

Name \_\_\_\_\_

# PADI Skill Practice Slate



**PADI**  
padi.com

Rate yourself on each skill as you learn or refresh it:

☺ = I am comfortable with this skill. ☹ = I want more practice with this skill.

## SKILLS



## SKILLS



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			Alternate air source swim and ascent		
Descent and equalization			Controlled emergency swimming ascent		
Hand signals			Weight and trim check with buddy		
Underwater swimming			Tired diver tow – 25 metres/yards		
SPG use and air monitoring			Remove & replace scuba kit – surface		
Ascent			Descent – stop before contacting bottom		
Oral BCD inflation at surface			Underwater swim over sensitive bottom		
Pre-dive safety check – BWRAF			Hover – oral BCD inflation – one minute		
Deep water entry _____			Free-flow regulator breathing		
Proper weighting and weight check			No mask swim		
Snorkel-to-regulator exchange			Ascent without contacting bottom		
Surface swimming – good surface habits			Remove & replace scuba kit – underwater		
Five point descent			Remove & replace weights – underwater		
Neutral buoyancy – low pressure inflator			Exiting water		
Clear fully flooded mask			Skin diving skills		
Remove, replace and clear mask			Disconnect low pressure inflator hose		
No mask breathing			Loose cylinder band – resecure		
Respond properly to air depletion			Weight removal & replacement – surface		
Air management within 20 bar/300 psi			Emergency weight drop		

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

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Birth Date for PADI:** Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

**Classroom:**

Date: \_\_\_\_\_ Score \_\_\_\_\_

<b>Open Water Dive 1</b>		<b>Date:</b>
▷ Proper Weight		▷ Tired Diver Tow
▷ Correct Descent		▷ Cramp Removal
▷ Partial Mask Clear		▷ Snorkel Regulator

<b>Open Water Dive 2</b>		<b>Date:</b>
▷ Buoyancy control (fin pivot - with <b>manual</b> inflation)		
▷ Mask clearing (both partial & full flood)		
▷ Regulator recovery/clear		
▷ Alternate air source use (stationary)		
▷ Weight removal at the surface		
▷ Alternate air source use (donor & receiver, oral inflation on surface)		
▷ C.E.S.A.		

<b>Open Water Dive 3</b>		<b>Date:</b>
▷ Neutral Buoyancy (fin pivot - with <b>oral</b> inflation)		
▷ Mask Removal and replace		
▷ Regulator recovery/clear		
▷ Weight removal at the surface		
▷ Compass Navigation on Surface with snorkel.		

<b>Open Water Dive 4</b>		<b>Date:</b>
▷ Buoyancy control (fin pivot - with oral inflation)		
▷ Mask Removal and replace mid water		
▷ Regulator recovery/clear		
▷ Compass Navigation underwater		
▷ Deploy Safety Signal		
▷ Plan your own dive & tour.		

I have completed all the required PADI skills: \_\_\_\_\_