

NOAA DIVER SKILLS CHECKOUT CHECKLIST

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|-------------------------|-------------|------|
| STUDENT NAME | LINE OFFICE | UNIT |
| NOAA DIVER TRAINER NAME | LINE OFFICE | UNIT |

| TRAINING SESSION - 1 (Demonstrate skills in pool) | PASS | DATE |
|---|------|------|
| 1. Swim 550 yards ¹ | | |
| 2. Swim 25 yards underwater ² | | |
| 3. Tread water for 30 minutes on surface ³ | | |

| TRAINING SESSION - 2 (Demonstrate skills on pool deck or in pool) | PASS | DATE |
|--|------|------|
| 1. Equipment setup and donning with buddy ⁴ | | |
| 2. Pre-dive safety check ⁴ | | |
| 3. Giant stride entry ³ | | |
| 4. Forward roll entry ³ | | |
| 5. Backward roll entry ³ | | |
| 6. Controlled seated entry ¹ | | |
| 7. Buoyancy check and weight adjustment ⁵ | | |
| 8. Regulator – snorkel exchange while swimming ¹ | | |
| 9. Descent ⁶ | | |
| 10. Maintain neutral buoyancy at depth ⁶ | | |
| 11. Ascent ⁶ | | |
| 12. Remove, replace and clear mask ⁶ | | |
| 13. Remove, recover and replace regulator using sweep method ⁶ | | |
| 14. Remove, recover and replace regulator using tank lift method ⁶ | | |
| 15. Remove and replace weight belt at surface ¹ | | |
| 16. Remove and replace scuba unit at surface ³ | | |
| 17. Remove and replace weight belt underwater ⁶ | | |
| 18. Remove and replace scuba unit underwater ⁶ | | |
| 19. Share air with alternate air source inflator as donor ⁶ | | |
| 20. Share air with alternate air source inflator as receiver ⁶ | | |
| 21. Buddy breathe as donor ⁶ | | |
| 22. Buddy breathe as receiver ⁶ | | |
| 23. Controlled emergency swimming ascent (diagonal) ⁶ | | |
| 24. Controlled emergency swimming ascent (vertical) ⁶ | | |
| 25. Buoyant emergency swimming ascent simulation (vertical) ⁶ | | |
| 26. Self rescue using the Reserve Air Supply System (RASS) ⁶ | | |
| 27. Runaway buoyancy compensator device/drysuit inflator response ⁵ | | |
| 28. No mask drills ² | | |
| 29. Breathing from freeflow regulator ⁵ | | |
| 30. Air turned off drill ⁵ | | |
| 31. Water exit ¹ | | |
| 32. Equipment shutdown, disassembly and maintenance ¹ | | |

NOAA DIVER SKILLS CHECKOUT CHECKLIST

| TRAINING SESSION - 3 (Demonstrate skills in confined/open water) | PASS | DATE |
|---|------|------|
| 1. Equipment setup and donning with buddy ⁴ | | |
| 2. Pre-dive safety check ⁴ | | |
| 3. Water entry ⁵ | | |
| 4. Buoyancy check and weight adjustment ⁶ | | |
| 5. Regulator – snorkel exchange while swimming ¹ | | |
| 6. Descent ⁶ | | |
| 7. Neutral buoyancy at depth ⁶ | | |
| 8. Ascent ⁶ | | |
| 9. Remove, replace and clear mask ⁶ | | |
| 10. Remove, recover and replace regulator ⁶ | | |
| 11. Remove and replace weight belt underwater ⁶ | | |
| 12. Remove and replace scuba unit underwater ⁶ | | |
| 13. Share air with alternate air source inflator as donor ⁶ | | |
| 14. Share air with alternate air source inflator as receiver ⁶ | | |
| 15. Buddy breathe as donor ⁶ | | |
| 16. Buddy breathe as receiver ⁶ | | |
| 17. Controlled emergency swimming ascent from <30 feet | | |
| 18. Self rescue using RASS ⁶ | | |
| 19. Water exit ¹ | | |
| 20. Equipment shutdown, disassembly and maintenance ⁴ | | |

| TRAINING SESSION - 4 (Demonstrate skills in confined/open water) | PASS | DATE |
|---|------|------|
| 1. Equipment setup and donning with buddy ¹ | | |
| 2. Pre-dive safety check ¹ | | |
| 3. Water entry ⁶ | | |
| 4. Assist a tired diver ³ | | |
| 5. Assist a panicked diver ³ | | |
| 6. Assist a panicked diver ⁶ | | |
| 7. Assist unconscious diver ³ | | |
| 8. Assist unconscious diver ⁶ | | |
| 9. Tow and perform in-water rescue breathing for unconscious diver ³ | | |
| 10. Extricate an unconscious diver from the water ³ | | |

KEY

¹ Skill performed at the surface

² Skill performed underwater at any depth

³ Skill performed at surface in water depth too deep to stand in

⁴ Skill performed out of water (e.g. pool deck, pier, or vessel)

⁵ Skill performed in water depth shallow enough to stand in

⁶ Skill performed underwater in depth too deep to stand in

AUTHORIZATION

The student named above has satisfactorily demonstrated all the skills listed per criteria outlined in the NOAA Trainer Guide.

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| NOAA DIVER TRAINER NAME | NOAA DIVER TRAINER SIGNATURE | DATE |
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