



Instructor Slate Re-activate / fresh-up Program

1. Pre-dive interview, diver log books (if available)

- How many dives have you made, and in what conditions and environments?
- When and where were your last dives?
- How did your last dives go? What would help you to improve them?
- What skills do you want to practice?

2. Observe divers during pre-dive planning, equipment assembly and adjustment, pre-dive safety check, entry, descents, buoyancy control, ascents, exit and general dive skills such as equalization during the confined water dive or open water dive. Based on your observations, provide reminders, demonstrations, adjustments and other remediation and practice as needed to restore mastery.

3. Follow skill performance requirements and any skill depth requirements as indicated in the Open Water Diver Course Instructor Guide.

Waterskills Performance Requirements

1. Complete a confined water dive or complete a guided dive in open water to practice and demonstrate general diving skills, including:

- a. Remove, replace and clear the mask.
- b. Become neutrally buoyant and hover.
- c. At the surface in 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.
- d. Ascend properly using an alternate air source and establish positive buoyancy at the surface. Act as both donor and receiver.

2. Have divers perform and practice any skills they said they want to practice during the pre-dive interview and those that require more practice, based on your observations.

- a. Only conduct controlled emergency swimming ascents in confined water, horizontally.