OPEN WATER DIVER COURSE

INSTRUCTOR GUIDE

Standards outlined in the General Standards and Procedures Guide apply to the PADI Open Water Diver Course, except as noted otherwise in this guide.

Divers holding this certification have met ISO 24801-2 Requirements for the training of recreational scuba divers – Part 2: Level 2 – Autonomous Diver

Section One

Course Standards

Certification Requirements

- **Complete five knowledge development segments, including quizzes and final exam.**
- **Complete Confined Water Dives 1–5.**
- **Meet waterskills assessment requirements.**
- **Complete Open Water Dives 1–4.**

Depth

Open Water Dives 1 and 2 – 12 metres/40 feet

Open Water Dives 3 and 4 – 18 metres/60 feet

When conducting three dives in one day, the maximum depth for the last dive is 12 metres/40 feet.

Excursion dives taken before Dive 3 – 12 metres/40 feet

Diver Prerequisites

- **10 years old**

Note: 10- to 14-year-old divers earn a Junior Open Water Diver certification.

Equipment

As described in the General Standards and Procedures Guide.

A compass is required for navigational skills and an inflatable signal tube (or DSMB) for the related dive flexible skill.

Dry Suit

For student divers to use a dry suit, the instructor must be a PADI Dry Suit Specialty Instructor and:

- **Student divers must be concurrently enrolled in a PADI Dry Suit Diver course.**

  OR

- **Student divers must complete the confined water Dry Suit Orientation before open water dives and must be directly supervised by the instructor at a maximum ratio of 6:1 on all open water dives.**

Excursion Dives

An excursion dive is an extra dive with no formal performance requirements conducted during this course. Excursion dives allow student divers to gain experience applying general diving skills (such as buoyancy control) in open water under supervision. **Count excursion dives toward the maximum of three training dives allowed per day. Follow all supervision and ratio requirements.**

Forms

Download the most current forms from padi.com/Pros' Site. Check with your PADI Office for region-specific releases or forms.

Required

Liability Release and Assumption of Risk Agreement (10072) or EU – Statement of Risk and Liability (10175) (including Non-Agency Disclosure and Acknowledgment Agreement)

Diver Medical form (10346)

Standard Safe Diving Practices Statement of Understanding (10060)

Recommended

Open Water Diver Course Record and Referral Form (10056)

Student Record File (10058)

Instructor Rating

Instructor

Materials

- **PADI *Open Water Diver eLearning* or *Manual***
- **Log book**

Student divers must view the PADI *Open Water Diver Video,* and each diver must use the PADI Skill Practice and Dive Planning Slate during confined and open water dives.

If student divers will learn to use the RDP table or eRDPML, the corresponding Instructions for Use booklet is required (appropriate to the student diver's personal dive planner).

Ratios

Confined Water

10:1 – May add four student divers per certified assistant.

Open Water

8:1 – May add two student divers per certified assistant to a maximum of 12.

> **Exception: On Dive 1, follow Discover Scuba Diving supervision requirement and ratios (4:1 or 6:1 with a certified assistant) if student divers have *not* completed Knowledge Development 1–3 (including quizzes) and Confined Water Dives 1–3.**

Referrals from Other Organizations

When receiving a referred diver from another training organization for course completion, follow the Referral Procedures in the General Standards and Procedures Guide and:

- **Ensure the student diver has a personal copy of PADI *Open Water Diver eLearning* or *Manual* for use during training and for reference afterward, unless unavailable in a language understood by the diver.**

- **Ensure the student diver has a logbook.**
- **Assess the referred diver's knowledge and skills by administering the Open Water Diver Quick Review, ReActivate Quick Review or Open Water Diver course final exam.**
- **Conduct a confined water dive that reviews Open Water Diver course skills in preparation for open water training dives.**

Note: See PADI's *Guide to Teaching* for more details

Supervision

Direct Supervision

1. **Do not leave student divers unattended, either at the surface or underwater.**
2. **Instructor conducts:**
   - **Initial skills training.**

     Exceptions:

     - Assistant Instructors may conduct initial skills under direct instructor supervision.
     - Certified assistants may conduct advanced snorkeling skills during Confined Water Dives 2, 3, 4 or 5.

   - **Final evaluation to verify skill mastery before open water dives.**
3. **Instructor conducts and directly supervises all open water dives.**

Exceptions – instructor indirect supervision:

- Certified assistants supervising student divers during surface swims to and from the entry-exit point and during navigational exercises, as well as when remaining with the class when the instructor conducts a skill such as an ascent or descent with a student or student team.
- Certified assistants guiding student divers (at a ratio of 2:1) on Dives 2–4 when exploring the dive site.
- Assistant Instructors evaluating dive flexible skills at the surface in open water and conducting air pressure checks underwater.

Waterskills Assessment

Before Open Water Dive 2, have student divers demonstrate that they can comfortably maintain themselves in water too deep in which to stand by completing a 10-minute swim/float without using any swim aids.

At some point before certification, have students complete a 200 metre/yard continuous surface swim or a 300 metre/yard swim with mask, fins and snorkel.

If conditions warrant, students may wear an exposure suit as long as they are weighted for neutral buoyancy.

See General Standards and Procedures for supervision requirements specific to Waterskills Assessment and Development.

Course Subset

PADI Scuba Diver is a subset of the Open Water Diver course. See PADI Scuba Diver Instructor Guide for PADI Scuba Diver standards.

Section Two

Knowledge Development

Have student divers complete all five knowledge development segments, including successfully completing Knowledge Reviews and Quizzes and the Final Exam.

For digital learners, have student divers complete any assessments that were not completed or not successfully completed online. Administer the Open Water Diver Quick Review to student divers who successfully completed all assessments online.

Look for Knowledge Review, Quizzes and Exam Answer Keys on the Pros' Site at padi.com.

Section Three

Confined Water

General Confined Water Considerations

Have student divers use the PADI Skill Practice and Dive Planning Slate to indicate if they're comfortable or want more practice with each skill. This helps you assess confidence as well as ability.

Sequencing

- **Before Confined Water Dive 1, have student divers complete either Knowledge Development Session 1 or listen to the Discover Scuba Diving knowledge development briefing.**
- **Conduct Confined Water Dives in sequence and do not shift skills from one confined water dive to another.**

Exception: Dive flexible skills as outlined in this section.

Confined Water Dive Performance Requirements

Dive Flexible Skills

- **Advanced Snorkeling – During Confined Water Dives 2, 3, 4 or 5, have student divers perform:**
  1. **Following relaxed breathing at the surface, remove the snorkel from the mouth, hold the breath and make a vertical, head-first dive in water too deep in which to stand.**
  2. **Proper buddy team procedures for advanced snorkeling.**
- **Equipment Preparation and Care – Have student divers:**
  1. **Assemble and disassemble the scuba kit five times during confined water training.**

   a. **At least three times by the end of Confined Water Dive 3, with little or no assistance on the last assembly and disassembly.**
   b. **At least five times by the end of Confined Water Dive 5, with little or no assistance on the last two assemblies and disassemblies.**
2. **Streamline and secure equipment for confined water dives by the end of Confined Water Dive 3.**
3. **Demonstrate proper post-dive care of scuba equipment by the end of Confined Water Dive 3.**

- **Disconnect Low-Pressure Inflator Hose – Have student divers disconnect the low-pressure hose from the inflator in shallow water** (either underwater or at the surface):
  1. **By the end of Confined Water Dive 3 for PADI Scuba Divers.**
  2. **By the end of Confined Water Dive 5 for all student divers.**
- **Loose Cylinder Band – During any Confined Water Dive, have student divers demonstrate resecuring a loose cylinder band in the water either at the surface or underwater.**
- **Weight System Removal and Replacement (surface) – After Confined Water Dive 1, have student divers remove, replace, adjust and secure weight system with minimal assistance at the surface in water too deep in which to stand:**
  1. **By the end of Confined Water Dive 3 for PADI Scuba Divers.**
  2. **By the end of Confined Water Dive 5 for all student divers.**

- **Emergency Weight Drop – During any dive, in either confined or open water, at the surface in water too deep in which to stand, with a deflated BCD, have student divers use the weight system's quick release, to pull clear and drop sufficient weight to become positively buoyant.**

Dive 1 Performance Requirements

At the surface

1. **Put on and adjust mask, fins, snorkel, BCD, scuba kit and weights with assistance – using proper lifting techniques.**
2. **Participate in a predive safety check.**
3. **Inflate/deflate the BCD using the low-pressure inflator in shallow water.**

Underwater in shallow water

4. **Breathe compressed air by breathing naturally, without breath-holding.**
5. **Clear a regulator using both the exhalation and purge-button methods, then resume breathing from it.**
6. **Recover a regulator from behind the shoulder.**
7. **Clear a partially flooded mask.**
8. **Breathe from an alternate air source supplied by another diver for at least 30 seconds.**

Underwater

9. **Descend at a controlled rate into water too deep in which to stand, equalizing the ears and mask.**
10. **Swim with scuba equipment while maintaining control of both direction and depth.**

11. **Locate and read the submersible pressure gauge and signal whether the air supply is adequate or low based on the gauge's caution zone and/or an assigned supply limit.**
12. **Recognize and demonstrate hand signals.**
13. **Ascend using proper technique.**
14. **Stay within reach of buddy.**

At the surface in water too deep in which to stand

15. **While positively buoyant, breathe from a snorkel or regulator while swimming facedown.**
16. **After ascent, keep the mask on and continue breathing from the regulator while using the low-pressure inflator to attain positive buoyancy.**
17. **Deflate the BCD, then orally inflate it until positively buoyant.**

Dive 2 Performance Requirements

At the surface

1. **Plan dive.**
2. **Put on and adjust mask, fins, snorkel, BCD, scuba and weights with buddy – using proper lifting techniques.**
3. **Perform the buddy predive safety check.**
4. **Demonstrate appropriate deep-water entry.**
5. **Adjust for proper weighting – float at eye level at the surface with no or minimal air in the BCD and while holding a normal breath.**
6. **Clear a snorkel using the blast method, then resume breathing through it without lifting the face from the water.**
7. **Exchange snorkel for regulator and regulator for snorkel repeatedly (at least two exchanges) without lifting the face from the water.**

8. **Swim at least 50 metres/yards while wearing scuba, breathing through a snorkel and staying close to buddy.**

Underwater

9. **With a buddy, descend in water too deep in which to stand using the five-point method, primarily using the BCD for buoyancy control.**
10. **Use low-pressure BCD inflation to become neutrally buoyant. Gently rise and fall in a controlled manner, during inhalation and exhalation.**
11. **Clear a fully flooded mask.**
12. **Remove, replace and clear a mask.**
13. **Breathe without a mask for at least one minute.**
14. **Respond to air depletion by signaling "out of air."**
15. **Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.**
16. **Ascend using the five-point method, primarily using the BCD for buoyancy control.**
17. **Exit using the most appropriate technique.** (Buddy assistance allowed.)

Dive 3 Performance Requirements

At the surface in water too deep in which to stand

1. **Demonstrate appropriate deep-water entry.**
2. **With a buddy, perform a weight check and adjust for proper weighting.**
3. **Demonstrate the cramp release technique for self and buddy (at the surface or underwater).**

Underwater

4. **With a buddy, descend using only a visual reference in water too deep in which to stand, using the five-point method.**

5. **Hover using buoyancy control for at least 30 seconds, without kicking or sculling.**
6. **While neutrally buoyant, swim slowly in a horizontal position to determine trim. Adjust trim, as feasible, for a normal swimming position.**
7. **Respond to air depletion by signaling "out of air" and securing and breathing from an alternate air source supplied by a buddy. Continue for at least one minute while swimming, surface and inflate the BCD orally.**
8. **Supply air to another diver using an alternate air source.**
9. **Simulate a controlled emergency swimming ascent by swimming horizontally or diagonally for at least 9 metres/30 feet while emitting a continuous sound.**
10. **Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.**

Dive 4 Performance Requirements

At the surface in water too deep in which to stand

1. **With a buddy, perform a weight check and adjust for proper weighting and trim.**
2. **Perform a tired diver tow for 25 metres/yards.**
3. **Remove, replace, adjust and secure the scuba kit with minimal assistance.**

Underwater

4. **With a buddy, descend in water too deep in which to stand using the five-point method and use buoyancy control to stop the descent without contacting the bottom.**
5. **With a buddy, swim over a simulated environmentally sensitive bottom while maintaining buoyancy control.**

6. Orally inflate the BCD to hover for at least one minute, without kicking or sculling.
7. Breathe effectively from a simulated freeflowing regulator for at least 30 seconds.
8. Swim without a mask for at least 15 metres/50 feet, then replace and clear the mask.
9. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
10. Make a five-point ascent from above a simulated environmentally sensitive bottom without contacting the bottom.

Dive 5 Performance Requirements

Underwater

1. Remove, replace, adjust and secure the scuba kit with minimal assistance in water too deep in which to stand, without losing control of buoyancy, body position and depth.
2. Remove, replace, adjust and secure all or part of the weight system without losing control of buoyancy, body position and depth.
    - With weight belt and weight integrated BCD – on the bottom in water too deep in which to stand.
    - With any weight system that requires reassembly after weights are removed – in shallow water.
3. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
4. Complete a simulated dive – Minidive – including:
    - Plan dive with a buddy.
    - Make an entry and exit.

- **Do a weight and trim check.**
- **Perform a five-point descent.**
- **With a buddy, practice previously learned skills with emphasis on neutral buoyancy, hovering and swimming.**
- **Demonstrate awareness and make efforts to avoid contact with simulated sensitive bottom and fragile aquatic organisms.**
- **Respond correctly to at least one, but not more than three, of these simulated situations: leg cramps, out of air – share air, freeflow regulator, mask flooded or off, regulator dropped from mouth, BCD inflator failure, and buddy separation.**
- **Perform a five-point ascent with a safety stop at planned time limit or designated ascent pressure.**

Section Four

Open Water

General Open Water Considerations

Sequencing

- **Conduct Open Water Dives in sequence and do not shift skills from one open water dive to another.**

Exception: Dive Flexible Skills as outlined in this section.

- **Do not conduct a dive flexible skill in open water until it has been mastered in confined water.**

Exception: Compass navigation exercises, inflatable signal tube/DSMB use and emergency weight drop.

- **If open water dives follow confined water dives in the same day, complete no more than two open water dives.**

Dive Prerequisites

Dive 1

Have student divers complete at least one of the following:

- **Discover Scuba Diving knowledge development briefing and Confined Water Dive 1.***
- **Open Water Diver Course Knowledge Development 1 (including quiz) and Confined Water Dive 1.***
- **Open Water Diver Course Knowledge Development 1–3 (including quizzes) and Confined Water Dives 1–3.**

* Follow Discover Scuba Diving supervision requirement and ratios: 4:1 or 6:1 with a certified assistant

Dive 2

Have student divers complete:

- **Open Water Diver Course Knowledge Development 1–3 (including quizzes)**
- **Open Water Diver Course Confined Water Dives 1–3**
- **10-minute swim/float without using any swim aids.**

Dives 3-4

Have student divers complete all Open Water Diver Course Knowledge Development segments, Quizzes 1–4 and all Confined Water Dives.

Final Exam is completed prior to certification, not necessarily prior to final open water dive.

Open Water Dive Performance Requirements

Dive Flexible Skills

During any Open Water Dive, have student divers demonstrate the following:

At the surface

- **Cramp Release – Release a simulated cramp for self and buddy.**
- **Tired Diver Tow – Tow a simulated tired buddy in scuba equipment for 25 metres/yards.**
- **Inflatable Signal Tube Use – Deploy an inflatable signal tube at the surface, or deploy a delayed surface marker buoy (DSMB) from underwater.**
- **Straight Line Surface Swim With Compass – Snorkel swim in a straight line for 50 metres/yards while keeping the face in the water and using only the compass for direction reference.**

- **Snorkel/Regulator Exchange – Clear water from a snorkel and resume breathing without removing the snorkel from the mouth. Alternately breathe from snorkel and regulator without lifting the face from the water for at least two exchanges.**
- **Remove and Replace Weight System and Scuba Kit – Remove and replace the weight system in water too deep in which to stand. Remove and replace the scuba kit in water too deep in which to stand.**
- **Emergency Weight Drop – In either confined or open water too deep in which to stand, with a deflated BCD, use the weight system's quick release to pull clear and drop sufficient weight to become positively buoyant.**

Underwater

Conduct only on Dive 2, 3 or 4

- **Compass Navigation – Swim a straight-line reciprocal course using a compass. Each diver navigates out and back.**
- **Controlled Emergency Swimming Ascent (CESA) – Perform a controlled emergency swimming ascent from a depth of 6–9 metres/20–30 feet and establish positive buoyancy at the surface.**

Conduct CESA following the procedures outlined below.

Controlled Emergency Swimming Ascent

Briefing the Skill

Instruct student divers to:

- **Retain their regulators in their mouths.**
- **Not drop their weights.** Remind students that in an actual emergency, they ditch weights only when any doubt exists about their ability to reach the surface.
- **Not use the control line for assistance – the line is only for the instructor to use for control and emergency stopping.**

- Maintain a normal ascent rate.
- Make a continuous sound throughout the ascent.
- Resume normal breathing if you stop the ascent, or if they experience any difficulty.
- Orally inflate the BCD or drop weights upon reaching the surface.

Setting Up the Exercise

Use a vertical control line (at least 12 millimetres/0.5 inch thick) buoyed by a surface float. Ensure that the line is either tied off firmly at the bottom or held down with sufficient weight to enable you to stop the ascent at any time by grasping it with a hand or leg wrap while holding the student firmly. The line must be secure at the surface. If secured to a float, ensure that the float is big enough so it doesn't submerge when pulled and remains on the surface with two divers on the line. Conduct the skill one student at a time while maintaining physical contact with both the student and the control line.

Site

Begin this skill at a depth of at least 6 metres/20 feet but not exceeding 9 metres/30 feet.

Conducting the Exercise

1. Grasp the student with one hand and maintain contact with the line.
2. Give the up signal to begin the ascent. The student begins to exhale while emitting a continuous sound.
3. The student kicks to start, then reduces effort and continues kicking. The student doesn't use the control line during the ascent. Ensure that the student keeps the regulator and weights in place. The student's air remains turned on throughout the exercise. Don't help the student ascend.
4. The student maintains contact with the BCD or dry suit deflator mechanism to vent excess air during ascent.
5. Observe and maintain control during the ascent, not exceeding 18 metres/60 feet per minute. The student should be held near and just below you, which allows you to listen for the student's sound and tends to make the student look up toward you. Watch to be sure the student exhales continuously. Stop the ascent if there is any doubt. If you must interrupt the ascent, have the student repeat the exercise from the beginning.

6. Upon surfacing, have the student orally inflate the BCD or drop weights. Caution to look for divers below before releasing weight. Wait for the student to become calm and relaxed before engaging in other training exercises.

Dive 1 Performance Requirements

At the surface

1. During briefing, recognize the hand signals for "okay," "something is wrong," "ear problem," "low air," "up/end the dive," "stay with your buddy," and the audible (or tactile) and visual signal for "look at me."
2. Put on and adjust equipment – using proper lifting techniques.
3. Perform a predive safety check.
4. Enter the water with BCD inflated to provide positive buoyancy.
5. Check and adjust weighting.

Underwater

6. Descend with control and reference using a descent line or sloping bottom contour to a depth not greater than 12 metres/40 feet.
7. Participate in a trim check.
8. Clear a partially flooded mask.
9. Recover and clear the regulator at depth.
10. Explore the dive site.
11. Signal whether remaining air supply is near designated caution zone, and/or indicate air supply in bar/psi.
12. Stay close enough to make physical contact with buddy within two seconds.

13. **Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method (if Confined Water Dive 3 completed).**

Dive 2 Performance Requirements

At the surface

1. **Plan the dive, including air supply management/ turn pressure, time limits, entries and exits, buddy separation procedures and basic emergency procedures.**
2. **Put on, adjust and streamline equipment. Use proper lifting techniques.**
3. **Perform a predive safety check.**
4. **Adjust weighting and trim, as necessary.**
5. **When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.**
6. **Deflate BCD, then orally inflate it until positively buoyant in water too deep in which to stand.**

Underwater

7. **Descend using a descent line or sloping bottom contour for control and reference to a depth not greater than 12 metres/40 feet. Use the five-point method.**
8. **Become neutrally buoyant by adjusting air in the BCD (or dry suit) with the low-pressure inflator.**
9. **Clear a fully flooded mask.**
10. **Perform each role: In a stationary position, one person signals "out of air" and secures and breathes from an alternate air source provided by another diver; the other diver provides the air source.**
11. **Ascend properly using an alternate air source and establish positive buoyancy at the surface. Act as either donor or receiver.**

12. **Explore the dive site.**
13. **Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.**
14. **Stay close enough to make physical contact with buddy within two seconds.**
15. **Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.**
16. **Signal air remaining at intervals assigned during dive planning.**
17. **Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method** (unless ascending using the alternate air source ascent). **Make a safety stop if feasible.**

Dive 3 Performance Requirements

At the surface

1. **Plan the dive.**
2. **Put on, adjust and streamline equipment. Use proper lifting techniques.**
3. **Perform a predive safety check.**
4. **Adjust weighting and trim, as necessary.**
5. **When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.**

Underwater

6. **Descend with a visual reference for control to no greater than 18 metres/60 feet. Use the five-point method.**
7. **Become neutrally buoyant and hover by inflating the BCD orally.**
8. **Remove, replace and clear the mask.**
9. **Explore the dive site.**

10. Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.
11. Stay close enough to make physical contact with buddy within two seconds.
12. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
13. Signal air remaining at intervals assigned during dive planning.
14. Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method. Make a safety stop if feasible.

Dive 4 Performance Requirements

At the surface

1. As a buddy team, plan the dive using the PADI Skill Practice and Dive Planning Slate.
2. Put on, adjust and streamline equipment. Use proper lifting techniques.
3. Perform a predive safety check.
4. Adjust weighting and trim, as necessary.
5. When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.

Underwater

6. Descend with no visual reference to no greater than 18 metres/60 feet. Use the five-point method.
7. With a buddy, explore the dive site.
8. Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.

9. **Stay close enough to make physical contact with buddy within two seconds.**
10. **Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.**
11. **With a buddy, signal when to turn the dive and when to ascend, based on air supply or time per the dive plan, and take appropriate action.**
12. **Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method. Make a safety stop.**

ADVANCED OPEN WATER DIVER COURSE

INSTRUCTOR GUIDE

Standards outlined in the General Standards and Procedures Guide apply to the PADI Advanced Open Water Diver Course, except as noted otherwise in this guide.

Section One

Course Standards

Adventure Dives

The first dives of PADI Specialty Diver courses for which there are standardized specialty instructor guides (and the PADI Rebreather Diver course) qualify as Adventure Dives.

> **Note:** The PADI Rebreather Diver course is not a PADI Specialty Diver course, but the first dive, which is in confined water, may count as an Adventure Dive.

Check Sections Two and Three for Adventure Dive knowledge development options and skill requirements.

Certification Requirements

For Adventure Diver, student divers meet performance requirements:

- **Complete three Adventure Dives.**
- **Complete the three Knowledge Reviews for the completed Adventure Dives.**
- **Complete Thinking Like a Diver Knowledge Development section.**

For Advanced Open Water Diver, student divers meet performance requirements:

- **Complete five Adventure Dives including Deep and Underwater Navigation.**
- **Complete the five Knowledge Reviews for the completed Adventure Dives.**
- **Complete Thinking Like a Diver Knowledge Development section.**

Certified Assistant

Certified assistants for the Cavern, Dry Suit, Enriched Air, Full Face Mask, Ice and Rebreather (unless diving in standard open circuit equipment) Adventure Dives must hold the corresponding diver-level specialty certification for the dive.

Depth

For divers age 15 or older – 30 metres/100 feet

Depth requirements vary by dive. Check Section Three for information specific to each Adventure Dive and the General Standards and Procedures Guide for junior diver limitations. **For rebreather use, maximum depth is the depth for which divers are qualified with the rebreather or 18 metres/60 feet, whichever is shallower.**

Diver Prerequisites

- **Certified as PADI (Junior) Open Water Diver**

Check Section Two for minimum age prerequisites specific to each Adventure Dive.

Note: 10- and 11-year-old divers may only earn a Junior Adventure Diver certification.

Equipment

As described in the General Standards and Procedures Guide, **plus each diver has a dive knife/tool, a compass and a dive computer (or timing device and eRDPML/RDP Table).**

Check Section Three and/or the related Specialty Instructor Guide for equipment requirements specific to each Adventure Dive.

Forms

Download the most current forms from padi.com/Pros' Site. Check with your PADI Office for region-specific releases, applications or forms.

Required

Continuing Education Administrative Document (10038 or EU 10541) with Diver Medical form (10346)

Recommended

Advanced Open Water Diver Course Documentation Worksheet (10090)

Instructor Rating

Instructor

Note: See Adventure Dive Knowledge Development Options and Requirements chart

Materials

Required

- **PADI *Advanced Open Water Diver eLearning* or *Manual***

Exception: When the diver has PADI specialty manuals or AWARE materials for each Adventure Dive conducted.

- **Log book**

Each student diver must use the PADI Advanced Open Water Diver Multipurpose Data Carrier (69230) during open water dives.

Recommended

- PADI *Advanced Open Water Diver Video*
- PADI Specialty Diver Manuals and videos
- AWARE course materials

Ratios

General – **8:1 May add four student divers per certified assistant**

On deep dives, do not increase this ratio with the use of certified assistants.

Ratios may vary by dive as noted in Section Three.

Supervision

General – **Indirect supervision allowed for dives conducted to 18 metres/60 feet or less. Direct supervision required for dives conducted deeper than 18 metres/60 feet, unless all divers have completed the Deep Adventure Dive.**

Supervision may vary by dive. Check Section Three for information specific to each Adventure Dive.

Section Two

Knowledge Development

Review information necessary to safely complete the Adventure Dive with divers before each dive. You may do this through predive briefings, structured discussions or by having divers complete the appropriate Adventure Dive Knowledge Review. If available, you may use PADI Specialty Diver/AWARE materials for any Adventure Dive.

Ideally, the Thinking Like A Diver knowledge development section should precede the first Adventure Dive, but it may be completed any time prior to certification.

Give divers credit for the Adventure Dive only when the Knowledge Review is completed and reviewed. Complete and sign the Adventure Dive Training Record or otherwise document that both knowledge review and dive are complete.

Look for Knowledge Review Answer Keys on the Pros' Site of padi.com

Adventure Dives Conducted Using PADI Specialty Diver Course Materials

When using specialty diver materials for Adventure Dives not supported by PADI Advanced Open Water Diver materials, meet these requirements:

1. **You must be certified as an instructor for the specialty.**
2. **Student divers must meet all prerequisites and other requirements for the specialty.**

Exception: Student divers do not have to be Advanced Open Water Divers for the Cavern, Ice or Self-Reliant Adventure Dives.

3. **Use Knowledge Reviews in the specialty materials to assess knowledge development mastery.**

Adventure Dive Knowledge Development Options and Requirements

	Material Options			
Adventure Dive	Advanced Open Water Diver materials	Specialty Diver Manual/AWARE materials	Must be Specialty Diver Instructor	Diver Minimum Age
Adaptive Support			✓	15
Altitude	✓			10
Boat	✓	✓		10
Cavern			✓	18
Deep	✓	✓		12
Delayed Surface Marker Buoy				12
Digital Underwater Imaging	✓	✓		10
Dive Against Debris (AWARE)		✓	✓	10
Diver Propulsion Vehicle		✓	✓	12
Drift	✓	✓		12
Dry Suit	✓	✓	✓	10
Enriched Air		✓	✓	12
Fish Identification	✓			10
Full Face Mask			✓	12
Ice			✓	18
Night	✓	✓		12
Peak Performance Buoyancy	✓	✓		10
Rebreather		✓	✓	18
Rescue	✓			12
Search & Recovery	✓	✓		12
Self-Reliant			✓	18
Shark Conservation (AWARE)		✓	✓	12
Sidemount		✓	✓	15
Underwater Naturalist	✓	✓		10
Underwater Navigation	✓	✓		10
Wreck	✓	✓		12

Section Three

Open Water

General Open Water Considerations

- **Do not combine the performance requirements for two or more dives into one Adventure Dive.**
- **Do not conduct Adventure Dives in any situation where direct access to the surface is not possible.**

Exceptions: Ice and Cavern Adventure Dives.

- **On every Adventure Dive, prompt divers to think like a diver before, during and after the dive. In the briefing include reminders regarding dive planning, applying situational awareness, managing task loading and demonstrating good dive habits. During the debriefing, ask divers questions that require them to apply Thinking Like a Diver principles.**
- **When conducting Dive One of a PADI Specialty Diver course, follow all depth limits, ratios and other training requirements as noted in the appropriate specialty instructor guide.**

Core Dives

Deep Adventure Dive

Considerations

1. **If you do not have recent dive experience with the diver, in preparation for the dive generally assess diver knowledge, and, before going to depth in open water, evaluate the diver inwater for prerequisite skills needed to complete the Deep Dive.**
2. **Directly supervise all student divers. Position yourself so that you or a certified assistant can make immediate physical contact with and render assistance to divers.**

Continually observe divers with only the brief, periodic interruptions needed to lead the dive and to provide assistance to individual divers.

3. Maximum ratio is 8:1. Do not increase this ratio with the use of certified assistants. If conditions affect your ability to directly observe and respond to divers, reduce ratios.
4. Conduct dive between 18-30 metres/60-100 feet.
5. Follow depth limits and ratios for Junior Divers as described in the General Standards and Procedures Guide.

Performance Requirements

1. With a buddy, plan and manage gas use, including determining turn pressure, ascent pressure and reserve pressure. Establish no stop and dive time limits.
2. Descend using a line, wall or sloping bottom.
3. Compare changes in color at the surface and at depth.
4. Compare a dive computer (or depth gauge) reading to another diver's depth reading.
5. Ascend at a rate not to exceed 18 metres/60 feet per minute using a dive computer (or depth gauge and timing device).
6. Make a safety stop at 5 metres/15 feet for at least three minutes.

Underwater Navigation Adventure Dive

Performance Requirements

1. Maintain neutral buoyancy.
2. Determine the average number of kick cycles *and* average amount of time required to swim underwater at a normal, relaxed pace approximately 30 metres/100 feet.

3. **Navigate to a predetermined location and return to within 15 metres/50 feet of the starting point using natural references and estimated distance measurement (kick cycles or time). Surface only if necessary to verify direction or location.**
4. **Position and handle a compass underwater to maintain an accurate heading while swimming.**
5. **Navigate without surfacing to a predetermined location and return to within 6 metres/20 feet of the starting point using a compass and estimated distance measurement (kick cycles or time).**
6. **Swim a square or rectangular pattern underwater, returning to within 8 metres/25 feet of the starting point using a compass and beginning from a fixed location.** Recommended size of square – each side 30 metres/100 feet, or total combined length of approximately 120 metres/400 feet.

Elective Dives

Adaptive Support Diver Adventure Dive

Considerations

1. **Use the PADI Adaptive Techniques Specialty Instructor Guide and have student divers complete Knowledge Review Part 1.**
2. **Conduct the required Confined Water Workshop One: Adaptive Techniques.**
3. **Complete all Open Water Workshop One performance requirements.** Recommended depth is 6–12 metres/20–40 feet.

Altitude Adventure Dive

Considerations

At altitudes between 2400–3000 metres/8000–10,000 feet, wait a minimum of six hours after arrival at altitude before diving.

Performance Requirements

1. **Determine the no decompression limits for the depth at the altitude at which the dive will take place using a dive computer that has altitude capability or using the Recreational Dive Planner and the Theoretical Depth at Altitude Table.**
2. **Descend using a reference line or sloping bottom.**
3. **Compare computer depth readings with another diver's computer (or depth gauge) and record the differences (if any) on a slate or wet book.**
4. **Ascend no faster than 9 metres/30 feet per minute, using a dive computer (or depth gauge and timing device).**
5. **Ascend using a reference line or sloping bottom.**
6. **Make a safety stop for at least a three minutes at a theoretical depth of 5 metres/15 feet, or as guided by dive computer.**

Boat Adventure Dive

Considerations

Student divers must have an inflatable signal tube or DSMB to use.

Performance Requirements

1. **Identify the following areas of the specific boat being used for the dive: bow, stern, starboard, port, entry area, exit area and area to stow dive equipment.**

2. **Locate important emergency/safety equipment aboard the boat (such as: first-aid kit, oxygen, AED unit, life preservers, dive flag, radio and fire extinguisher).**
3. **Enter the water based on the type of dive boat being used.**
4. **Navigate from and back to the boat, using method appropriate for the environment, and ascend using the boat's mooring/anchor line, a reference line, or near the exit area, as planned and appropriate for the environment and boat.**
5. **Make a safety stop at 5 metres/15 feet for at least three minutes.**
6. **Deploy an inflatable signal tube at the surface, or deploy a delayed surface marker buoy (DSMB) from underwater.**
7. **Exit the water based on the type of dive boat being used.**

Cavern Adventure Dive

Considerations

1. **Use the Cavern Diver Specialty Instructor Guide and have student divers complete the Knowledge Review and all Dive One performance requirements.**
2. **Conduct the dive in open water, practicing the use of lines and reels and emergency procedures. Exploration of a cavern is optional.**
3. **If entering a cavern, directly supervise divers at a maximum ratio of 3:1.**
4. **If entering a cavern, limit the dive to within the light zone and within 40 metres/130 feet from the surface, vertical and horizontal distance included.**

Delayed Surface Marker Buoy Adventure Dive

Considerations

1. **Use the Delayed Surface Marker Buoy Diver Specialty Instructor Guide and have student divers complete the Knowledge Review.**
2. **Maximum depth is 18 metres/60 feet.** Recommended depth is 9–12 metres/30–40 feet.

Performance Requirements

1. **Prepare, stow and adjust DSMB and reel that will be used on the dive.**
2. **Deploy a DSMB from a stationary position.**
3. **Swim underwater while towing a DSMB on the surface for at least 10 minutes, adjusting the line by reeling it in and out as required.**
4. **Ascend as a buddy team while using a DSMB line as a visual or tactile reference.**
5. **Deflate and recover a DSMB at the surface.**

Digital Underwater Imaging Adventure Dive

Considerations

Student divers must have an underwater camera system to use.

Performance Requirements

1. **Demonstrate how to properly set up an underwater camera system, including camera and external light (if used) settings and housing preparation.**
2. **Shoot stills and/or video that demonstrate fundamentally usable exposure, focus and composition.**

3. **If shooting video, demonstrate fundamental awareness of shooting to tell a story and allow for editing.**
4. **Dive with a camera in a manner that demonstrates prioritizing diver safety and protecting the environment over imaging and cameras.**

Dive Against Debris (AWARE) Adventure Dive

Considerations

1. **Use the AWARE – Dive Against Debris Specialty Instructor Guide.**
2. **Have student divers use the Dive Against Debris Survey Guide to complete the Knowledge Review.**
3. **Complete all Dive One performance requirements.**

Diver Propulsion Vehicle (DPV) Adventure Dive

Considerations

1. **Use the Diver Propulsion Vehicle Diver Specialty Instructor Guide.**
2. **Have student divers complete the Knowledge Review in the PADI *Diver Propulsion Vehicle (DPV) eLearning/ Manual.***
3. **Complete all Dive One performance requirements.** Recommended depth is 6–18 metres/20–60 feet.

Drift Adventure Dive

Performance Requirements

1. **With a buddy, plan a drift dive accounting for appropriate techniques for the environment, conditions, depth and other variables.**
2. **Make an entry specific to the environmental conditions and the planned drift technique(s).**
3. **Maintain buddy contact as planned for that environment.**

4. **Maintain neutral buoyancy and avoid unintended contact with aquatic life and the bottom.**
5. **Make a safety stop at 5 metres/15 feet for at least three minutes.**
6. **Exit as planned, specific to the particular environmental conditions.**

Dry Suit Adventure Dive

Considerations

1. **Directly supervise divers at a maximum ratio of 6:1. Two additional students may be added with a certified assistant to a maximum of eight students.**
2. **Orient divers to dry suits in confined water before divers use them for the first time in open water. See Dry Suit Orientation in the General Standards and Procedures section for requirements.**
3. **Each student diver must use a dry suit.**
4. **The instructor must directly supervise student divers on dives deeper than 18 metres/60 feet at a maximum ratio of 4:1.**
5. **After divers successfully demonstrate all performance requirements, including removal and replacement of the scuba unit at the surface, a certified assistant may directly supervise a maximum of two divers (2:1) for the remainder of the dive.** The safety stop does not have to be assessed by the instructor prior to certified assistant direct supervision.

Performance Requirements

1. **Put on and remove a dry suit with another diver's help.**
2. **Adjust weighting at the surface – deflate BCD and dry suit, hold a normal breath and float at eye level** (top of head level if using a rebreather)**.**

3. **Perform a controlled descent and avoid suit squeeze.**
4. **Demonstrate neutral buoyancy by gently rising and falling in a controlled manner during inhalation and exhalation for one minute** (rise and fall not required if using a rebreather).
5. **Hover using buoyancy control for at least one minute, without kicking or sculling** (minor hand sculling allowed if using a rebreather).
6. **Maintain neutral buoyancy during the dive and avoid accidentally kicking up silt or touching the bottom.**
7. **Perform a neutrally buoyant ascent from the bottom, at a rate no faster than 9 metres/30 feet per minute.**
8. **Make a safety stop at 5 metres/15 feet for at least three minutes.**
9. **Remove and replace scuba kit and weights at the surface.**

Enriched Air Adventure Dive

Considerations

1. **Use the Enriched Air Diver Specialty Instructor Guide.**
2. **Have student divers complete the Knowledge Review in the PADI *Enriched Air Diver Manual* or *Enriched Air Diver eLearning*.**
3. **If, prior to the dive, student divers have not completed the Enriched Air Diver Knowledge Review, present the Enriched Air Dive Today briefing.**
4. **Have divers complete the Enriched Air Diver course Practical Application 1 prior to the dive. This may be part of the predive briefing and preparation.**
5. **Limit the dive to a maximum depth of 30 metres/ 100 feet or PO_2 of 1.4 ata for the blend – whichever is shallowest.**

6. **Limit the maximum allowable enriched air oxygen content to 40 percent.**
7. **If divers will dive using air-only computers, the maximum allowable oxygen content is 32 percent, the maximum depth is 30 metres/100 feet (or shallower if a shallower limit applies) and the total dive time for the day is 160 minutes.**
8. **Watch student divers as they set their enriched air dive computer and confirm correct settings. You may then indirectly supervise the dive. You may also indirectly supervise divers who have successfully completed both Enriched Air Diver course Knowledge Development Sections and the final exam.**

Fish Identification Adventure Dive

Considerations

Each student diver must have a slate or wet book.

Performance Requirements

1. **Categorize fish by placing them in appropriate family groups, and identify specific species.**
2. **Record fish sightings on a slate, including abundance and habitat information.**
3. **Sketch/photograph and describe characteristics of unfamiliar fish; then attempt to determine their identities after the dive using a field guide, fish identification slate and/or online resources.**
4. **Demonstrate appropriate and responsible dive practices and behaviors to avoid negative environmental effects.**

Full Face Mask Adventure Dive

Considerations

1. **Use the Full Face Mask Diver Specialty Instructor Guide and have student divers complete the Knowledge Review.**
2. **Conduct the required confined water dive and have divers practice using the full face mask they'll use during the Adventure Dive.**
3. **Complete all Dive One performance requirements.**
4. **Maximum depth is 18 metres/60 feet.**
5. **Divers must carry a traditional scuba mask as a backup.**

Ice Adventure Dive

Considerations

1. **Use the Ice Diver Specialty Instructor Guide and have student divers complete the Knowledge Review and all Dive One performance requirements.**
2. **The minimum team size for an ice diver training dive is two safety divers and two surface tenders (primary and rescue) in addition to the dive team of up to two student divers and one instructor.**
3. **Maximum depth is 18 metres/60 feet linear distance from the entry hole, vertical and horizontal distance included.**

Night Adventure Dive

Considerations

1. **Conduct this dive any time between sunset and sunrise.**
2. **Directly supervise divers at a maximum ratio of 8:1 or have a certified assistant supervise divers at a maximum ratio of 4:1.**

3. **Each student diver must have an underwater light.** A backup underwater light and marker/chemical light is recommended.

Performance Requirements

1. **Descend using a reference line or sloping bottom.**
2. **Communicate on the dive using both hand signals and dive lights.**
3. **Demonstrate how to use a dive light, submersible pressure gauge, compass, timing device and depth gauge at night.**
4. **Navigate to a predetermined location using a compass/natural features and return to within 8 metres/25 feet of the starting point. When necessary, surface for orientation.**
5. **Maintain buddy contact throughout the dive.**
6. **Ascend using a reference line or sloping bottom.**

Peak Performance Buoyancy Adventure Dive

Performance Requirements

1. **Rig a weight system with the following considerations in mind:**
   a. **Estimate weights using PADI's Basic Weighting Guidelines, and/or based on prior experience using the same equipment in the same type of environment.**
   b. **Position and distribute the weight for comfort and desired body position (trim) in the water.**
2. **Streamline equipment by properly securing and attaching all hoses, gauges and accessories.**
3. **Adjust for proper weighting – float at eye level at the surface with an empty BCD, while holding a normal breath (top of head level if using a rebreather).**

4. **Make a controlled, slow descent to the bottom and adjust for neutral buoyancy.**
5. **Adjust for neutral buoyancy at a predetermined depth.**
6. **Hover for 60 seconds without rising or sinking more than 1 metre/3 feet by making minor depth adjustments using breath control only (open-circuit scuba), or using very minor hand/fin sculling only (rebreathers).**
7. **Throughout the dive, control buoyancy and swim relaxed and neutrally buoyant in a horizontal position without touching the bottom or breaking the surface, making frequent and small adjustments to buoyancy as needed.**
8. **Reposition weights as appropriate to adjust trim, and hover in different positions – vertical, horizontal, feet elevated and head elevated.**
9. **Conduct a post-dive buoyancy check to confirm the appropriateness of the amount of weight worn.**

Rebreather Adventure Dive

Considerations

1. **Use the Rebreather Diver Course Instructor Guide.**
2. **Have student divers complete PADI Rebreather Diver Chapter One and Knowledge Review One using the PADI *Rebreather & Advanced Rebreather Diver Manual.***
3. **Have divers complete the PADI Rebreather Diver course Practical Application 1 prior to the dive. This may be part of the predive preparation.**
4. **Complete all Dive One performance requirements.**
5. Divers who are certified as PADI Adventure Divers, have made the Underwater Navigation and Deep Adventure Dives and meet all other prerequisites for the Integrated

PADI Rebreather Diver and Advanced Rebreather Diver courses may complete the first dive of the integrated program (Rebreather Dive 1 and Advanced Rebreather Dive 1 combined) as the Rebreather Adventure Dive. It may be credited toward the integrated program.

Rescue Adventure Dive

Considerations

1. **Have divers complete Rescue Diver course knowledge development: Section One – Responding to Diver Emergencies and Section Three – Missing Diver Procedures, via:**
   a. Completing the Rescue section and Knowledge Review in *Advanced Open Water Diver eLearning*.
   b. Study using PADI *Rescue Diver eLearning* or the *Rescue Diver Manual*
   c. Cover the topics using the Rescue Diver Course Lesson Guide Presentation Notes.
2. **Have divers complete the Rescue Adventure Dive Knowledge Review.**
3. **Complete these Rescue Diver course skills:**
   a. **Self-rescue skills: cramp release and alternate air source use**
   b. **Exercise 1 – Tired Diver**
   c. **Exercise 2 – Panicked Diver**
   d. **Exercise 5 – Missing Diver**

Search and Recovery Adventure Dive

Considerations

To conduct the dive, have a small object, large object (maximum 11 kilograms/25 pounds), line and lift bag with rigging.

Performance Requirements

1. **Search an area approximately 15 x 15 metres/50 x 50 feet to find a small submerged object, or search until reaching a planned dive limit.**
2. **Search an area approximately 30 x 30 metres/ 100 x 100 feet to find a submerged object that weighs no more than 11 kilograms/25 pounds, or search until reaching a planned dive limit.**
3. **Tie knots underwater: bowline, two half-hitches, sheet bend.**
4. **Use an appropriate lifting device to safely rig and bring to the surface an object that weighs no more than 11 kilograms/25 pounds.**

Self-Reliant Adventure Dive

Considerations

1. **Use the Self-Reliant Diver Specialty Instructor Guide and have student divers complete the Knowledge Review and all Dive One performance requirements.**
2. **If you do not have recent dive experience with the diver, in preparation for the dive, generally assess diver knowledge and evaluate the diver inwater for prerequisite skills and comfort needed to complete the dive.**
3. **Directly supervise divers at a maximum ratio of 8:1. Do not increase this ratio with the use of certified assistants.**

Shark Conservation (AWARE) Adventure Dive

Considerations

1. **Use the AWARE – Shark Conservation Diver Specialty Instructor Guide, and have student divers complete the Knowledge Review and all Dive One performance requirements.**

Sidemount Adventure Dive

Considerations

1. **Use the Sidemount Diver Specialty Instructor Guide.**
2. **Have student divers complete PADI Sidemount section and Knowledge Review One using the PADI *Sidemount and Tec Sidemount Diver eLearning/ Manual.***
3. **Have divers complete the Sidemount Diver Practical Application prior to the required Confined Water Dive.**
4. **During the Confined Water Dive, have divers practice with the configuration – either single-cylinder or two-cylinder – that they will use during the Adventure Dive.**
5. **If divers use single-cylinder sidemount during the Adventure Dive, skills requiring two-cylinder sidemount do not apply.**
6. **Have student divers complete all Dive One performance requirements. Conduct dive between 6–18 metres/20–60 feet.**

Underwater Naturalist Adventure Dive

Performance Requirements

1. **Passively observe aquatic life.**
2. **Maintain neutral buoyancy and body-positioning to avoid negative effects on aquatic organisms.**
3. **With a buddy, locate and identify at least two aquatic plants (one for fresh water).**
4. **With a buddy, locate, observe and identify at least four aquatic invertebrate animals (one for fresh water).**
5. **With a buddy, locate, observe and identify at least five aquatic vertebrate animals (two for fresh water).**

Wreck Adventure Dive

Considerations

1. **Directly supervise divers at a maximum ratio of 8:1 or have a certified assistant supervise divers at a maximum ratio of 4:1.**
2. **Do not allow wreck penetration.**

Performance Requirements

1. **Swim on the outside of a wreck while maintaining proper buoyancy. Identify and avoid potential hazards.**
2. **Navigate the wreck to locate the ascent point without surfacing. Use instructor/certified assistant as needed.**
3. **Maintain neutral buoyancy and body position to avoid touching the bottom and the wreck.**

7. Open Water Scuba Diver

7.1 Introduction

This certification course is designed to give students the necessary skills to conduct open water dives in conditions similar to their training without the direct supervision of an instructor.

7.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training to a maximum depth of 18 metres/ 60 feet.
2. Conduct dives with other certified divers at the same or higher level of certification.
3. Conduct dives that do not require decompression.
4. Enroll in the *Advanced Adventure Diver* program, individual SDI Specialties, or the *SDI Advanced Diver* Development program.

7.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

7.4 Student to Instructor Ratio

Academic:

1. Unlimited, so long as adequate facilities, supplies and time are provided to ensure comprehensive and complete training of subject matter.

Confined Water (swimming pool-like conditions):

1. A maximum of 8 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters.

Open Water (ocean, lake, quarry, spring, river, or estuary):

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.

2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters.

7.5 Student Prerequisites

1. Minimum age 18; 10 through 17 with written parental consent.
2. Students between the ages of 10 through 14 may obtain a *SDI Junior Open Water Scuba Diver* Certification if the following conditions are met: junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.
3. When a SDI Junior Open Water Diver reaches the age of 15, they may upgrade to a SDI Open Water Scuba Diver certification by completing the *Junior Open Water Upgrade* Form and submitting it to World HQ.

7.6 Course Structure and Duration

Open Water Execution:

1. Students must complete a minimum of 4 open water scuba dives and remain underwater for a minimum of 15 minutes on each dive, for a minimum of 80 minutes total.
2. Training depth must be between 5 to 18 metres/ 15 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet.
3. A maximum of 3 scuba dives per day are allowed.
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
6. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration

1. The suggested number of training hours is 20.

7.7 Administrative Requirements

Administrative Tasks:

1. Collect the course fees from all the students.
2. Ensure that the students have the required equipment.
3. Communicate the schedule to the students.
4. Have the students complete the:
    a. *SDI Liability Release and Express Assumption of Risk* Form
    b. *SDI Medical Statement* Form.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

7.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. The following material is required:

1. *SDI Open Water Scuba Diver* Manual and associated *SDI Knowledge Quest* Book (or *SDI Open Water Diver* Online Training course).
2. *SDI Open Water Scuba Diver Instructor* Guide.

The following material is available and recommended:

1. SDI Logbook.
2. *SDI Open Water Scuba Diver* Video or DVD.
3. *SDI Open Water Scuba Diver* PowerPoint Presentation.
4. *SDI Confined Water / Open Water Teaching* Slates.
5. *SDI Skill Check-off* Slate.

Instructors may use any additional text or materials that they feel help present these topics.

7.9 Required Subject Areas

The following topics must be covered during this course:

1. History of Diving.

2. The Aquatic Environment:
    a. Vision.
    b. Light.
    c. Sound.
    d. Heat loss.
    e. Tides.
    f. Currents.
    g. Waves.
    h. Surge.
3. Marine life injuries.
4. Physics and Physiology:
    a. Buoyancy.
    b. Pressure.
    c. Boyle's Law.
    d. Air spaces:
        i. Lung over-expansion problems.
        ii. Equalization techniques.
    e. Breathing air under pressure:
        i. Decompression sickness.
            1. Repetitive dives.
            2. Safety stops.
            3. Emergency decompression.
            4. Omitted decompression:
        ii. Nitrogen narcosis.
        iii. Oxygen toxicity.
        iv. Carbon monoxide poisoning.
        v. Mixed gases.
        vi. Hyperventilation, shallow water blackout.
5. Scuba Equipment:
    a. Mask, fins, and snorkel.
    b. Exposure protection:

i. Wetsuits.

ii. Dry suits.

c. Buoyancy compensator device (BCD).

d. Regulator:

i. Primary regulator.

ii. Alternate air source.

e. Cylinders.

f. Weight systems.

g. Underwater instruments:

i. Submersible pressure gauge.

ii. Dive computers.

iii. Dive watch.

iv. Depth gauges.

v. Compass.

h. Accessories

i. Dive flag.

ii. Rescue signal.

iii. Knife.

iv. Dive lights.

v. Equipment bag.

vi. Logbook.

vii. Slate.

6. Planning Your Dive:

a. Diver fitness and overexertion.

b. Orientation to new or local diving environments.

c. Boat diving procedures.

d. Buddy system.

e. First aid.

7. Underwater Navigation:

a. Compass.

b. Natural.

7.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation (Must be completed prior to any scuba skills taught):
    a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel, or any swimming aids, or 300 metres nonstop using mask, snorkel, and fins.
    b. Survival swim / float of 10 minutes.

Note: If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills:
    a. Scuba system assembly and disassembly.
    b. Weight system adjustment with proper weighting.
    c. Removal and replacement of weight system on the surface.
    d. Removal and replacement of weight system at depth.
3. Pre-dive check of self and buddy.
4. Partial mask clear at depth.
5. Full mask clear at depth.
6. Breathing and swimming underwater without a mask.
7. Buoyancy compensator device (BCD) use:
    a. Inflation and deflation (oral/power) at the surface.
    b. Inflation and deflation (oral/power) at depth.
    c. Removal and replacement at surface.
    d. Removal and replacement at depth.
8. Buoyancy Control:
    a. Hovering.
    b. Controlled ascents.
    c. Controlled descents.
9. Regulator use:
    a. Breathing, clearing, and recovery at the surface.
    b. Breathing, clearing, and recovery at depth.
10. Underwater swimming; proper use of fins.

11. Entries and exits:
    a. Controlled seated entry.
    b. Giant stride entry.
    c. Shallow water exit.
    d. Deep water exit.
12. Snorkel use:
    a. Adjustment.
    b. b. Clearing; blast method.
    c. c. Regulator snorkel exchange at the surface.
    d. d. Surface snorkel swim in full equipment.
13. Computer use:
    a. Reading and understanding data.
    b. Understanding functions of computer.
14. Use of gauges.
15. Underwater communications.
16. Rescue techniques:
    a. Tired diver tows.
    b. Cramp relief.
17. Out-of-air emergencies:
    a. Controlled swimming ascent.
    b. Alternate air source use; air sharing with a buddy while making a controlled ascent.
18. Underwater Navigation.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver Instructor* Resource CD.
3. Complete all open water requirements safely and efficiently.

7.11 Open Water Global Referral Procedures

SDI Instructor to any Active SDI Instructor Procedure:

1. An SDI Instructor sends a student that has completed the academic and confined water portion of the SDI Open Water Scuba Diver course to a second SDI Instructor to complete the open water requirements with a *Global Referral* Form.
2. Once the student has completed the open water requirements, the SDI Open Water Scuba Diver Instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Open Water Scuba Diver Instructor completes the *SDI Student Registration* Form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

SDI Instructor to any Active Instructor Procedure:

1. An SDI Open Water Scuba Diver Instructor sends a student that has completed the academic and confined water portion of the open water course to any other active instructor from any dive training agency to complete the open water requirements with *Global Referral* Form.
2. The open water instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Confined Water instructor completes the *SDI Student Registration* Form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card.
5. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

Any Instructor to an Active SDI Instructor Procedure:

1. The SDI Instructor must teach the student how a personal dive computer works and have them wear a personal dive computer during the open water dives.
2. The SDI Instructor MUST make sure the student completes all the skills required in the SDI Open Water Scuba Diver standards; a short list is found on the back of the *Global Referral* Form.

3. Upon successful completion of the skills, the SDI Open Water Scuba Diver Instructor completes and sends the *SDI Student Registration* Form to SDI Headquarters to process the certification card where both the confined and open water instructor name will appear on the card.
4. The SDI Instructor may also use the online registration system, or in-store card printing System if available.
5. SDI also requires the SDI Open Water Scuba Diver Instructor to make a copy of the referral letter that accompanied the student and file it with the student training record.
6. SDI recommends that if a student comes with a *Universal Referral* Form, they not only issue a SDI certification Card but also sign the *Universal Referral* Form and give it back to the student so they may go back to their original instructor.

4. Advanced Adventure Diver

4.1 Introduction

The purpose of this course is to give the diver an overview of 5 different specialties, 2 core, and 3 additional SDI Specialties. The two core specialties are SDI Deep and Navigation. One dive, from each of the specialties, may apply toward a complete specialty certification. Overhead environments and non-diving specialties are not allowed, and do not count toward the 3 chosen specialties. If one of the elected specialties is computer nitrox, dry suit, night-limited visibility, full face mask, DPV, search and recovery, and/or Sidemount, the instructor must hold the corresponding SDI Specialty Instructor rating. It is recommended for the student to work on advanced buoyancy during this program, it may even count as one of the five specialties required to receive the Advanced Adventure Diver rating.

4.2 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

4.3 Student to Instructor Ratio

Academic:

1. Unlimited, so long as adequate facilities, supplies and time are provided to ensure comprehensive and complete training of subject matter.

Confined Water (swimming pool-like conditions):

1. N/A.

Open Water (ocean, lake, quarry, spring, river, or estuary):

1. A maximum of 8 students per instructor. It is at the instructor's discretion to reduce this number as conditions or chosen specialty dictate (unless chosen specialty dictates a lower ratio i.e., for DPV it is 2:1).
2. The instructor has the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active Assistant Instructors or Divemasters, unless chosen specialty states lower numbers).

4.4 Student Prerequisites

4. 1. SDI Open Water Scuba Diver, SDI Junior Open Water Scuba Diver, or equivalent; juniors can only take specialties approved for their age.
5. Minimum age 18, 10 with parental consent. Junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.

4.5 Course Structure and Duration

Open Water Execution:

1. Five dives are required with complete briefs and debriefs by the instructor.
2. One dive must be deeper than 18 Metres/60 Feet but not deeper than 30 Metres /100 Feet; *divers between the ages of 10 through 14 cannot exceed 21 Metres/70 Feet*.
3. One dive must be a navigation dive.
4. Dive plans must include surface interval, maximum no-decompression time, etc. to be figured out and logged.
5. Each dive will be the first dive of each of the specialties i.e., dive one of deep course, dive one of navigation course, etc.
6. All dives are to be under the direct supervision of an active SDI Instructor.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

4.6 Administrative Requirements

Administrative Tasks:

1. Collect the course fees from all the students.
2. Ensure that the students have the required equipment.
3. Communicate the schedule to the students.
4. Have the students complete the:
    a. *SDI Liability Release and Express Assumption of Risk* Form
    b. *SDI Medical Statement* Form.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration* Form to SDI Headquarters or registering the students online through member's area of the SDI website.

4.7 Training Material

Required Material:

1. *SDI Advanced Adventure Diver* Manual and IQ Review Booklet (or eLearning course)
2. SDI Advanced Adventure Diver Instructor Guide.

Optional Materials:

1. *SDI Advanced Diver* PowerPoint Presentation

4.8 Required Equipment

Basic open water scuba equipment as described in section three of this manual, and any other equipment that may apply to the chosen specialties.

4.9 Approved Outline

The outline that is to be used for this specialty is an abridged version of each of the 2 core and 3 chosen specialties. The material covered must be an overview and introduction. This is just an outline and is not intended to be taught in any particular order.

Deep Diving:

1. Diving Tables and Computers:
    a. History of dive tables and computers:
        i. No-decompression.
        ii. Use of the decompression schedule according to your computer.
        iii. Safety stops.
    b. Practical problem solving.
2. Specialty equipment for deep dives:
    a. Cylinders; different sizes.
    b. Regulators.
    c. Buoyancy compensator device (BCD).
    d. Redundant gas supplies.

3. Physics and physiology for deep divers:
    a. Special considerations for pressures greater than 3 atmospheres (ATA):
        i. Air consumption.
        ii. Carbon dioxide (CO_2) factors.
        iii. Nitrogen narcosis.
        iv. Oxygen (O_2) toxicity.
        v. Decompression sickness.
4. Emergency Procedures for Deep Divers:
    a. Usage and techniques for safety cylinders.
    b. Recompression chamber listing for area.
5. Review of First Aid:
    a. Oxygen treatment.
    b. Treat for shock.

Navigation:

1. The Aquatic Environment:
    a. Vision.
    b. Light.
    c. Sound.
    d. Heat loss.
    e. Tides.
    f. Currents.
    g. Waves.
    h. Surge.
2. Natural Navigation:
3. Bottom contours.
4. Depth.
5. Amount of light.
6. Surge.
7. Currents.
8. Underwater objects; rocks, wrecks, etc.
9. Compass:

10. Types:
11. Analog.
12. Digital.
13. Features:
14. Lubber line.
15. Bezel.
16. Luminous dial.
17. Use of compass:
18. Out and back.
19. Squares.
20. Triangles.
21. Estimating Distance Underwater:
22. Kick cycles.
23. Time.

4.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following:

1. Students must perform the skills listed for dive 1 for each of the 2 core, and 3 chosen specialties. Specific course outlines for the respective specialties are listed later in this section of the SDI Standards.

Deep Dive:

1. Open Water Dive 1:
    a. Test and check all equipment, i.e., depth gauges, bottom timers/watches and computers.
    b. Familiarization with area.
    c. Descend to planned depth and do not exceed any pre-planned limits.
    d. Dive according to plan at a depth limited to 30 Metres/100 Feet for first dive. *Divers between the ages of 10 and 14 cannot exceed 21 Metres/70 Feet*.

e. Ascend to safety stop.

Navigation Dive:

1. Open Water Dive 1:
    a. Skills are generally done with more success if practiced on the surface from shore. Using the shore or descent line as a starting/reference point makes keeping track of students easier.
    b. Plan dive.
    c. Enter water from boat or shore.
    d. Practice out and back technique on surface.
    e. Squares and triangles on surface.
    f. Perform square on bottom.
    g. Perform a triangle on the bottom.
    h. Ascend and exit.