

# www.ScubaNashville.com

Marcos@scubamarcos.com 615-955-3483  
315 West Main St. Hendersonville, TN 37075

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## Confined Water SCUBA Refresher and Quick Review

Name \_\_\_\_\_

Date \_\_\_\_\_

The Quick Review goes over concepts you learned in your Open Water Diver course. If you recently completed the Open Water Diver course, this will be a quick refresher. If it's been some time, the Quick Review will not only help you refresh your memory, but will help bring you up to date with changes, and alert you to anything you might want to review with your instructor.

- 1. You should equalize your ears and other air spaces while descending:**
  - a. only when you feel discomfort.
  - b. every few feet, **before** you feel discomfort.
- 2. If you feel discomfort in your ears while descending, ascend until the discomfort is gone, attempt to equalize again and continue a slow descent if successful. Never continue a descent if you can't equalize.** True False
- 3. The most important rule of SCUBA diving is: Breathe continuously and never hold your breath.** True False
- 4. If you feel discomfort during ascent due to air expansion in a body air space:**
  - a. slow or stop your ascent and give the trapped air time to work its way out.
  - b. continue ascending; the air will force an escape path.
- 5. If you begin shivering underwater, increase your activity to warm up.**  
True False
- 6. If you become overexerted underwater:**
  - a. stop, breathe and rest.
  - b. swim quickly to the surface and signal for assistance.
- 7. Planning a dive should include (check all that apply):**
  - a. what to do in an emergency.
  - b. maximum time and depth limits.
  - c. a review of communication procedures.
- 8. If you and your buddy lose contact, the *general* recommendation is:**
  - a. search for no more than a minute, then reunite at the surface.
  - b. search for no more than 15 minutes, then reunite at the surface.

- 9. If caught in a current and exhausted at the surface when boat diving, you should signal for assistance and establish buoyancy, then rest and catch your breath while waiting to get picked up.** True False
- 10. Which of the following reduce the chance of accidental injury by an aquatic animal? (Check all that apply.)**
- a. Never tease or intentionally disturb an animal.
  - b. Never look under a rock outcropping.
  - c. Move slowly and carefully, watching where you put your hands, knees and feet.
  - d. If you don't know what something is, don't touch it!
- 11. If you accidentally become entangled, you should:**
- a. inflate your BCD so you pull free.
  - b. avoid turning and struggling, and work slowly and carefully to free yourself.
- 12. You help avoid underwater problems by diving within the limits of your experience and training.** True False
- 13. If you were to run out of air at 35 feet and your buddy were not immediately available, your best option would be**
- a. to make a buoyant emergency ascent.
  - b. to make a controlled emergency swimming ascent.
- 14. Unless local laws or regulations state differently, you should stay within \_\_\_\_\_ of a dive flag, and boaters and water-skiers should stay \_\_\_\_\_ away from it.**
- a. 50 ft., 100-200 ft.
  - b. 25 ft., 50-100 ft.
- 15. You prevent problems with contaminated air primarily by having your tanks filled only by reputable professional dive operations.**
- True False
- 16. If you feel the effects of nitrogen narcosis, you should:**
- a. ascend to a shallower depth.
  - b. slow your descent until they pass.
- 17. To prevent nitrogen narcosis:**
- a. avoid deep dives.
  - b. descend slowly.
- 18. Exceeding established depth and/or time limits can produce \_\_\_\_\_ on ascent, which causes decompression sickness.**
- a. bubbles in the body tissues
  - b. blood circulation to the skin
- 19. Signs and symptoms of decompression sickness include (check all that apply):**
- a. numbness and tingling
  - b. euphoria
  - c. pain, often in the joints and limbs
- 20. A diver suspected of having decompression sickness should:**
- a. wait six hours before diving again.
  - b. stop diving, breathe emergency oxygen and seek emergency medical care.
- 21. First aid for decompression sickness and lung overexpansion injuries include preventing and treating for shock, administering oxygen and if necessary, CPR.**
- True False
- 22. Dive tables and dive computers:**
- a. apply a mathematical model to determine theoretical dive time limits.
  - b. read the actual amount of nitrogen in your body.

**23. Avoid the maximum limits of your dive tables or computer because:**

- a. you're more likely to run out of air.
- b. people vary in their susceptibility to decompression sickness.

**24. No decompression, or no stop, diving means:**

- a. you never run out of air.
- b. that you plan dives with tables and computers so you can make a direct ascent to the surface if necessary.

**25. When making a repetitive dive, it's necessary to account for residual nitrogen still in your body from the previous dive. True False**

**26. The "formal" definition of bottom time is:**

- a. from the beginning of descent to the beginning of a direct ascent to the safety stop/surface.
- b. from the time you reach the bottom to the time you reach the surface.

***(You may skip to question 30 if using a dive computer)***

**27. If planning three or more dives in a day with the RDP, if your ending pressure group after the second dive is Y, you should wait at least \_\_\_\_\_ hour(s) before all subsequent dives. a. 1 b. 3**

**28. RDP After a dive to 18 metres/60 feet for 30 minutes, followed by a 30 minute surface interval and a repetitive dive to 16 metres/50 feet for 28 minutes, your ending pressure group would be: a. R b. P c. O d. T**

**29. RDP After a dive to 17 metres/56 feet for 42 minutes, followed by a 42 minute surface interval and a repetitive dive to 17 metres/56 feet for 29 minutes, your ending pressure group would be: a. X b. T c. V d. U**

**30. A safety stop is a pause during your ascent at the end of your dive at \_\_\_\_\_ for \_\_\_\_\_. a. 15 ft/3 or more minutes. b. 10 ft/ 1 minute.**

**31. Always make a safety stop if (check all that apply):**

- a. you dive to 100 feet or deeper.
- b. you dive in low visibility.
- c. your ending pressure group comes within three pressure groups of a no decompression limit.

**32. If you accidentally exceed a no decompression limit by less than five minutes:**

- a. slowly ascend to 5 metres/15 feet and make an eight minute stop prior to surfacing, then discontinue diving for at least six hours.
- b. ascend directly to the surface, but don't exceed 18 metres/60 feet per minute.

**33. If you accidentally exceed a no decompression limit by more than five minutes, slowly ascend to 5 metres/15 feet and make a stop prior to surfacing for no less than 15 minutes (air supply permitting), then discontinue diving for at least 24 hours.**

True False

**34. In cold water or under strenuous conditions, plan your dive as though it were:**

- a. 10 ft shallower than actual.
- b. 10 ft deeper than actual.

**35. To be reasonably assured you remain symptom free from decompression sickness when flying in a commercial jet airliner after diving, wait 18 hours. True False**

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How'd you do? Score: \_\_\_\_\_

1. b; 2. True; 3. True; 4. a; 5. False. (Shivering is a warning sign to end the dive immediately and seek warmth); 6. a; 7. a,b,c; 8. a; 9. True; 10. a,c,d; 11. b; 12. True; 13. b; 14. a; 15. True; 16. a; 17. a; 18. a; 19. a,c; 20. b; 21. True; 22. a; 23. b; 24. b; 25. True; 26. a; 27. b; 28. a; 29. c; 30. a; 31. a,c; 32. a; 33. True; 34. b. 35. True (wait 12 hours for one dive, 18 to 24 hours for multiple dives).

Please ask your PADI instructor to review with you any questions you don't understand.

## Student Statement:

I have reviewed and understand the questions I have missed.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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Name: \_\_\_\_\_

## Confined Water Refresher Skills Completed:

- Equipment assembly & Disassembly
- Giant Stride
- No Mask Breathing for one minute
- No Mask Swim
- Alternate air source use, both donor and receiver
- BCD Remove Replace at the Surface
- Neutral buoyancy
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Instructor Name: \_\_\_\_\_ PADI # \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# GENERAL TRAINING

Please read carefully and fill in all blanks before signing.

## Non-Agency Disclosure and Acknowledgment Agreement

I understand and agree that PADI Members ("Members"), including \_\_\_\_\_ store/resort \_\_\_\_\_ and/or any individual PADI Instructors and Divemasters associated with the program in which I am participating, are licensed to use various PADI Trademarks and to conduct PADI training, but are not agents, employees or franchisees of PADI Americas, Inc, or its parent, subsidiary and affiliated corporations ("PADI"). I further understand that Member business activities are independent, and are neither owned nor operated by PADI, and that while PADI establishes the standards for PADI diver training programs, it is not responsible for, nor does it have the right to control, the operation of the Members' business activities and the day-to-day conduct of PADI programs and supervision of divers by the Members or their associated staff. I further understand and agree on behalf of myself, my heirs and my estate that in the event of an injury or death during this activity, neither I nor my estate shall seek to hold PADI liable for the actions, inactions or negligence of \_\_\_\_\_ store/resort \_\_\_\_\_ and/or the instructors and divemasters associated with the activity.

## Liability Release and Assumption of Risk Agreement

I, \_\_\_\_\_ participant name \_\_\_\_\_, hereby affirm that I am aware that skin and scuba diving have inherent risks which may result in serious injury or death.

I understand that diving with compressed air involves certain inherent risks; including but not limited to decompression sickness, embolism or other hyperbaric/air expansion injury that require treatment in a recompression chamber. I further understand that the open water diving trips which are necessary for training and for certification may be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with such instructional dives in spite of the possible absence of a recompression chamber in proximity to the dive site.

I understand and agree that neither my instructor(s), \_\_\_\_\_ instructor(s) \_\_\_\_\_, the facility through which I receive my instruction, \_\_\_\_\_ store/resort \_\_\_\_\_, nor PADI Americas, Inc., nor its affiliate and subsidiary corporations, nor any of their respective employees, officers, agents, contractors or assigns (hereinafter referred to as "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur as a result of my participation in this diving program or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to participate in this course (and optional Adventure Dive), hereinafter referred to as "program," I hereby personally assume all risks of this program, whether foreseen or unforeseen, that may befall me while I am a participant in this program including, but not limited to, the academics, confined water and/or open water activities.

I further release, exempt and hold harmless said program and Released Parties from any claim or lawsuit by me, my family, estate, heirs or assigns, arising out of my enrollment and participation in this program including both claims arising during the program or after I receive my certification.

I also understand that skin diving and scuba diving are physically strenuous activities and that I will be exerting myself during this program, and that if I am injured as a result of heart attack, panic, hyperventilation, drowning or any other cause, that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I further state that I am of lawful age and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian. I understand the terms herein are contractual and not a mere recital, and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns, or beneficiaries may have to sue the Released Parties resulting from my death. I further represent I have the authority to do so and that my heirs, assigns, or beneficiaries will be estopped from claiming otherwise because of my representations to the Released Parties.

I, \_\_\_\_\_ participant name \_\_\_\_\_, BY THIS INSTRUMENT AGREE TO EXEMPT AND RELEASE MY INSTRUCTORS, \_\_\_\_\_ instructor(s) \_\_\_\_\_, THE FACILITY THROUGH WHICH I RECEIVE MY INSTRUCTION, \_\_\_\_\_ store/resort \_\_\_\_\_, AND PADI AMERICAS, INC. AND ALL RELATED ENTITIES AS DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF AND MY HEIRS OF THE CONTENTS OF THIS NON-AGENCY DISCLOSURE AND ACKNOWLEDGEMENT AGREEMENT AND LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING BOTH BEFORE SIGNING BELOW ON BEHALF OF MYSELF AND MY HEIRS.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date (Day/Month/Year)

\_\_\_\_\_  
Signature of Parent of Guardian (where applicable)

\_\_\_\_\_  
Date (Day/Month/Year)