

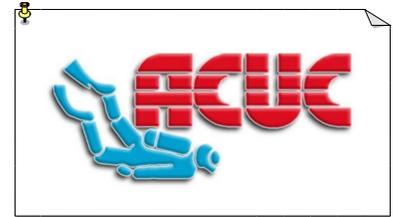
OPEN WATER DIVER STANDARDS

ACUC - OPEN WATER DIVER STANDARDS

ACUC

Points of special consideration

- *This is the first mandatory level within the ACUC training system*
- *Open Water Divers must be advised not to dive deeper than 25 metres (80 feet) until they have gained experience*
- *This course is equivalent to the ISO Autonomous Diver.*



Important note: In cases where there is a discrepancy or difference in between a document and the same document in other languages, possibly caused by a delay in translation, the English version of the same document should always be considered the most up to date

FOREWORD

The ACUC Open Water Diver course is the **first** mandatory diver level within the ACUC training ladder. This course can be taught by any ACUC Assistant Instructor or higher level but must be evaluated and certified by any ACUC Entry level Instructor or higher. The main characteristics of this course is that the students that successfully complete the course, will be properly trained and able to dive, without supervision, accompanied by divers of any level, to the maximum allowable depth for Scuba Diving, which is 40 meters (130 feet). **Nevertheless, students are not to exceed the depth of 25 meters (80 feet) until they have gained experience** (logged at least 20 dives - 10 hours bottom time - or taken the ACUC Deep Diving Specialty).

ACUC reminds Instructors and divers that those not wishing to be trained to this depth (25 meters / 80 feet) can opt for the ACUC Scuba Diver certification course (see Scuba Diver course standards)

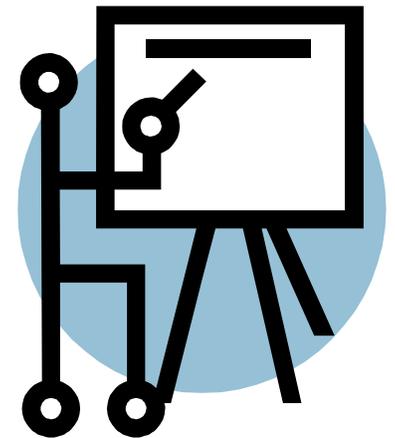
This is an ACUC International standard and therefore is always subject to the different national or local legislations. In cases where legislations exist that differ from this standard, the ACUC country or area delegation if it exist, must request in writing to the ACUC main office (Canada or Spain) a “**Deviation**” from this standard to satisfy the legislation of the area, supporting their request with the appropriate documentation. Deviations, if requested, to be considered valid, must appear at the end of each specific standard document (Point 12)

In cases where the local or national legislations are more restrictive than the ACUC Standard, then the local legislation will prevail, but if the ACUC Standard is more restrictive, then the ACUC Standard will prevail, because by complying with the more restrictive ACUC Standard, logically the local legislation will be also complied with. Updates to this standard, if any, are shown in point 13 of this document.

Regarding required training hours, none are specified because these could vary depending on many factors (number of students, diving environment, etc), therefore the training hours needed are dependant on the fulfilment of learning objectives. In the ACUC manuals and documents where hours are specified, these are only to be considered recommendations.

I. SCOPE

This Standard specifies safety related minimum competencies to be achieved in recreational scuba training at the ACUC Open Water diver level. This Standard applies only to contractual training and certification in recreational scuba diving.



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2. DEFINITIONS

For the purposes of this standard and any other standard referenced as acuc-st-xxx, the following definitions apply. Please note that not all terms shown next might appear in this specific standard.

2.1 ACUC: Entity providing recreational scuba diving training systems and certification.

2.2 Basic equipment: Equipment consisting of the following items:

- Mask
- Fins
- Snorkel

2.3 Breathing gas: Appropriate mixture of oxygen and nitrogen.

2.4 Certification: Confirmation that a student has completed all requirements of a course according to this Standard, as issued by ACUC. Note: Junior certifications issued to those between 12 and 16 years old mean that they must always dive with a certified adult and are restricted to a maximum depth of 25 meters (80 feet).

2.5 Cold water: Water less than 10°C from its highest average temperature or water of 10°C or less

2.6 Competencies: What a diver can do once certified

2.7 Confined spaces: condition that applies when there is no direct access to the surface, such inside a wreck, cave, etc.

2.8 Confined water: Swimming pool with a depth appropriate to the activity, or body of water that offers similar conditions (maximum depth 6 meters)

2.9 Diving equipment: Equipment consisting of the following items:

- Mask,
- Fins,
- Snorkel,
- Cylinder,
- Regulator,
- Alternative breathing gas system, which could range from a simple octopus system to a duplicate breathing system with a separate breathing gas supply,
- Cylinder-support-system and buoyancy control device including (if appropriate) a quick release weight system,
- Submersible pressure gauge (breathing gas pressure monitor),
- Means to measure depth and time and to safely limit exposure to inert gas,
- Diving suit (if appropriate).

Note: Specific environments may require appropriate additional equipment (e.g. an underwater navigational aid, knife/cutting device).

2.10 Dry specialty: Specialty course where no water training takes place, such as for example, First Aid, Oxygen Administration, etc.

2.11 Knowledge levels:

- Basic: knows how...
- Intermediate: knows how and why...
- Advanced: knows how, why and also, knows how to teach it...

2.12 Non certification scuba course: Scuba course where the participants do not receive an ACUC certification at the end of the course, such as for example, scuba introduction, scuba refreshment, scuba buoyancy, etc

2.13 Open water: Body of water significantly larger than a swimming pool offering conditions typical of a natural body of water encountered in the region where training takes place.

2.14 Prerequisites for training: What a diver needs or conditions to be met prior to start training.

2.15 Reduced visibility: condition that applies when diving at night or when visibility is less than an arm's length, for whatever the reason.

2.16 Scuba: Self-contained underwater breathing apparatus.

2.17 Scuba instructor: A qualified individual, sanctioned by ACUC to teach, evaluate and certify divers.

2.18 Supervision: The act of supervise or oversee. There are several levels of supervision. These are:

- Direct Supervision: to be physically present and within an immediate distance of the people or activities being supervised. If the supervision takes place underwater, to be in the water and within an immediate distance of the people or activities to be supervised
- Indirect Supervision: to be physically present. If the supervision takes place underwater, to be in the water
- General Supervision: The person supervising oversees the overall activities, but not necessarily each participant specifically and if the activity takes place underwater, the general supervisor does not have to be in the water

2.19 Theoretical knowledge: knowledge imparted in a dry environment (classroom, pool deck, etc).

2.20 Training open water dive: open water training experience under direct supervision of a qualified instructor, comprising at least the following activities:

- briefing



- preparation to dive
- pre-dive checks
- entry into water
- descent procedures
- underwater activity
- ascent and surfacing procedures
- exit from water
- debriefing
- post dive procedures
- recording the dive.

2.21 Water skills: knowledge imparted inside a wet environment (pool water, sea water, etc)

3. COMPETENCIES

An ACUC Open Water diver shall be trained to have sufficient competencies by knowledge, skill and experience to dive in open water with other scuba divers of any level. ACUC Open Water Divers shall dive within the following parameters

- Dive to a maximum depth of 40 meters / 130 feet (maximum of 25 meters / 80 feet until the diver has gained experience - 20 dives - 10 hours bottom time - or take the Deep Diving ACUC specialty)
- Dive only when appropriate support is available at the surface,
- Dive under conditions that are equal or better than the conditions where they were trained.

If accompanied by an ACUC instructor, certified ACUC Open Water divers may gain progressive experience beyond these parameters (except depth) and develop competency in managing more challenging diving conditions designed to lead to higher qualifications. Where further instruction is required this can only be provided by a suitably qualified ACUC instructor. Where only further experience is required, this may be supervised by an ACUC Divemaster or similar.

4. PREREQUISITES FOR TRAINING

In order to qualify for enrolment in a course according to this Standard the student shall meet the following prerequisites:

4.1 Minimum age: 12 years old. Parental or legal guardian consent is required when the applicant is a minor. ("minor" definition will be according to each country's legislation). Students of less than 16 years old that successfully pass this course will be given an Open Water Diver Junior certification.

4.2 Health requirements: Students shall be medically screened as suitable for recreational diving by means of an appropriate medical examination, or if the country's legislation where the course is taken allows it, an appropriate questionnaire. In any case of doubt, students shall be referred to proper medical resources. If the student is not examined by a physician, the student should be obliged to confirm by signature a written information given by the instructor on diseases or physical conditions which may be a diving related risk. Students shall be advised of the importance of appropriate regular medical examinations.

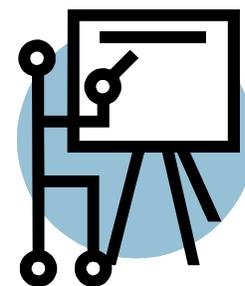
4.3 To know how to swim.

5. TRAINING RATIOS

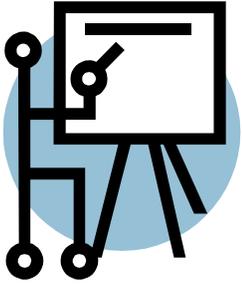
- **Theory (classroom or pool):** No limit
- **Confined Water:** 8 students per Instructor, with an additional 4 students per additional Instructor, Assistant Instructor or Divemaster, with an absolute maximum of 16 students.
- **Open Water:** 4 students per Instructor, with an additional 2 students per additional Instructor, Assistant Instructor or Divemaster, with an absolute maximum of 8 students.

6. INTRODUCTORY INFORMATION

The following information shall be made available to the students prior to, or during the first class meeting.



*“Minimum
age for
ACUC is 12
years old.”*



*“Divers
must know
which are the
limitations
of their
certification”*

- Prerequisites according to 4,
- Limitations of eventual qualification,
- Scope of course,
- Course procedures,
- Costs, insurance and contractual issues according to national regulations,
- Equipment requirements,
- Certification requirements according to 10,
- Diving related legislation and legal requirements.

7. THEORY KNOWLEDGE

The course content, related to theory knowledge is:

7.1 Equipment: Students shall have an intermediate level of knowledge concerning the use and handling of diving equipment items.

7.2 Physics of diving: Students shall have an intermediate level of knowledge regarding:

- Matter
- Buoyancy
- Light
- Sound
- Hand Signals
- Air Components
- Pressure
- Gas Laws
 - Boyle's
 - Dalton's
 - Henry's
 - Charles's

7.3 Physiology of diving: Students shall have an intermediate level of knowledge of:

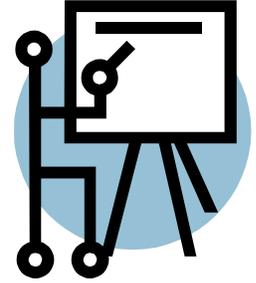
- Barotraumas
- Basic Anatomy
 - The Human Body
 - Abdomen
 - Thorax
 - Ears
 - Sinuses
 - Decongestants
 - Tooth Squeeze
 - Mask Squeeze
- Descent Physiology
 - Nitrogen Narcosis
 - Oxygen Poisoning
 - Carbon Dioxide Poisoning
 - Carbon Monoxide Poisoning
- Ascent Physiology
 - Air Embolism
 - Emphysema
 - Pneumothorax
 - Gas Expansion in Stomach and Intestines
 - Dizziness
 - Decompression Sickness
- Related Physiology
 - Lipoid Pneumonia
 - Hypothermia
 - Drugs and Alcohol



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7.4 Dive environment: Students shall have a basic level of knowledge concerning the local and general conditions of the diving environment and their possible effects on the diver and the diver's impact on the environment, including:

- The Marine Environment
 - Salt Water
 - Sun
 - Currents
 - Waves
 - Shore Topography
 - Navigation
 - Marine Life
 - Considerations and Interaction
- Marine Conservation
 - Wrecks
 - Fish
- Freshwater Environment
 - Fresh Water
 - Lakes
 - Rivers
 - Quarries
 - Natural Caves
 - Siphons and Springs
 - Mines
 - Common Fresh Water Animals
- Ecology
 - Sources of Problems
 - Coastal Problems
 - Industry
 - Recreational Diving Impact
 - Inland Water Problems
 - Solutions



*“All skills
must be
evaluated by an
ACUC
Instructor, who
must be in the
water in each
session”*

7.5 First Aid: Students shall have a basic level of knowledge concerning First Aid, with emphasis in accident prevention and including:

- Accident Prevention
- General First Aid
- Barotraumas
- Decompression Sickness
- Other Problems related to Diving
- Cardiac Arrest

7.6 Rescue: Students shall have a basic level of knowledge concerning Rescue, with emphasis in accident prevention and including:

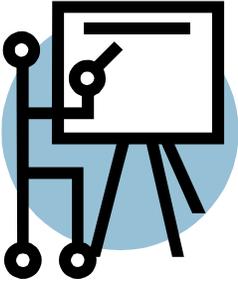
- Underwater Rescue
 - Causes of Diving Problems
 - Recognition of Problems
 - Rescue Techniques
 - Self Help
 - Buddy Help
 - Diver Rescue
 - Panic
 - Fatigue

7.7 Dive Planning: Students shall have an intermediate level of knowledge concerning Dive Planning and Preparation, including:

- Conditioning
- Pre-Dive Planning
- Pre-Dive Preparation
- Preparation on Site



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Note regarding assessment and evaluations:

If for some reason, the student can not do a written test, then the Instructor can do an oral examination to the student based on the written test provided by ACUC and if this is the case, the Instructor will transfer the student's oral answers to the written test. Whatever the case, the written test must be completed, either directly by the student or indirectly by the Instructor, using the student's oral answers.

- Dive Plan
- Full Decompression Tables and Procedures
- Air Consumption
- Descending
- On the Bottom
- Ascending
- Altitude Diving
- Diving in Tides
- Flying and Diving
- Dive Log

7.8 Labour Opportunities: Students shall have a basic level of knowledge concerning work opportunities, including:

- Recreational Diving
- Light Commercial
- Heavy Commercial
- Sciences

7.9 ACUC: Students shall have a basic level of knowledge concerning ACUC, including:

- What is ACUC
- Specialties Available to Open Water Divers
- Information on other ACUC courses
- Brief History of Diving (this topic can be given also at the beginning of the course)

8. SCUBA SKILLS

The course content, related to Scuba skills is:

8.1 Confined water scuba skills: Students shall be able to perform the following skills. Each skill shall be mastered in confined water before that skill is performed in open water.

- Use of equipment (light equipment first, then scuba equipment)
- Tank inspection
- Diving equipment assembly and disassembly (at water's edge)
- Putting the equipment on and taking it off (light equipment first, then scuba equipment)
- Methods to enter the water (light equipment first, then scuba equipment)
- Surface entries and exits (light equipment first, then scuba equipment)
- Mouthpiece clearing - snorkel and regulator
- Regulator/snorkel exchanges, swimming at the surface
- Proper descent and ascent procedures (e.g. equalising pressure in ears and mask) (light equipment first, then scuba equipment)
- Swim underwater (finning methods) (light equipment first, then scuba equipment)
- Swim on the surface, with face in the water - no mask (light equipment first, then scuba equipment)
- Mask clearing, including removal and replacement (please note: scuba equipment first, then light equipment)

Note: Special safety precautions are to be taken during the removal and replacement of mask in open water, specifically in those areas with cold water

- Underwater and surface buoyancy control
- Descending and ascending with a buoyancy compensator
- Simulated emergency ascents
- Underwater regulator recovery
- Basic but often instrument monitoring
- Surface and underwater operation of the quick release of the weight ballast system
- Act as donor and receiver of an alternative breathing gas source
- Equipment care
- Basic hand signals



- Buddy system
- Basic rescue exercises involving tows and victims assistance

8.2 Open water scuba skills: Students shall be able to perform the following skills in conditions typical of the local environment.

- Use of equipment
- Tank inspection
- Diving equipment assembly and disassembly (at water's edge)
- Putting the equipment on and taking it off
- Methods to enter the water
- Surface entries and exits
- Mouthpiece clearing - snorkel and regulator
- Regulator/snorkel exchanges, swimming at the surface
- Proper descent and ascent procedures (e.g. equalising pressure in ears and mask)
- Swim underwater (finning methods)
- Mask clearing, including removal and replacement
- Underwater and surface buoyancy control
- Descending and ascending with a buoyancy compensator
- Underwater regulator recovery
- Basic instrument monitoring
- Act as donor and receiver of an alternative breathing gas source
- Equipment care
- Basic hand signals
- Buddy system

9. PRACTICAL TRAINING PARAMETERS

9.1 All underwater skills in confined water shall be introduced, directly supervised and evaluated by an ACUC instructor, who shall be in the water during each session. The scuba instructor shall be in direct control of students throughout all sessions. However, once introduced by the Instructor the skill can be demonstrated other times, if needed, by any experienced diver, as long as it is done under the direct supervision of the Instructor.

9.2 Prior to the first open water dive the student shall demonstrate to a scuba instructor the following watermanship skills, at the Instructor's choice:

- 275 metres / 300 yard swim using mask, fins and snorkel, with no time limit, and a 10 minute survival swim/float without mask, fins, snorkel or other swimming aid. If an exposure suit is used, the wearer must be neutrally buoyant at the surface, or:
- 180 metres / 200 yard swim, without swimming aids, using any swimming strokes and with no time limit, and a 10 minute survival swim/float without mask, fins, snorkel or other swimming aid. If an exposure suit is used, the wearer must be neutrally buoyant at the surface.

9.3 Before participating in open water a student shall have demonstrated sufficient theoretical knowledge and scuba skills in confined water to be able to perform the open water dives in the prevailing conditions.

9.4 The maximum depth during training dives shall not exceed the parameters indicated for each dive and in any case they should not exceed 25 meters / 80 feet (If conditions allow it). Minimum underwater visibility should be at least 3 meters / 10 feet. Waves no higher than 50cm / 2 feet.

9.5 All open water dives shall be conducted during daylight hours in water that allows direct vertical access to the surface. Open water dives therefore shall not be conducted in underwater caves or below ice.

9.6 During open water dives the student shall at least be equipped with diving equipment according to 2.9.

9.7 Underwater skills in open water can be introduced and supervised by an ACUC Divemaster, Assistant Instructor or Instructor, but must be evaluated by an ACUC instructor. The scuba instructor shall be in the water and in charge of each open water dive. During the first 4 open water dives the scuba instructor shall be in control of students throughout the dives. During subsequent open water dives students may be supervised by a certified Assistant Instructor or Divemaster, except when skills are being evaluated.

9.8 See clause 5. At no time shall a student in or underwater be left without direct supervision. Under no circumstances groups of certified divers (certified diver acting as buddy of another certified diver and so on) and groups of students in an OWD course can participate in the same dive, under the direct supervision of the same Instructor. Under no circumstances a certified diver may buddy up with a student diver (unless the certified diver holds the corresponding certification — minimum Divemaster).

9.9 Prior to open water dives the scuba instructor shall prepare an "emergency plan". In the immediate vicinity of the dive site there shall be:

- A suitable first aid kit
- An emergency oxygen unit with a capacity of delivering at least 15 l/min. for at least 20 min.
- Communication system suitable for alerting emergency services.



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9.10 The scuba instructor shall cancel or abort the open water dive if environmental conditions or a student's physical or mental condition make this necessary.

9.11 A maximum of 3 daily training dives will be allowed. Plan the dives and take into consideration decompression issues, especially in cases where the 2nd or 3rd dives could be slightly deeper than the previous dives - advise students that this is not standard procedure and that is only done during checkout dives to allow for progressive introduction of the student to greater depths. Remind the student that normally, **the deeper dive must always be done first**

10. ASSESTMENT

The assessment and evaluation will consider the following:

10.1 Knowledge: The student shall demonstrate, by means of the ACUC written test, knowledge of diving theory according to 7 and knowledge of skills according to 8. Instructors can, if they wish, offer additional tests to the student, however, the ACUC provided test must be done.

10.2 Scuba Skills: The student shall satisfactorily demonstrate to an ACUC instructor, the scuba skills according to 8.

11. TRAINING DIVES

To be certified students shall complete at least four qualifying training open water dives under the direct supervision of an ACUC instructor. The underwater (bottom time) total duration of these qualifying open water dives shall be as described in pages 9 and 10 of this document. Please note regarding bottom time: ISO standards for this level indicate that the minimum bottom (underwater) time per dive should be 15 minutes and the accumulated minimum bottom time should be 80 minutes before the student can obtain the certification. ISO standards do not differentiate between cold and warmer water. If you add ACUC's recommended bottom times for cold water (see pages 9 and 10), they add up to 75 minutes. Therefore if you do these training dives in cold water, take this into consideration and increase the bottom time as needed to comply with ISO standard.

ACUC recommends that if you need to do this, you do it in training dives 1 and/or 2. Instructors can do more skill testing dives if they wish, however, the above four dives must be done and the skills defined in those dives must be tested, following the skill increase difficulty process outlined. Please also note that while obtaining at some point the minimum depths mentioned in dives 2, 3 and 4 is mandatory, the maximum depths mentioned are not mandatory to be reached.

12. DEVIATIONS

None requested

13. UPDATES (SINCE 2010)

DATE	TYPE OF UPDATE	POINTS UPDATED OR AFFECTED	IMPORTANCE
August 20th 2010	Change to last paragraph of point 9.8	9.8	High
December 7th 2010	Addition of point clarifications regarding who can introduce and supervise skills	9.7	Low
December 7th 2010	Additional skills to be checked are added to checkout dives	Pages 9 and 10	Medium
June 6th 2012	Changes related to the minimum depth during training dives	Pages 9 and 10	High
September 25th 2012	Format change and sequence of exercises in open water dives (no exercises were added or deleted, they were only placed in a more logically sequential way).	Whole document	Low



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Important note: Please note, all skills must be directly introduced and supervised by an Instructor, Assistant Instructor or Divemaster, but they must be evaluated by an Instructor. **Skills marked with an asterisk (*) must be directly supervised ONLY by an Instructor.**

As these are open water checkout dives, and not confined water dives, if a skill demonstration must be done this has to be done by an Instructor, Assistant Instructor or Divemaster. The use of certified divers to demonstrate a skill in open water checkout dives, who do not hold one of the above mentioned certifications, is therefore not allowed.

SKILLS TO BE CHECKED IN THE *FIRST* OPEN WATER DIVE

Note: This first dive should be an introduction to the environment. The exercises done should be easy so that they do not put any added stress on students. This dive should be done in less than 12 metres (40 feet) of water. Suggested bottom time: 30 minutes (25 minutes in cold water).

1. Use of equipment and weight adjustment
2. Tank inspection
3. Diving equipment assembly (at water's edge)
4. Putting the equipment on
5. Methods of entering the water (Giant Stride and Walking Entry from beach)
6. Surface dives (Feet first)
7. Mouthpiece clearing - snorkel (Blow Method)
8. Surface buoyancy control
9. Regulator/snorkel exchanges, swimming at the surface
10. Cramp removal
11. Compass surface swim
12. (*) Proper descent procedures (e.g. equalizing pressure in ears and mask, etc.)
13. (*) Underwater (pivotal method)
14. (*) Proper ascent procedures (e.g. rotating during ascent, hand up, Ok sign, etc)
15. Taking the equipment off
16. Diving equipment disassembly (at water's edge)
17. Equipment care and dive log, including tables calculations

SKILLS TO BE CHECKED IN THE *SECOND* OPEN WATER DIVE

During the second dive students should be tested in more demanding skills. Consideration should be given to students' stress level as this is only their second open water dive. Some exercises are repeated from the first dive for continuous evaluation. During this dive, the minimum depth of 6 metres (20 feet) should be reached at some point and the maximum depth of 15 metres (50 feet) should not be exceeded. Suggested bottom time: 25 minutes (20 minutes in cold water)

1. Diving equipment assembly (at water's edge)
2. Putting the equipment on
3. Methods of entering the water (Back rolled entry and Controlled entry)
4. Mouthpiece clearing - snorkel (Displacement method)
5. (*) Proper descent procedures (e.g. equalizing pressure in ears and mask, etc.) - Mask clearing can be introduced at a shallow depth.
6. (*) Descending with a buoyancy compensator
7. Surface dives (Head first)
8. Basic instrument monitoring (often) and Basic hand signals
9. (*) Underwater (pivotal method) buoyancy control
10. Swim underwater (finning methods: Bicycle and Scissors)
11. (*) Mouthpiece clearing - regulator (Blow method)
12. (*) Act as donor and receiver of an octopus or similar alternative breathing gas source
13. Underwater compass navigation
14. (*) Proper ascent procedures (e.g. rotating during ascent, hand up, Ok sign, etc)
15. (*) Ascending with a buoyancy compensator
16. Taking the equipment off
17. Diving equipment disassembly (at water's edge)
18. Equipment care and dive log, including tables calculations



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SKILLS TO BE CHECKED IN THE *THIRD* OPEN WATER DIVE

During the third dive students should be tested in more demanding skills. Some exercises are repeated from previous dives for continuous evaluation. During this dive, the minimum depth of 9 metres (30 feet) should be reached at some point and the maximum depth of 18 metres (60 feet) should not be exceeded. **Suggested bottom time: 20 minutes (15 minutes in cold water).** Note: a written exemption from ACUC can be obtained when geography makes it difficult, if not impossible, to find bodies of water that fall within this minimum depth requirement.

1. Diving equipment assembly (at water's edge)
2. Putting the equipment on
3. (*) Proper descent (e.g. equalizing pressure in ears and mask, etc.)
4. (*) Descending with a buoyancy compensator
5. (*) Underwater (pivotal method) buoyancy control
6. Swim underwater (finning methods: Frog and Dolphin)
7. (*) Mouthpiece clearing - regulator (Purge method)
8. (*) Mask clearing, including removal and replacement. Please note: Special safety precautions are to be taken during the removal and replacement of mask in open water, specifically in those areas with cold water.
9. (*) Underwater regulator recovery (two methods: back reach and side reach)
10. Basic instrument monitoring (often)
11. (*) Proper ascent procedures (e.g. rotating during ascent, hand up, Ok sign, etc)
12. (*) Ascending with a buoyancy compensator and safety stop
13. Tired diver tow
14. Taking the equipment off
15. Diving equipment disassembly
16. Equipment care and dive log, including tables calculations

SKILLS TO BE CHECKED IN THE *FOURTH* OPEN WATER DIVE

This fourth dive should be a relaxed, end of the course dive, with minimal skill testing. Some exercises are repeated from previous dives for continuous evaluation. During this dive, the minimum depth of 9 metres (30 feet) should be reached at some point and the maximum depth of 25 metres (80 feet) should not be exceeded. This dive should be conducted to the maximum or near maximum depth only when and if conditions allow. **Suggested bottom time: 15 minutes.** Note: a written exemption from ACUC can be obtained when geography makes it difficult, if not impossible, to find bodies of water that fall within this minimum depth requirement.

1. Diving equipment assembly (at water's edge)
2. Putting the equipment on
3. (*) Air consumption consideration and dive planning for this type of dive (25 meters/80 feet)
4. Buddy system (above and below the water)
5. (*) Proper descent procedures (e.g. equalizing pressure in ears and mask, etc.)
6. (*) Underwater (pivotal method) buoyancy control
7. (*) Mouthpiece clearing - regulator (Purge method)
8. More often than usual basic instrument monitoring (own and buddy's)
9. (*) Controlled emergency swimming ascent
10. (*) Proper ascent procedures (e.g. rotating during ascent, hand up, Ok sign, etc) and safety stop
11. Taking the equipment off
12. Diving equipment disassembly
13. Equipment care and dive log, including tables calculations