Review "Study Guide" for final exam

POOL SCHEDULE: 6 SESSION CLASS

#1 Pool Session: Swim Evaluation & In-Water Comfort Evaluation

- Swim 10 lengths of the pool
- U/W swim approximately ½ the length of the pool
- Retrieve an object from bottom of pool
- Survival swim 20 minutes (7 minutes using hands and feet, 3 minutes using hands only, 10 minutes drown proofing "Dead mans float")

#2 Pool Session: Snorkeling Techniques

- Fin kicks (Flutter kick, Dolphin kick, Inverted sidekick)
- Snorkel clearing (Blast method, Displacement method may be described if anyone has a non-purge snorkel)
- Surface dives (Jack Knife dive, Kelp dive)
- Weight belt ditch and recovery
- Water entries (Giant Stride entry, Back Roll entry, Seated entry)
- Water exits (Ladder exits, Deep water exit)
- Mask clearing (In shallow and deep water if time allows)

#3 Pool Session: Snorkel Review, Intro to Buoyancy Control Devices and SCUBA

- BC orientation on pool deck
- BC practice in pool using snorkel equipment (Oral inflation and deflation in stationary position in deep water, Oral inflation and deflation in a face down while snorkeling)
- SCUBA gear assembly and break down on pool deck

- SCUBA use and introduction to breathing underwater
 - Breathing
 - Regulator clearing – Purge & Blast methods
 - Mask clearing with SCUBA
 - Breathing through a free flowing regulator
 - Regulator recovery (Over Shoulder Recovery method and Arm Sweep Recovery methods)
- Mask circle switch (mask clearing practice)
- Introduction to rescue skills (Tank tow, Fin push and Doe-se-doe)
- Bottom recovery of diver demo by instructor
- Buoyancy control introduction if time allows

#4 Pool Session: Out of Air Emergency Procedures, Entries and Exits on SCUBA

- Entries & Exits on SCUBA (Giant Stride w/ladder exit using Figure 4 fin removal, Back Roll In w/deep water exit if capable, and Seated Entry)
- Mask off underwater swim (on bottom, swimming the circumference of the pool)
- Introduction to octopus breathing (on surface and stationary in shallow water)
- Introduction to simulated Buddy Breathing (stationary in shallow water)
- Simulated out of air emergencies (Buddy Breathing, Octopus Breathing)
- Explanation of AIR II type systems, advantages/disadvantages
- Surface Ditch and Recovery of SCUBA gear
- Buoyancy control practice (introduction and practice)

#5 Pool Session: Thinking Drills & Review of Air Sharing Skills

- Ditch and recovery (mask on and mask off)
- Ditch and recovery with mask off
- Buoyancy control practice (performed while other students perform D& R)
- Underwater octopus breathing swimming the circumference of the pool
- Station breathing
- Buoyancy control practice, if time allows

#6 Pool Session: Thinking Drills & Equipment Familiarization

- NAUI Bail Out (mask on and mask off)
- Buoyancy control practice, hovering with little to no movement
- Equipment switches



8 Session Course

READING ASSIGNMENTS

Please complete each night's homework prior to the start of class

Night #1 Chapter #1: Introduction (All), Chapter #2: Diving Equipment (pg. 14 – 20)

Night #2 Chapter #2: Diving Equipment (pg. 20 – 45), Chapter #4: Diving Science (pg. 97-112)
Pool reading: (pg. 48-55 and 58-60)

Night #3	Chapter #4: Diving Science (pg. 112-121) and “Pressure Related Injuries” handout Pool reading (pg. 61-68 and 86-87)
Night #4	Chapter #8: Diving Environments (All) Pool reading (pg. 55-60, 68-72, 82-84 and 89-91)
Night #5	Chapter #7: Problem Solving (All) Pool reading (pg. 77-81)
Night #6	Chapter #5: Decompression, Dive Tables, Dive Computers (All) and “Dive Table” handout Pool reading (pg. 85-89)
Night #7	Chapter #6: Dive Planning and Recording (All), Chapter #9: Diving Activities (All) “Air Consumption” worksheet and Pool reading (pg. 72-76)
Night # 8	Review “Study Guide” for final exam

POOL SCHEDULE: 8 SESSION CLASS

#1 Pool Session: Swim Evaluation and In Water Comfort Evaluation

- Swim 10 lengths of the pool
- U/W swim approximately ½ the length of the pool
- Survival swim (20 minutes, 7 minutes using hands and feet, 3 minutes using hands only, 10 minutes drown proofing and “Dead Man’s Float”)
- Retrieve an object from bottom of pool

#2 Pool Session: Snorkeling Techniques

- Fin kicks (Flutter kick, Dolphin kick, Inverted Sidekick)
- Snorkel clearing (Blast method -Displacement Method may be described if anyone has a non-purge snorkel)
- Surface dives (Jack Knife dive, Kelp dive)
- Underwater hockey (time permitting)

#3 Pool Session: Snorkeling Techniques Continued

- BC orientation on pool deck
- BC practice in pool using snorkel equipment (Oral inflation and deflation in a stationary position in deep water and Oral inflation and deflation in a face down while snorkeling)
- Weight belt ditch and recovery
- Mask clearing (in shallow and deep ends)
- Rescue tows with BC vests (Pull/ Push, Doe-Se-Doe methods)
- Water Entries (Giant Stride entry, Back Roll entry, Seated entry)
- Water Exits (Ladder exits, Deep Water exit)
- Underwater hockey (time permitting)

#4 Pool Session: Intro to SCUBA

- SCUBA gear assembly and break down on pool deck
- SCUBA use and introduction to breathing underwater
 - Breathing underwater
 - Regulator clearing (Purge & Blast methods)
 - Mask clearing with SCUBA
 - Breathing through a free flowing regulator

- Regulator recovery (over shoulder recovery and arm sweep recovery methods)
- Mask circle switch (mask clearing practice)
- Intro to buoyancy - Scuba in deep end of pool

#5 Pool Session: Out of Air Emergency Procedures, Entries and Exits on SCUBA

- Entries & Exits on SCUBA (Giant stride w/Ladder exit with use of Figure 4 fin removal, Back Roll w/deep water exit if capable, and Seated entry)
- Mask off underwater swim (on bottom, swimming the circumference of the pool)
- Introduction to octopus breathing (surface practice and stationary practice in shallow water)
- Introduction to Simulated Buddy Breathing in shallow water
- Simulated out of air emergencies (Buddy breathing, Octopus breathing and explanation of Air II type systems)
- Practice buoyancy control if time allows

#6 Pool Session: Rescue Practice SCUBA & Intro to Thinking Drills

- Practice of rescue skills on SCUBA (Tank tow, Fin push, Do-Se-Do)
- Bottom recovery of diver demo by instructor
- Station breathing
- Surface ditch and recovery
- Practice buoyancy control if time allows

#7 Pool Session: Thinking Drills and Review and Air Sharing Skills

- Ditch and recovery (mask on and mask off)
- Buoyancy control practice (perform while others complete D & R's)
- Underwater octopus breathing while swimming the circumference of the pool

#8 Pool Session: Thinking Drills & Equipment Familiarization

- NAUI Bail Out (mask on and mask off)
- Buoyancy control practice, hovering with little to no movement
- Equipment switches

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