

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

UNDERWATER NAVIGATION

Skills Overview

- Knowledge Review
- Compass Use on Land
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Distance/Time Estimation Swim
- Navigate a Straight Line Underwater Using Natural Navigation Techniques
- Navigate a Straight Line and its Reciprocal Underwater Using a Compass
- Navigate a Square Pattern Underwater Using a Compass
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about underwater navigation and that completion of a PADI Underwater Navigator course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

NIGHT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Acclimatization on the Bottom
- Navigation Exercise
- Guided Tour (time/air pressure permitting)
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about night diving and that completion of a PADI Night Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

DEEP DIVE

Skills Overview

- Knowledge Review
- Briefing
- Assembling and Positioning Emergency Equipment
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Describe and Record Color Changes at Depth
- Depth Gauge Comparisons at Depth
- Guided Tour (time/air pressure permitting)
- Ascent – Safety Stop
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about deep diving and that completion of a PADI Deep Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

ALTITUDE DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Depth Gauge Comparisons at Depth
- Guided Tour (time/air pressure permitting)
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about altitude diving and that completion of a PADI Altitude Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

BOAT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Boat Diving Entry
- Dive for Fun and Pleasure
- Ascent – Safety Stop
- Boat Diving Exit
- Stow Equipment
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about boat diving and that completion of a PADI Boat Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

DIGITAL UNDERWATER PHOTOGRAPHY

Skills Overview

- Briefing
- Assemble test camera equipment
- Gearing Up
- Pre-dive Safety Check
- Enter the water safely protecting camera system
- Demonstrate care for the environment and avoid damaging it
- Practice getting proper exposure, contrast and sharpness by using and controlling shutter, aperture, EV control, focus and flash
- Practice getting good color by using white balance, flash, filters and wide angle lenses
- Practice composition through choice of subject, subject positioning, negative space and other compositional elements
- Demonstrate use of the PADI SEA Method by using the LCD monitor and/or
- Log dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about digital underwater photography and that completion of a PADI Digital Underwater Photographer course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

DRIFT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Group Descent
- Drift Dive for Fun and Pleasure
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about drift diving and that completion of a PADI Drift Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

DRY SUIT DIVE

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Buoyancy Check with Dry Suit
- Descent
- Neutral Buoyancy – Gently Rise and Fall
- Neutral Buoyancy – Hovering
- Dry Suit Dive for Fun and Pleasure
- Ascent – Safety Stop
- Scuba Unit and Weight Belt Remove and Replace at Surface
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about dry suit diving and that completion of a PADI Dry Suit Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

MULTILEVEL AND COMPUTER DIVE

Skills Overview

- Knowledge Review
- Briefing – Plan Dive with the eRDPml and (optional) Computer
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent to Deepest Depth-Level
- Ascent to Second Depth-Level
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about multilevel diving and that completion of a PADI Multilevel and Computer Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive: SEARCH AND RECOVERY DIVE

Skills Overview

- Knowledge Review
- Briefing
- Practice Search Patterns on Land
- Practice Object Rigging on Land
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Small Area Search
- Large Area Search
- Rigging and Lifting an Object
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about search and recovery diving and that completion of a PADI Search and Recovery Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

UNDERWATER NATURALIST

Skills Overview

- Knowledge Review
- Briefing
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Identification of Aquatic Plant Life
- Identification and Observation of Aquatic Invertebrate Animals
- Identification and Observation of Aquatic Vertebrate Animals
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about aquatic life and the underwater world and that completion of a PADI Underwater Naturalist course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

UNDERWATER PHOTOGRAPHY

Skills Overview

- Knowledge Review
- Briefing
- Prepare and Assemble Underwater Camera System
- Suiting Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Expose a Complete Roll of Film (macro or still-life photos)
- Ascent – Safety Stop
- Exit
- Debrief
- Post-Dive Care and Disassemble Underwater Camera System
- Log Dive - Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about underwater photography and that completion of a PADI Underwater Photographer course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive: WRECK DIVE

Skills Overview

- Knowledge Review
- Briefing
- Pre-dive Safety Check (BWRAF)
- Entry
- Navigating the Wreck
- Returning to Ascent Point
- Ascent – Safety Stop
- Exit
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about wreck diving and that completion of a PADI Wreck Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive: PEAK PERFORMANCE BUOYANCY

Skills Overview

- Knowledge Review
- Briefing
- Assembly of weight system
- Visualization practice
- Suiting up
- Pre-dive Safety Check (BWRAF)
- Entry
- Pre-dive buoyancy check
- Neutral buoyancy during slow descent
- Hovering practice
- Fine-tune with breath control
- Buoyancy game
- Ascent – Safety Stop
- Maneuver close bottom – no touching
- Post-dive buoyancy check
- Exit/Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about buoyancy control and that completion of a PADI Peak Performance Buoyancy course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive: UNDERWATER VIDEOGRAPHY

Skills Overview

- Video system preparation
- Briefing
- Suiting up
- Pre-dive Safety Check (BWRAF)
- Entry – retrieve video system
- Shooting with video system
 - standing
 - sitting
 - lying
 - swimming
 - holding steady - at all times
 - staying close to subjects, using upward angle
- holding takes five to twelve seconds depending on subject - all shots
- camera motion very slow and steady
 - all camera moves
- checking depth, time, air supply and location frequently - throughout dive
- maintaining proper buoyancy - throughout dive
- Ascent – Safety Stop
- Post-dive procedures
- Video system disassembly
- Debrief and review video
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about underwater videography and that completion of a PADI Underwater Videographer course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

DIVER PROPULSION VEHICLE (DPV)

Skills Overview

- DPV Preparation
- Briefing
- Equipment Preparation
- Pre-dive Safety Check (BWRAF)
- Appropriate Entry with DPV
- Riding Steady and Level
- Adjusting Depth
- Turning
- Tandem riding
- Parking
- Towing a DPV
- Underwater Tour
- Appropriate Ascent with DPV
- Appropriate Exit with DPV
- Post Dive Procedures
- Debrief
- Log Dive - Complete Adventure Dive Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about DPV diving and that completion of a PADI DPV course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

AWARE - Fish Identification Dive

Skills Overview

- Knowledge Review
- Slate preparation
- Briefing
- Equipment preparation
- Pre-dive Safety Check (BWRAF)
- Entry
- Observe and identify fish families
- Record sightings
- Sketch/describe unfamiliar fish
- Ascent and exit
- Use reference materials to identify unfamiliar fish
- Debrief and post-dive procedures
- Log dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/Email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about fish identification and that completion of a PADI AWARE - Fish Identification course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

PADI Advanced Open Water Training Record

Advanced Open Water Adventure Dive:

ENRICHED AIR DIVE

Skills Overview

- Knowledge Review
- Practical Application – analyze enriched air cylinder
- Complete contents sticker/tag and fill log
- Dive Planning – calculate maximum depth and time, and set dive computer
- Briefing
- Gear Up
- Pre-dive Safety Check (BWRAF)
- Entry
- Descent
- Dive within planned depth/time limits
- Ascent – Safety Stop
- Debrief
- Log Dive – Complete Training Record

Instructor Statement

"I verify that this student has satisfactorily completed the Knowledge Review and Performance Requirements (as described in PADI's Advanced Open Water Diver Instructor Guide) for this PADI Advanced Open Water Training Dive. I am a renewed, Teaching status PADI Instructor for the current year."

Instructor Name _____
First Middle Initial Last

Instructor Signature _____

PADI No. _____ Dive Completion Date _____
Day/Month/Year

Instructor Contact Information (Please Print)

Instructor Mailing Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone/FAX/email _____

Student Diver Statement

"I verify that I have completed all of the Performance Requirements for this Adventure Dive. I realize that there is more to learn about enriched air diving and that completion of a PADI Enriched Air Diver course is highly recommended. I also agree to abide by PADI Standard Safe Diving Practices."

Diver Signature _____ Date _____
Day/Month/Year

Name _____ Date _____

Quick Review

Before making the Adventure Dives, let's review to be sure your basic dive knowledge is fresh. The Quick Review goes over concepts you learned in your Open Water Diver course. If you recently completed the Open Water Diver course, this will be a quick refresher. If it's been some time, the Quick Review will not only help you refresh your memory, but will help bring you up to date with changes, and alert you to anything you might want to review with your instructor.

1. You should equalize your ears and other air spaces while descending:
☐ a. only when you feel discomfort.
☐ b. approximately every metre/few feet, before you feel discomfort.
2. If you feel discomfort in your ears while descending, ascend until the discomfort is gone, attempt to equalize again and continue a slow descent if successful. Never continue a descent if you can't equalize.
☐ True ☐ False
3. The most important rule of scuba diving is: Breathe continuously and never hold your breath.
☐ True ☐ False
4. If you feel discomfort during ascent due to air expansion in a body air space:
☐ a. slow or stop your ascent and give the trapped air time to work its way out.
☐ b. continue ascending; the air will force an escape path.
5. If you begin shivering underwater, increase your activity to warm up.
☐ True ☐ False
6. If you become overexerted underwater:
☐ a. stop, breathe and rest.
☐ b. swim quickly to the surface and signal for assistance.
7. Planning a dive should include (check all that apply):
☐ a. what to do in an emergency.
☐ b. maximum time and depth limits.
☐ c. a review of communication procedures.
8. If you and your buddy lose contact, the *general* recommendation is:
☐ a. search for no more than a minute, then reunite at the surface.
☐ b. search for no more than 15 minutes, then reunite at the surface.
9. If caught in a current and exhausted at the surface when boat diving, you should signal for assistance and establish buoyancy, then rest and catch your breath while waiting to get picked up.
☐ True ☐ False
10. Which of the following reduce the chance of accidental injury by an aquatic animal?
(Check all that apply.)
☐ a. Never tease or intentionally disturb an animal.
☐ b. Never look under a rock outcropping.
☐ c. Move slowly and carefully, watching where you put your hands, knees and feet.
☐ d. If you don't know what something is, don't touch it!
11. If you accidentally become entangled, you should:
☐ a. inflate your BCD so you pull free.
☐ b. avoid turning and struggling, and work slowly and carefully to free yourself.
12. You help avoid underwater problems by diving within the limits of your experience and training.
☐ True ☐ False

13. If you were to run out of air at 10 metres/35 feet and your buddy were not immediately available, your best option would be
- ☐ a. to make a buoyant emergency ascent.
 - ☐ b. to make a controlled emergency swimming ascent.
14. Unless local laws or regulations state differently, you should stay within _____ of a dive flag, and boaters and water-skiers should stay _____ away from it.
- ☐ a. 15 m/50 ft., 30-60 m/100-200 ft.
 - ☐ b. 8m/25 ft., 15-30 m/50-100 ft.
15. You prevent problems with contaminated air primarily by having your tanks filled only by reputable professional dive operations.
- ☐ True
 - ☐ False
16. If you feel the effects of nitrogen narcosis, you should:
- ☐ a. ascend to a shallower depth.
 - ☐ b. slow your descent until they pass.
17. To prevent nitrogen narcosis:
- ☐ a. avoid deep dives.
 - ☐ b. descend slowly.
18. Exceeding established depth and/or time limits can produce _____ on ascent, which causes decompression sickness.
- ☐ a. bubbles in the body tissues
 - ☐ b. blood circulation to the skin
19. Signs and symptoms of decompression sickness include (check all that apply):
- ☐ a. numbness and tingling
 - ☐ b. euphoria
 - ☐ c. pain, often in the joints and limbs
20. A diver suspected of having decompression sickness should:
- ☐ a. wait six hours before diving again.
 - ☐ b. stop diving, breathe emergency oxygen and seek emergency medical care.
21. First aid for decompression sickness and lung overexpansion injuries include preventing and treating for shock, administering oxygen and if necessary, CPR.
- ☐ True
 - ☐ False
22. Dive tables and dive computers:
- ☐ a. apply a mathematical model to determine theoretical dive time limits.
 - ☐ b. read the actual amount of nitrogen in your body.
23. Avoid the maximum limits of your dive tables or computer because:
- ☐ a. you're more likely to run out of air.
 - ☐ b. people vary in their susceptibility to decompression sickness.
24. No decompression, or no stop, diving means:
- ☐ a. you never run out of air.
 - ☐ b. that you plan dives with tables and computers so you can make a direct ascent to the surface if necessary.
25. When making a repetitive dive, it's necessary to account for excess nitrogen still in your body from the previous dive.
- ☐ True
 - ☐ False

26. The "formal" definition of bottom time is:
- ☐ a. from the beginning of descent to the beginning of a direct ascent to the safety stop/surface.
 - ☐ b. from the time you reach the bottom to the time you reach the surface.
27. If planning three or more dives in a day with the RDP, if your ending pressure group after the second dive is Y, you should wait at least _____ hour(s) before all subsequent dives.
- ☐ a. 1
 - ☐ b. 3
28. After a dive to 18 metres/60 feet for 30 minutes, followed by a 30 minute surface interval and a repetitive dive to 16 metres/50 feet for 28 minutes, your ending pressure group would be:
- ☐ a. R
 - ☐ b. P
 - ☐ c. O
 - ☐ d. T
29. After a dive to 17 metres/56 feet for 42 minutes, followed by a 42 minute surface interval and a repetitive dive to 17 metres/56 feet for 29 minutes, your ending pressure group would be:
- ☐ a. X
 - ☐ b. T
 - ☐ c. V
 - ☐ d. U
30. A safety stop is a pause at _____ for _____.
- ☐ a. 5 m/15 ft/3 or more minutes.
 - ☐ b. 3 m/10 ft/ 1 minute.
31. Always make a safety stop if (check all that apply):
- ☐ a. you dive to 30 metres/100 feet or deeper.
 - ☐ b. you dive in low visibility.
 - ☐ c. your ending pressure group comes within three pressure groups of a no decompression limit.
32. If you accidentally exceed a no decompression limit by less than five minutes:
- ☐ a. slowly ascend to 5 metres/15 feet and make an eight minute stop prior to surfacing, then discontinue diving for at least six hours.
 - ☐ b. ascend directly to the surface, but don't exceed 18 metres/60 feet per minute.
33. If you accidentally exceed a no decompression limit by more than five minutes, slowly ascend to 5 metres/15 feet and make a stop prior to surfacing for no less than 15 minutes (air supply permitting), then discontinue diving for at least 24 hours.
- ☐ True ☐ False
34. In cold water or under strenuous conditions, plan your dive as though it were:
- ☐ a. 4 m/10 ft shallower than actual.
 - ☐ b. 4 m/10 ft deeper than actual.
35. What is a Course Evaluation Questionnaire (CEQ), and what is its purpose?

How'd you do?

1. b; 2. True; 3. True; 4. a; 5. False. Shivering is a warning sign to end the dive immediately and seek warmth; 6. a; 7. a,b,c; 8. a; 9. True; 10. a,c,d; 11. b; 12. True; 13. b; 14. a; ; 15. True; 16. a; 17. a; 18. a; 19. a,c; 20. b; 21. True; 22. a; 23. b; 24. b; 25. True; 26. a; 27. b; 28. a; 29. c; 30. a; 31. a,c; 32. a; 33. True; 34. b.

If you don't understand any of these questions, consult the PADI Open Water Diver Manual or Multimedia, or see your instructor.