



Instructor Slate TDI/SDI Sidemount



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

Skill:	Dive#	Dive#	Dive#	Dive#
Buoyancy / Trim During Descents, Bottom, Ascents				
Frog Kick				
Modified Frog Kick				
Modified Flutter Kick				
Back Kick				
Helikopter Turn				
Perform Gas Switches With Mask While Maintaining Trim and Buoyancy				
Perform Gas Switches Without Mask While Maintaining Trim and Buoyancy				
Unclip and Attach Sidemount Cylinders While Maintaining Trim and Buoyancy				
Gas Management				
Demonstrate Conservatism, Awareness, and Back Referencing Techniques				
Deploy Lift Bag				
Unclip and Attach Sidemount Cylinders on the Surface				

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