

If the Club teaches snorkelling prior to SCUBA the trainee will have now received a sound footing with the snorkel training and will be encouraged to achieve a high standard of competency using the SCUBA. The Elementary SCUBA training will be divided into four sections:

- D. **Mobility & Confidence**
- E. **Life Saving**
- F. **Bouyancy Skills**
- G. **Simulated Dive.**

### SAFETY

- Never hold breath on any ascent whilst breathing compressed air.
- Equalise pressure in ears, sinuses and mask.
- No skip breathing.
- Do not point pillar valves towards others.
- Keep equipment neat and tidy.
- Cylinder must be laid down when not in use.
- Trainees/members must take care that they do not overheat when wearing a dry suit in an indoor pool environment
- Trainee to enter water after instructor, and exit water first.
- Kit up trainees at poolside entry point – do not allow trainees to walk around pool unsupervised in kit – especially fins

#### D. ELEMENTARY DIVER: MOBILITY & CONFIDENCE

- D1. **Assemble, test & fit SCUBA. Perform buddy checks**
- D2. **Safe entry and buoyancy control, safe method of descent.**
- D3. **Clear mouthpiece and mask. Repeat three times.**
- D4. **Ditch & retrieve. Remove SCUBA and refit.**
- D5. **Fin 50 metres on bottom with blacked out mask.**
- D6. **Fin 50 metres on surface breathing through snorkel.**
- D7. **Correct surface procedure to exit the water. At surface remove SCUBA and weight belt and hand to assistant.**

#### OPTIONAL EXERCISES

- D8. Swim 25 metres underwater without mask.*
- D9. Fin 100 metres at a fast pace.*
- D10. 3 forward rolls & 3 backward rolls.*
- D11. Ditch & retrieve as E4, but surfacing after removal of SCUBA.*
- D12. Blacked out mask but while wearing gloves.*
- D13. Air Depletion.*
- D14. Free Flowing D.V.*

#### NOTES FOR GUIDANCE:

- D1. **Assemble, test & fit SCUBA.** Ensure sets are correctly tested before they are put on. Trainees should have a good knowledge of cylinder markings and test periods etc. Check knowledge of signals. Buddy checks are to be carried out systematically using the ABCDEF method;

- A Air (refer notes below)
- B Belts & Buckles
- C Cylinder (mini cylinder)
- D Direct feeds and Dumps
- E Equipment or Everything Else
- F Fit to Dive?

### Explain fully how to test cylinders/DV

- Check "O" ring is seated properly and is not damaged.
- Point cylinder down and forwards and bleed air gently to remove any debris or water.
- Fill mini-cylinder if used (stressing only to do so when main cylinder is full). Indicate procedure of opening and closing valves in correct order (big-little then little-big). This ensures no water or other contaminants are transferred to the main cylinder
- Check position of cylinder in BCD and ensure secure fitment.
- Connect DV to cylinder valve, checking hoses and DV are correctly positioned
- Explain pro's and cons of different octopus rigs.
- Point gauge down and away (explaining why) and open cylinder slowly and fully [No half turn back! *On older unbalanced valves it used to be recommended that the valve is turned back to prevent it jamming open. On modern cross-flow valves this may lead to the valve being inadvertently switched off, by rubbing against a wreck or rocks etc, during the dive. ]*
- Check gauge, breath through DV whilst watching for any gauge fluctuations (explaining why)
- Check air (smell & taste) for any contamination.
- High Pressure check - Close cylinder and wait 30 seconds – gauge pressure should remain constant. If it pressure reduces a leak exists which requires remedying.
- Diaphragm check - Breathe down to zero with the air turned off, sucking hard to ensure diaphragms are correctly seated and are not damaged or missing! When the cylinder is empty you should not be able to draw any air through the valve.
- Remember to turn on air prior to dive.

**D2. Safe entry, buoyancy control, descent.** Trainees should be capable of a forward stride entry, a forward roll and a backward sitting roll into the water. Starting at the surface submerge in a controlled attitude either head or feet first. The trainee should demonstrate buoyancy control by raising and lowering themselves from the bottom, with the tips of their fins staying in contact with the pool floor, by the depth of respiration. The trainee should be instructed on the purpose and use of the BCD as detailed in section F. Buoyancy Skills below. Mini-cylinders must be charged before entering the water. Instructors should concentrate on perfecting novice's buoyancy control. Teach the correct ascent rate.

**Descent** from surface – Hold full breath. Dump air from BCD until submerged down to eye/forehead level.... cease dumping air. Breathe out and to submerge. When the next breath is taken this should attain neutral buoyancy. During the descent add air to BCD to compensate for any excessive buoyancy loss. Emphasise to novices, that dumping of air from BCD on the bottom is purely for the purposes of performing some exercises.

**Ascending** – Ensure novices establish neutral buoyancy, prior to ascending. Ascent to be performed at a maximum of 10m per minute, bleeding air from BCD as necessary. Novices should appreciate that there should be no need to inflate their BCD to ascend. Instructor should emphasise the vital importance of being correctly weighted. Trainees should stay together as required by good buddy diving practice.

- D3. Clear mouthpiece and mask.** When clearing both mouth piece and mask no apprehension should be shown. The mask should be completely removed from the face. It may take more than one breath to clear the mask completely, but no more than 3 breaths should be allowed. With the mouth piece removal, there should be a distinct pause of approx. 10 seconds before replacing the mouth piece. The mouth piece should be cleared by two methods (a) using expired air, and (b) using the purge button.
- D4. Ditch and retrieve.** Trainees are allowed to remove the cylinder by lifting above the head or off the shoulder method. When the SCUBA, mask and fins are removed the trainee should not surface but should swim a metre away and return after approx. 10 seconds. Refit equipment without surfacing. The ditch and retrieve is a particularly difficult exercise and should be taught in simple stages. The purpose of this exercise is to check for good breath control and allow trainee to display control in a difficult situation. The trainee should be encouraged not to bale out, but if they surface they must exhale before/during the ascent. Performing "ditch & retrieve" and ascending to the surface, should be considered as an exercise for building confidence. Fins may be retained, but no mask. Breathing out during ascent must be emphasised.  
The practice of turning off the air supply once the Scuba has been removed should not be practised, due to the risk of purging out of air from the demand valve and consequential damage by water entering the 1st and 2nd stages.
- D5. Fin 50 metres on bottom with blacked out mask.** The purpose of the blacked out mask is to simulate zero visibility. Hopefully this will give the Instructor the opportunity to see if the trainee is going to suffer from any additional problems in low visibility. The trainee should keep in contact with the bottom and follow a pre-laid guide rope, the tile pattern of the floor or alternatively search for objects placed within arms reach from the edge. To avoid collisions with other divers etc and to maintain the correct ascent rate Instructors should guide trainees to and from the bottom of the pool. If possible end the exercise in the shallow end to allow the trainee to surface easily.
- D6. Fin 50 metres on surface breathing through snorkel.** This exercise demonstrates the awkwardness of swimming on the surface with an SCUBA. The trainee should be able to demonstrate swimming on their front and back.
- D7. Surface procedure.** Removal of the equipment on the surface is to simulate entering a boat. Trainee should remove the weightbelt first and hand to an assistant on the side of the pool, before removing any other equipment. Dismantle and wash equipment once the pool has been exited safely.

#### OPTIONAL EXERCISES

- D8. Swim 25 metres underwater without mask.** Remove mask and leave on the bottom. Swim up and down the pool by following the line of the tiles, recover mask, refit and clear. Check the trainee's eyes are open and nose is not pinched.
- D9. Fin 100 metres fast using the DV.** This exercise gives the trainee confidence that the demand valve will deliver adequate air when working hard.
- D10. Forward/backward rolls using Scuba.** This exercise is to demonstrate mobility and co-ordination. These rolls should be performed in a similar manner as stated in the snorkel section. The trainee must control their breathing and maintain a midway position between the surface and the bottom, and they should be aware of their position at all times.
- D11. Ditch and retrieve.** The ditch and retrieve as stated previously but surfacing before re-diving to the equipment. The trainee must exhale on ascending. After surfacing the trainee should not touch the poolside and should re-dive within a reasonable time period.

**D12. Blacked out mask with gloves.** The blacked out mask exercise with the objects as item E5, but with the trainee wearing neoprene gloves. This task demonstrates the difficulties of wearing gloves.

**D13. Air depletion.** Although you should never run out of air if you properly monitor your contents gauge, you should be able to recognise when air feels low. When your air supply gets low, inhalation effort greatly increases.

To simulate low air, sit beside the trainee and slowly turn the trainee's air off. As they breathe they will feel a gradual increase in breathing effort until they have great difficulty inhaling. At this point the trainee should signal 'out-of-air', whereupon the air must be immediately turned back on to enable the trainee to resume breathing. Carry out in shallow end of pool.

#### IMPORTANT NOTE:

- a. Explain to the trainee exactly what is going to happen and that they can call a halt at any stage during the exercise.
- b. Run through the abort procedure and signal before the exercise.

**D14. Free flowing D.V.** In the event of an open malfunctioning or frozen demand valve, the trainee should be able to cope with breathing from the valve. The free flowing may be simulated by the trainee pushing the purge button. The trainee should breathe from the demand valve by gently pressing the mouthpiece against their lips, or holding the mouthpiece in their teeth and allowing the excess air to escape by deliberately not forming a seal with their lips, the tongue may be used to block the excess flow into the mouth. Once the trainee has established a breathing rhythm, they could swim along the pool to simulate ascending following a dive.

#### E. ELEMENTARY DIVER: LIFE SAVING

**E1. Share SCUBA underwater for 50 metres both as donor and receiver.**

**E2. Alternate air Source. (AAS)**

**E3. Rescue fully kitted diver, demonstrating two methods of recovering an unconscious diver from depth. Tow 50 metres applying AV and land casualty.**

#### NOTES FOR GUIDANCE:

**E2. Alternate Air Source. (AAS)** The exercise should commence with the buddies being approximately 5 metres apart. The correct signal should be given and both trainees should respond promptly to obtain the correct position and contact. The donor should offer the "out-of-air" diver their alternate air source. The air share should continue using the appropriate Alternate Air Source. The alternate air Source may be one of several alternatives, i.e. octopus rig, pony cylinder, or a separate cylinder, but not buddy breathing. Secondary DV's as part of the BCD inflator should not be recommended as a diver's sole backup device. The hoses are too short to allow the receiver to use; this forces the donor to surrender his main valve. The donor must offer his alternate air source and not his own DV. It must be stressed that employing an AAS is the preferred course of action in an out-of-air situation.

#### Alternate Air Source. (AAS)

- An AAS DV, should, ideally, be located within the "Golden Triangle" (i.e. in the chest to waist area reachable by either hand) and held in a quick releasing device.
- AAS DV must not be hanging loose or wedged in pockets etc.
- Alternate air exercises require to be performed face to face with a firm grasp on each other.

- Remind the Out Of Air diver not to use their direct feed equipment or BCD, expect for dumping excess gas, during these exercises.

Routine surprise Out Of Air exercises: Once a trainee have been trained in AAS techniques they should be made aware that at any time another diver displays of the Out Of Air signal they must respond to assist the applicant. An inappropriate response will mean repeating the AAS session.

**E3. Rescue fully kitted diver, demonstrating two methods of recovering an unconscious diver from depth. Tow 50 metres applying AV and land casualty.**

Instruct the technique initially in slow simple steps. Once the procedure has been mastered, the trainee should speed up the rescue showing an appropriate sense of urgency. This exercise requires stamina and the trainee must be encouraged to keep going even when extremely tired, but not to the point of distress or exhaustion.

The trainee should perform two methods of recovering a non-breathing diver from depth.

- (a) The casualty should be assumed to be a 'non-breathing' diver on the bottom.
- (b) The rescuer should swim a circuit of the pool for approx 25m with urgency before approaching the casualty. The rescuer should dump any excess air from their BC and take a firm grip of the casualty. The other hand should control the ascent by initially 'bleeding' air into the casualty's BC with the direct feed. During the ascent the buoyancy must be regulated by venting air from the casualty's BCD to ensure a controlled ascent.
- (c) On surfacing, the rescuer should inflate the casualty's BCD by whatever means is available, sufficiently to keep them buoyant. If the rescuer is negatively buoyant the rescuer may inflate their own BC.
- (d) Rescuer should make the appropriate signals to "shore" and call for help.
- (e) AV should be simulated before towing begins. The rescuer should extend the airway by tilting the casualty's head back and using the pistol grip to secure the head. A rolling technique should be used to roll the casualty towards the rescuer so that they can perform AV without the rescuer having to fin up. This should be practiced in the shallows until a method which suits the trainee is found.
- (f) For the purposes of the assessment AV should be initially 2 breaths after surfacing and 2 breaths every 15 seconds during the tow. Trainees must appreciate that priority should be given to AV if assistance is able to travel to the site of the incident.

It should however be explained to the candidate, that each rescue may be different, and as such all rescues have to be treated differently, after all what would be the point of giving a casualty 2 breaths every 15 seconds if there is no pulse to carry the oxygen around the body. Conversely if there is a weak pulse and no breaths are given then the pulse may be lost before the casualty makes it to shore. All factors have to be taken into consideration, such as any sign of circulation, breathing, how far is it to the shore, how long will it be till help arrives if I stay where I am etc.

- (g) The tow should be by an extended arm tow for 50m with a turn during the tow. Emphasise removal of casualty's weight belt and equipment as an option for some towing circumstances: For safety reasons ditching of weight belt must be simulated in the pool must be done by handing the wightbelt to an assistant – not dropping the weights onto others or the pool tiling.

- (h) Landing the casualty, casualty's position to be prone against poolside to allow the rescuer to have easier access to release buckles and perform AV. casualty to be supported within BC with assistance from poolside helper whilst rescuer remove their equipment. The casualty's equipment must be removed. Teach safe ways of removing casualty from pool. One method is: The assistant holds the casualty securely whilst the trainee exits the pool. The trainee and the casualty then lift the casualty from the water, lifting under the casualties arms. The assistant should be pre informed to act as if they have no knowledge of diving or life saving and therefore the rescuer must give clear authoritative instructions.
- (i) The candidate should continue with AV at all times during the landing and the casualty must always be supported and not be allowed to drift away.
- (j) Once the casualty is lifted on to the poolside. The rescuer will be asked questions relating to life saving, signs and symptoms, diving related injuries, gaseous poisoning, and basic first aid, and demonstrate recognised diving signals during the assessment.

### OPTIONAL EXERCISES

**Share SCUBA [Buddy Breathing].** *The exercise should commence with the buddies being approximately 5 metres apart. The correct SAA out-of-air signal should be given and both trainees should respond promptly to obtain the correct position and contact. The donor should not let go of their second stage. It can be advantageous for the donor to leave the purge button of the DV freely accessible to the receiver. The receiver should take two breaths initially, and then pass the valve back to the donor, whilst keeping hold of the valve. The donor/receiver should then establish a regular rhythm breathing with each of them breathing once or twice on each cycle [must keep to whichever is chosen]. It is vital that both divers exhale between breaths. Once a regular rhythm has been established they should swim circuits of the pool for 50m and finish by surfacing. Both trainee and Instructor must breathe out between exchanges.*

### SAFETY

Because of the real risks posed by the technique of buddy breathing, this skill should only be taught in a shallow swimming pool. It should never form any part of Open Water training

- E4. Remove weight belt and refit.** *The trainee must be wearing at least a half wet suit. The trainee should be prepared for the event of their weight belt being accidentally released whilst underwater. The trainee should practice releasing the weight belt. The weight belt should be held out in front before refitting the weight belt. The purpose of ensuring the trainee holds the weight belt out from them is that this is the position they would adopt should a diver ever wish to ditch a weight belt. This exercise demonstrates the difficulties with the additional buoyancy when the weight belt becomes detached from the diver's waist.*

### SUMMARY OF AV AND CC

AV in the water should be initially 2 breaths after surfacing and 2 breaths every 15 seconds during the tow

AV & CC should be taught in accordance with the latest Resuscitation Council protocols, see the latest issue of the British Heart Foundation ELS course

#### NOTE.

Two rescuers working together using 1 breath to 5 compressions  
**SHOULD NO LONGER BE TAUGHT.**

booklet – available through head office for details.

## F. BUOYANCY SKILLS

The skills exercised during this section are recommended for safe diving.

F1 - F7 to be practised.

- F1. **Pre-dive checks.**
- F2. **Inflate BCD with direct feed.**
- F3. **Inflate BCD with mini cylinder**
- F4. **Vent BCD.**
- F5. **Establish buoyancy under water**
- F6. **Hover in midwater.**
- F7. **200 metre surface swim.**

### NOTES FOR GUIDANCE:

- F1. **Pre-dive checks:** ensure all feeds are connected, mini-cylinder filled. [If fitted.]
- F2. **Inflate BCD on surface with direct feed.** Trainee should become familiar with the location and action of the BCD fill button.
- F3. **Inflate BCD on surface with mini cylinder.** [If fitted.]
- F4. **Vent BCD** to achieve a slow descent, repeat using the different vents fitted to the BCD
- F5. **Inflate BCD underwater.** with direct feed and vent using all available methods to rise/sink whilst in contact with the bottom. [Tips of fins staying in contact with pool floor]
- F6. **Hover in midwater** without any arm/leg movement by adjusting buoyancy using the direct feed and controlling slight rise and fall by depth of breath.
- F7. **200 metre surface swim** on back and front alternating between DV and snorkel.

## G. ELEMENTARY DIVER:

- G1. **Simulated Dive.** The object of this exercise is to provide a freshly trained pool diver the opportunity to experience the procedure of an open water dive and what is expected on a diving boat. Obviously, it is impossible to simulate proper sea conditions in the pool. However, the instructor should try to demonstrate the drill, as it would be at sea. Below are a few suggestions:-
  - a) Select a small portion of the poolside and mark off an area to an approximate size of an inflatable. Explain they must keep within the area for the duration of the exercise.
  - b) Remind Trainee of Dive Marshal and Dive Leader duties.
  - c) Trainees must be kitted in wet suit,\* including hood, gloves and BCD whilst in the "boat".
  - d) Select buddy pairs and complete a Dive log sheet.
  - e) The dive should be planned using the SAA Bühlmann system.  
The dive should be of a duration of at least 10-15 minutes.
  - f) They must kit up with weight belt, BC and cylinder, mask snorkel and fins in the 'boat' and perform buddy checks.
  - g) Explain what the boat handler will be doing while they are on the 'dive', and remind the Trainee about the purpose of the 'A' flag.
  - h) Use an SMB & weight to simulate shot line. The trainees should experience descending and ascending the shot line as well as using the shot line to perform a safety stop.
  - i) Surfacing drill should be performed correctly, including a safety stop and signal to the boat, and assistance given in 'getting aboard'.

- j) Complete the Dive Log sheet and relate your own experiences about diving from boats and prompt for questions to clarify anything that is unclear.  
[\*Wet suit may be substituted for a neoprene hood and gloves if required.]

## LECTURES

If the optional Snorkeller training has not been carried out the Snorkeller series of Lectures S1 to S6 must be completed prior to commencing Elementary Diver Lectures.

- S1. **Introductions to Diving and Basic Equipment**
- S2. **Ears, Sinuses and Air filled spaces**
- S3. **Respiration and Circulation**
- S4. **Protective Clothing**
- S5. **Accident Avoidance and Rescue**
- S6. **Basic First Aid, Artificial ventilation and Chest Compression**
  
- E1. **Physics and the Diver**
- E2. **Principles of SCUBA**
- E3. **Open Water Diving**
- E4. **Buoyancy Compensation Devices**
- E5. **Avoiding Decompression Illness**
- E6. **Personal Dive Computers**

## KNOWLEDGE REVIEW

The trainee must successfully complete a knowledge review incorporating theory at all levels up to and including E6. (Exam Papers are available from SAA Head Office)

## SCUBA TRAINING

All trainees must hold a valid **Medical Certificate** before commencing Scuba training.

The Medical Certificate shall be either a "Self Certification" or full Medical Certificate, with copies held and accepted by the Diving Officer.

## OPEN WATER ASSESSMENTS

The alien environment of open water cannot be simulated in the clear, warm and safe confines of the swimming pool and therefore open water assessments are required to judge trainees reactions to the new surroundings. Trainees, who demonstrate confidence in the pool, will sometimes react very differently in the 'cold, dark, depths' of the open water venues. For these reasons organising and executing an open water meeting must be arranged with the following points in mind.

- (a) There must be a suitable proportion of experienced divers or Instructors to novices.
- (b) Conditions should be safe, clear and interesting and the venue have a shallow area. Particularly with a coastal venue it should be calm and free from tide, and consideration should be given to boat cover.
- (c) The Diving Officer and Training Officer must be notified and give approval to what is planned.

The Open Water assessments to Club Diver Qualification are as follows:-

- J. **ELEMENTARY DIVER**
- K. **BUOYANCY SKILLS**
- L. **OPEN WATER DIVER**
- M. **CLUB DIVER**

### QUALIFYING DIVES

To achieve the various Diver Qualification grades, trainees are required to perform Qualifying Dives. These dives must be in a variety of conditions. Inevitably, trainees will experience an element of repetition of conditions during their first dives, so they may not all count. It is recommended that trainees record all dives in a separate Log Book, and then transfer the details of only those approved by their Diving Officer to the Qualification Record Book. For guidance is a list of examples of the types of dives. They will not be expected to carry out all types, but 5 or 6 dives from each group of types associated with a particular level are recommended to qualify at that level.

#### SAFETY

TWO COMPETENT PERSONS MUST BE PRESENT, PREFERABLY OF DIVE LEADER QUALIFICATION, ONE MUST BE AN **OPEN WATER INSTRUCTOR**  
1 DIVER TO ACCOMPANY THE TRAINEES AROUND  
1 PERSON TO STANDBY ON SHORE/IN BOAT TO BE AVAILABLE TO TAKE ANY NECESSARY ACTION  
IT WOULD BE PREFERRED IF THERE WAS A FULLY KITTED BUDDIED PAIR OF DIVERS AVAILABLE IN THE CASE OF EMERGENCIES. THIS WILL DEPEND ON THE SITE CHOSEN AND THE RISK ASSESSMENTS FOR THAT DAY

### SCUBA

#### SAFETY

It is advised that the instructor should carry an alternate air source i.e. Octopus rig, pony cylinder etc. Emphasise equalising and exhaling during ascent.  
Trainee must be fit to dive and happy to enter the water.

**The trainee's initial open water dive should be accompanied by at least an Open Water Instructor.**

The trainee should perform several tasks successfully to become Elementary Diver Qualified, prior to progressing to the Open Water Diver qualifying dives. Before the assessment dive the trainee may request an acquaintance dive.

The assessment dive shall not be less than 15 minutes duration and at a depth no deeper than 10 metres.

#### J. **ELEMENTARY DIVER**

- J1. **The trainee must carry out all pre-dive checks on his own equipment and perform a buddy check.**
- J2. **Enter the water in a safe manner and demonstrate correct buoyancy starting at the surface and following good diving practice.**

- J3. Remain below surface for not less than 15 minutes and varying the dive depth between surface and a maximum of 10 metres.
- J4. Remove mouthpiece of DV a total of 3 times.
- J5. Remove mask, refit and clear mask a total of 3 times.
- J6. Demonstrate correct dive signals.
- J7. Perform the correct surfacing drill with a 1-minute safety stop at 3 metres. At the surface exchange signals with shore/boat.
- J8. Inflate BC by means of direct feed or orally.

**NOTES FOR GUIDANCE:**

- J1. **The trainee must carry out all pre-dive checks on his own equipment and perform a buddy check.** Trainees should understand and demonstrate their knowledge of how their equipment and the buddy's is configured
- J2. **Enter the water in a safe manner and demonstrate correct buoyancy starting at the surface and following good diving practice.** Use an appropriate entry technique for the dive site and demonstrate correct weighting in a safe area of the shallows before commencing the dive. Great importance should be placed on ensuring that the trainee is correctly weighted to ensure good buoyancy control is easily achieved.
- J3. **Remain below surface for not less than 15 minutes and varying the dive depth between surface and a maximum of 10 metres.**
- J4. **Remove mouthpiece of DV a total of 3 times.** Demonstrate ability to clear second stage by exhaling and use of the purge button. Trainee must keep the DV in their hand at all times. Instructor to be close by to act in the case of a problem. Exercise should be carried out in shallow water.
- J5. **Remove mask, refit and clear mask a total of 3 times.** Trainee should demonstrate ability to clear a flooded mask underwater. It is not necessary for the candidate to open their eyes whilst the mask is removed. Allow as long as necessary between attempts for the trainee's comfort. Exercise should be carried out in shallow water.
- J6. **Demonstrate correct dive signals.** Instructor should run through the routine signals prior to the start of the dive and exchange them with the trainee throughout the duration of the dive.
- J7. **Perform the correct surfacing drill with a 1-minute safety stop at 3 metres. At the surface exchange signals with shore/boat.** Trainee should not be expected to hold the stop in free water – plan the dive to allow ascent up a ladder, shot line or the natural topography of the site.
- J8. **Inflate BC by means of direct feed or orally.** Ensure trainee inflates BCD on surface.