

Student Record Folder

COURSE CHECKLIST									
COURSE NAME	SCUBA DIVER	OPEN WATER SCUBA DIVER	NITROX	ADVANCED	RESCUE	FIRST AID	MASTER	SPECIALTY	TECHNICAL
COURSE TUITION PAID									
CORE ACCOUNT CREATED									
WAIVER									
MEDICAL									
ELEARNING									
CLASSROOM									
CONFINED WATER									
OPEN WATER									
EXAM COMPLETED									
OVERALL PERFORMANCE EVALUATION									
C-CARD ISSUED									

These general check-lists are provided to assist the instructor conducting the course and are not a substitute for comprehensive knowledge of the current training standards.

**ALWAYS CONSULT THE CURRENT STANDARD
FOR THE COURSE YOU ARE TEACHING.**



Rev. 2/23 Item #80021

RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

EXPRESS ASSUMPTION OF RISK ASSOCIATED WITH DIVING AND RELATED ACTIVITIES

I _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with Snorkeling, Skin and/or Scuba diving. I fully understand that these risks can lead to severe injury and even loss of life. I understand that diving operations may be conducted at a site that is remote from a recompression chamber and competent medical assistance. Nevertheless, I choose to proceed even in the absence of a recompression chamber and competent medical assistance. Additionally, I understand that there are also risks associated with dive travel, including, but not limited to the possible injury or loss of life as a result of a dive boat accident, as well as travel to and from dive sites. Despite the potential hazards and dangers associated with the activity of diving, I wish to proceed and I freely accept and expressly assume all risk, dangers and hazards that may arise from diving activities which could result in personal injury, loss of life and property damage to me.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT:

In consideration of being allowed to participate in Snorkeling, Skin and/or Scuba Diving activities as well as the use of any of the facilities and the use of the equipment of the below listed releasees, I hereby agree as follows:

- TO WAIVE AND RELEASE ANY AND ALL CLAIMS based upon negligence, active or passive with the exception of intentional, wanton or willful misconduct that I may have in the future against any of the following named persons or entities (hereafter referred to as Releasees): National Association of Underwater Instructors (NAUI):

Instructor(s): _____

Facility(ies): _____

Other(s): _____
- To release the releasees, their officers, directors, employees, representatives, agents and volunteers, from liability and responsibility, whatsoever, for any claims or causes of action that I, my estate, heirs executors or assigns may have for personal injury, property damage or wrongful death arising from Snorkeling, Skin and/or Scuba diving activities whether caused by active or passive negligence of the releasees or otherwise with the exception of gross negligence. By executing this document, I agree to hold the releasees harmless for any injury or loss of life which may occur to me during Snorkeling, Skin and/or Scuba diving activities and/or instruction.
- By entering into this agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this agreement. I further agree that this Agreement shall be governed by and interpreted in accordance with the laws of the State of California, United States of America.
- If any provision, section, subsection, clause or phrase of this release is found to be unenforceable or invalid, that portion shall be severed from this contract. The remainder of this contract will then be construed as though the unenforceable portion had never been contained in this document.

I HEREBY DECLARE THAT I AM OF LEGAL AGE AND AM COMPETENT TO SIGN THIS AGREEMENT OR, IF NOT, THAT MY PARENT OR LEGAL GUARDIAN SHALL SIGN ON MY BEHALF, AND THAT MY PARENT OR LEGAL GUARDIAN IS IN COMPLETE UNDERSTANDING AND CONCURRENCE WITH THIS AGREEMENT.

I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, I AGREE TO BE BOUND BY IT.

Signature of Participant _____ Date _____

Witness (Name) _____ Signature _____

Signature of Parent or Guardian If Participant Is a Minor, and by their signature they, on my behalf release all claims that both they and I have.

Signature of Parent or Guardian _____ Date _____

Witness (Name) _____ Signature _____

INSTRUCTOR/LEADER CONFIRMATION

I HAVE REVIEWED THIS AGREEMENT AND CONFIRM THAT IT HAS BEEN PROPERLY COMPLETED.

Signature of Instructor/Leader _____ Date _____

(Obtaining reaffirmation signatures is appropriate when beginning open water training, for continuing education or following a prolonged interruption in training. A release of liability, waiver of claims, express assumption of risk and indemnity agreement and medical history form must be completed for each course.)

PLEASE NOTE THE FOLLOWING EXCERPT FROM THE "WARRANTIES FOR TRAINING"

"Each student shall be required to complete a medical history form at the beginning of training. The beginning of training is defined as the commencement of in-water training activities. A written release for each student must also be completed at the beginning of training."

NAME: _____ COURSE: _____ DATE: _____

DATE OF BIRTH: _____ / _____ / _____ E-MAIL: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

Underwater Skills			
✿*Give, recognize, and respond appropriately to U/W signals			
✿*Mask clearing, including removal and replacement			
✿*Breathe from scuba underwater without a mask			
*Demonstrate comfort underwater without a mask			
✿*Remove, replace, and clear a regulator			
✿*Primary regulator recovery			
✿*Proper power inflator usage			
✿*Environmentally appropriate buoyancy control			
*Hover without support			
✿*U/W swimming with position and trim appropriate to the environment			
✿*Environmentally appropriate propulsion (Scuba Diver only)			
*Removal and replacement of the scuba unit			
✿*Ballast removal/replacement and adjustment			
✿Use the buddy system			
✿Monitor instruments and communicate			
Environmental and compass navigation			
Compass navigation, bearing and reciprocal			
Emergency Skills			
✿Problem solving underwater			
Transport simulated exhausted buddy min. 46m/50yd			
✿*Share air as both donor and reciever while stationary			
✿*Perform controlled emergency swimming ascent			
✿*Air share as both donor and receiver while ascending			
*Retrieve unconscious diver from 3m/10ft			
Minimum Scuba Diver Dives: 2			
Minimum Open Water Diver Dives: 4			
Enriched Air Nitrox Diver		S	I
Academic Topics			
History of nitrox as a breathing gas			
Dalton's law of partial pressures			
Physiology of oxygen and nitrogen			
EANx depth limits			
EANx advantages			
EANx disadvantages			
EANx risks			
Oxygen toxicity			
Hazards and precautions of handling oxygen			
Equivalent Air Depth			
Use of EANx with standard air, EANx, or RGBM-based dive tables			
Common gas mixing procedures			
Gas analyzing procedures			
Dive planning: ODIGTML			
Practical Skills			
Demonstrate ODIGTML Dive Planning			
Two dives planned using EANx, one must be a repetitive dive			
Analyze breathing gas			
Open Water Dives Encouraged, Not Required			
✿ = Select skills required for ISO Level 1 Scuba Diver Course			
* = Skills marked with an asterisk “ * ” must be introduced in confined water, prior to conducting in open water.			

✿Scuba Diver	S	I
Open Water Scuba Diver		
✿Applied Sciences		
✿Diving Equipment		
✿Diving Safety		
✿Diving Environment		
✿Diving Activities		
✿Continuing Education		
Swimming		
✿Minimum 15 continuous stroke cycles		
✿10 minute survival swim		
✿15m/50ft underwater swim on one breath		
Skin Diving		
Swim 412m/450yd nonstop, breathing from snorkel		
Recover diver simulating unconsciousness from 3m/10ft of water		
Using proper techniques perform:		
✿*Water entries and exits (snorkel & scuba)		
Surface dives		
Surface swimming		
Clearing the snorkel		
Ditching the weight system		
Buoyancy Control		
Underwater swimming and surfacing		
Scuba Diving Skills		
✿*Select, check, assemble, adjust, and don equipment		
✿*Perform pre-dive gear check for self and buddy		
*Defog masks		
✿*Doff, disassemble, rinse, and care for gear		
Surface Skills		
✿*Perform surface buoyancy/weighting check		
✿Surface communications for divers		
✿*Orally inflate and deflate BC		
*Remove and replace equipment		
*With face submerged, breathe through snorkel while resting and swimming		
With face submerged, breathe through water in the snorkel without choking		
✿*Regulator and snorkel exchange while swimming		
Release a simulated muscle cramp from self and buddy		
✿Entry/exit the water w/a float and/or flag (if applicable)		
Deploy and retrieve a surface marker buoy		
*Surface removal and replacement of the scuba unit		
✿*Demonstrate proper use of the selected weight system		
Ascent/Descent Skills		
✿*Control pressure in the air spaces		
*Control feet first descent with breath or BC		
✿*Controlled ascent with precautionary stop		
Planning Skills		
Surface air consumption rate calculation		
Plan and make a no-required-stop dive to a depth between 12 to 18m/40 to 60ft		
Calculate a no-required-stop repetitive dive using dive tables or computers		
Environmental Skills		
✿Diving with minimal impact on environment		
✿Aquatic Life Identification		

Advanced Open Water Scuba Diver	S	I
Academic Topics		
Intro to Navigation, planning and debriefing		
Intro to Night/low vis., planning and debriefing		
Intro to Deep Dive, planning and debriefing		
Intro to _____, planning and debriefing		
Intro to _____, planning and debriefing		
Intro to _____, planning and debriefing		
Practical Skills		
Review dive planning, rescue skills, and assist skills		
Record dives in logbooks		
Conduct appropriate skills for required & elective dives		
Required Dives		
Navigation		
Night or low visibility diving		
Deep diving (40m/130ft maximum depth)		
Elective Dive Choices		

Minimum Open Water Dives: 6						
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★Rescue Scuba Diver / Advanced Rescue Scuba Diver	S	I
Academic Topics		
★Causes & prevention of diving accidents		
★Diving first aid		
★Diving assists/rescue techniques (self and buddy)		
★First aid and CPR skill review		
★Diving first aid kits and oxygen delivery systems		
★Recompression therapy		
★Accident management/reporting		
★Emergency procedures		
★Information collection and transmittal		
★Liability/legal considerations		
Practical Skills		
★Current First Aid/CPR certification		
Oxygen administration		
★Identify and assist with:		
★Muscle cramp		
★Rapid shallow breathing		
★Exhaustion		
★Signs of pre-panic		
★Breathing difficulties (incl. cold water, tight equipment)		
★Scuba Diver Rescue		
★Remove a non-breathing diver from water w/aid of assistant		
Swimming		
Swim 207m/225yd nonstop, any stroke		
Survival swim for 15 minutes		
Recover 10lbs (4.5kg) from a depth of about 3m/10ft		
Skin Diving		
Swim 412m/450yd nonstop, breathing from snorkel		
Recover diver simulating unconsciousness to the surface from a depth of about 3m/10ft		
Demonstrate all Skin Diver skills		

Scuba Diving Skills		
Check, assemble, adjust and don equipment		
Remove and replace mask, snorkel, fins, weight system and scuba unit (Surface)		
Remove, replace and clear mask and regulator (Underwater)		
Comfortably breathe from a regulator without wearing a mask (2 mins)		
Buddy breathe, and share air using an alternate air source.		
Demonstrate surface use of the BC and the ability to hover underwater		
Perform a Scuba Diver Assist		
Emergency/Rescue/Problem Solving		
Demonstrate the use of rescue floats, rescue lines and backboards.		
Identify and assist as a skin and scuba diver:		
A muscle cramp		
Fatigue		
Early panic symptoms		
Breathing difficulties		
Stress/early panic signs		
Loss of buoyancy control		
Loss of orientation		
Lost diver		
Diver assist		
Exit assist		
Retrieval from depth		
Diver extrication		
On an open water dive, demonstrate emergency first aid procedures for:		
Signs and symptoms of decompression illness		
Unconsciousness with respiratory arrest		
Vomiting with unconsciousness		
Seizure		
Prepare a written accident management plan including:		
A dive accident management briefing to a group of certified divers		
Simulated activation of EMS		
Assignment of duties to assistants and onlookers		
Preparations for victim evacuation and transport		
Victim identification and accident information tag		

Minimum Rescue Dives: 1	
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Minimum Advanced Rescue Dives: 4				
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EMERGENCY CONTACT

NAME _____

PHONE NUMBER _____

COMMENTS/NOTES