



Instructor Slate PADI / SDI OWD

Student Name: _____ **Date: Course Start** _____

Skill:			Skill		
Gear setup, donning and adjustment			Cramp release - self & Buddy		
BCD inflation/deflation on surface			Descent with visual reference		
Regulator clear - exhalation & purge			Hover 30 seconds		
Regulator recovery - arm sweep & reach			Horizontal swim - adjust trim		
Clear partially flooded mask			Air depletion & Alternate air source use		
Alternate air source use			Alternative air source swim and ascent		
Descent and equalisation			Weight and trim check with buddy		
Hand signals			Tired diver tow 25 meters		
Underwater swimming			Remove & replace scuba kit - surface		
SPG use and air monitoring			descent - stop before contacting bottom		
Ascent			Underwater swim over sensitive bottom		
Oral BCD inflation at surface			Hover - oral BCD inflation - one minute		
Predig safety check - BWRAF			Free Flow regulator breathing		
Deep water entry			No mask swim		
Proper weighting and weight check			Ascent without contacting bottom		
Snorkel to regulator exchange			Remove & replace scuba kit - underwater		
Surface swimming - good surface habits			Remove & replace weights - underwater		
Five point descent			Exiting water		
Neutral buoyancy - low pressure inflator			Skin diving skills		
Clear fully flooded mask			Disconnect low pressure inflator hose		
Remove, replace and clear mask			Loose cylinder band - rescue		
No mask breathing			Weight removal & replacement - surface		
Respond properly to air depletion			Emergency weight drop		
Air management within 20 bar			Controlled emergency swimming ascent		

Student Signature: _____ **Date: Course End** _____