

Pool/Confined Water Practical Assessments

No	Assessment Title and Description
P1	EQUIPMENT SETUP - Assemble, test and put on equipment. Buddy check.
P2	SNORKEL SWIM - Diver to attain neutral buoyancy on the surface without addition of air to BC. Snorkel swim 200m diving to a max depth of 3m every 20m. Snorkel to be cleared by two methods.
P3	SUBMERGE - Submerge underwater for 30 seconds without mask, fins or snorkel
P4	REMOVE & REPLACE REGULATOR - Remove regulator underwater. Clear and replace. Two methods of clearing to be demonstrated.
P5	NEUTRAL BUOYANCY - Demonstrate neutral buoyancy.
P6	MASK CLEARING - Remove mask underwater clear and replace twice
P7	EQUIPMENT REMOVE & REPLACE - Remove all equipment at approx. 2m depth, pass to instructor who will pass it back for refitting at depth without surfacing
P8	ROLLS - Demonstrate mobility and movement control by completing three forward and backward rolls
P9	SUPPORT A FULLY KITED DIVER - Support fully kited diver on the surface for thirty seconds. Both divers to be neutrally buoyant at start.
P10	BOAT ENTRY - On the surface remove weight belt and the aqualung and hand to person to simulate entry to a boat, then refit whilst treading water
P11	SNORKELLING - Without wearing mask fin 100m consisting of 50m on front alternating between snorkel and regulator, 50m on back with full kit but using neither regulator or snorkel
P12	AIR SHARING - As donor and recipient share alternative air supply with buddy whilst fining 50m. Repeat performing buddy breathing both as donor and recipient.
P13	BLACKED MASK - Fin 50m underwater wearing a blacked out mask whilst being lead by buddy
P14	RESCUE - Emergency Drill; 25m approach swim, Establish contact with causality, buoyant lift causality to surface, establish buoyancy, commence RB and tow 50m then simulate recovery of causality onto a boat and then on to a beach. Once causality is clear of water simulate emergency procedures for varying conditions of consciousness and respiration.
P15	SIMULATED DIVE - Perform a simulated dive demonstrating all core diving skills.

Open Water Practical Assessments

No.	Assessment Title and Description
1	Signals -
2	MASK CLEARING - Flood, Remove and Clear mask (twice)
3	REGULATOR CLEARING - Retrieve and Refit Regulator
4	REGULATOR SHARING Stationary buddy breathe/alternate air share
5	ORAL INFLATION - Orally inflate buoyancy device on surface
6	ENTRY - Safe entry into water (Jump Entry)
7	COMPASS - Straight Line compass swim
8	SNORKEL SWIM - Snorkel Swim for 100m on face, and 200m on the back
9	BUOYANCY CONTROL - <i>This task is to be an ongoing assessment and not be signed off until a consistent level of competency has been displayed</i>
10	ASSISTED ASCENTS - Alternative air share ascents from 15m-3m (2 ascents)
11	RESCUE - Rescue unconscious diver from 10 m. Followed by surface rescue