

## **Pool Session #1: Swimming and Skin-diving Skills**

### **Swimming Skills**

Swim underwater without fins for a distance of 75 feet without surfacing  
Swim underwater without fins for a distance of 150 feet taking no more than two breaths during the swim  
Swim 1,000 feet in less than 10 minutes without fins  
Tread water for approximately 15 minutes  
Recover a 10 lb. Weight form the bottom of the pool  
Tow a swimmer 100 meters

## **Pool Session #2: SCUBA Review**

### **Skin-Diving Skills**

Equipment Skills (Mask, Fins, Snorkel)

Surface Dives (Pike, Tuck, Feet First)

Entry Review

- giant stride
- forward roll
- backward roll

Removal Replacement of Weight belt

Rescue Skills Review

- resting positions
- cramp releases
- tired diver tows
- recover unconscious diver from bottom

Skin-diving ditch and recovery review

### **SCUBA: Review**

Assembling Equipment

Donning Equipment

Buddy Check

Entry

Signals

Descending

Use of BC & Regulator

Mask Clearing

Regulator Clearing

Regulator Recovery

Checking submersible pressure gauge

Removal/Replacement of weight belt

Removal/Replacement of BC on surface/bottom

Ascending

### **Pool Session # 3: Buoyancy & Out of Air Situation**

#### Fin Kicks

- Dolphin
- Sculling
- Measurement (eyes open & closed)

#### Buoyancy Skills

- inflate BC u/w manual/power
- fin pivot

#### Buddy Breathing

#### Alternate Air Source Sharing

#### Out of Air Simulation

#### Emergency Swimming Ascent Review

### **Pool Session #4: Equipment Exchange & Rescue Overview**

#### Equipment Exchange

- Establish neutral buoyancy in buddy pairs
- Buddy team exchanges equipment maintaining neutral buoyancy
- Buddy team exchanges again so each has their own equipment

#### Review Rescue Techniques

Self Rescue (Resting, Cramp release, weight release, removal

Skin-diving rescue skills (Dealing with a panic diver, towing

SCUBA Rescue skills

Unconscious diver from deep end of pool

- Approach diver from surface
  - Surface dive bring diver up to surface
  - Establish positive buoyancy
  - Maintain rescue breathing while removing any equipment
- \*\*remember RBHABET sequence\*\*

### **Pool Session #5 : Research Sampling and Skill Circuit**

Research Sampling Review

Lift Bag Demo

Skill Circuit

Practice Rescue Techniques

### Skill Circuit in Buddy Pairs

**Station 1** Mask Exchange

**Station 2** Fin Pivot

**Station 3** Remove BC  
Pass BC through ring  
Individually Pass through ring  
Replace BC

**Station 4**  
Establish Neutral Buoyancy with lift bag

**Station 5**  
Scissor kick across pool with spoon carrying  
golf ball

**Station 6**  
Remove and Replace Weightbelt

**Station 7**  
Dive Slate Problem  
Check SPG

**Station 8**  
Exchange mask/fins/BC  
Dolphin Kick to next station

**Station 9**  
Extend Transect Tape 15 min  
use Sculling kick  
real tape and leave it at the station marker

**Station 10**  
Establish neutral buoyancy  
Pass Toypedo midwater

**Station 11**  
Alternative Air Share to surface