

# PADI Open Water Diver Course Record and Referral Form

Student Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
Day/Month/Year  
 Mailing address \_\_\_\_\_ Sex  M  F  
 City \_\_\_\_\_ State/Province \_\_\_\_\_  
 Country \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_  
 Phone Home (\_\_\_\_) \_\_\_\_\_ Business (\_\_\_\_) \_\_\_\_\_  
 Fax (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

All PADI Instructors who initial this document must complete an identification section below.

PADI Instructor \_\_\_\_\_ Signature \_\_\_\_\_  
 PADI No. \_\_\_\_\_ Dive Center/Resort No. \_\_\_\_\_ Date \_\_\_\_\_  
Day/Month/Year  
 Phone Home (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_

PADI Instructor \_\_\_\_\_ Signature \_\_\_\_\_  
 PADI No. \_\_\_\_\_ Dive Center/Resort No. \_\_\_\_\_ Date \_\_\_\_\_  
Day/Month/Year  
 Phone Home (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_

**Note: Attach additional sheet for other PADI Instructor information if necessary.**

## When referring a PADI Scuba Diver/Open Water Diver student:

- Fill in the diver and PADI Instructor information and note appropriate areas of training completed.
- Attach a copy of the diver's PADI Medical Statement to this form.
- Advise the diver of the need for a photo for certification card processing.
- Encourage the diver to complete training as soon as possible and explain that this form is only valid for one year from the last training section completion date.

## A. Confined Water Dives

Date Completed Day / Month / Year	Instructor** Initials PADI #	Date Completed Day / Month / Year	Instructor** Initials PADI#
CW 1* ____ / ____ / ____	_____ # _____	CW 4 ____ / ____ / ____	_____ # _____
CW 2 ____ / ____ / ____	_____ # _____	CW5 ____ / ____ / ____	_____ # _____
CW 3 ____ / ____ / ____	_____ # _____		

\*DSD with all CW Dive 1 skills = Open Water Diver CW Dive 1

## Waterskills Assessment

Date Completed Day / Month / Year	Instructor** Initials PADI #
200 metre/yard Swim OR 300 metre/yard Mask/Snorkel/Fin Swim ____ / ____ / ____	_____ # _____
10 Minute Survival Float* ____ / ____ / ____	_____ # _____

## Dive Flexible Skills

Equipment Preparation and Care* ____ / ____ / ____	_____ # _____
Disconnect Low Pressure Inflator Hose* ____ / ____ / ____	_____ # _____
Loose Cylinder Band ____ / ____ / ____	_____ # _____
Weight System Removal and Replacement (surface)* ____ / ____ / ____	_____ # _____
Emergency Weight Drop (or in OW)* ____ / ____ / ____	_____ # _____

## Skin Diving Skills

____ / ____ / ____	_____ # _____
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## Dry Suit Orientation

____ / ____ / ____	_____ # _____
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(Note: If all Confined Water Dives and Waterskills Assessment have been completed by one instructor, only one signature required.)

## All Confined Water Dives listed above and the Waterskills Assessment have been completed.

Instructor Signature \_\_\_\_\_  
 PADI # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**\*\*I certify that this student has satisfactorily completed this skill/section/dive as outlined in the PADI Instructor Manual. I am a PADI Instructor renewed in Teaching status for the current year.**

## B. Knowledge Development

Course option:  RDP Table  eRDP<sub>M</sub>L  Computer only

	Date Completed Day / Month / Year	Completed KR	Passed Quiz/Exam	Viewed Open Water Video	Instructor** Initials PADI #
Sec 1	____ / ____ / ____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____ # _____
Sec 2	____ / ____ / ____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____ # _____
Sec 3	____ / ____ / ____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____ # _____
Sec 4	____ / ____ / ____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____ # _____
Sec 5	____ / ____ / ____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____ # _____
OR eLearning Quick Review	____ / ____ / ____		_____		_____ # _____

(Note: If all above Knowledge Development sessions have been completed by one instructor, only one signature required)

## All Knowledge Development sessions listed above have been completed, Quizzes/Exams passed.

Instructor Signature \_\_\_\_\_ # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## C. Open Water Dives

Date Completed Day / Month / Year	Instructor** Initials PADI #	Date Completed Day / Month / Year	Instructor** Initials PADI #
Dive 1 ____ / ____ / ____	_____ # _____	Dive 3 ____ / ____ / ____	_____ # _____
Dive 2 ____ / ____ / ____	_____ # _____	Dive 4 ____ / ____ / ____	_____ # _____

## Dive Flexible Skills

These skills may be completed during any Open Water Training Dive.

	Completed on	Instructor** Initials PADI#
1. Cramp Removal*	Dive # _____	_____ # _____
2. Snorkel/Regulator Exchange*	Dive # _____	_____ # _____
3. Inflatable Signal Tube/DSMB Deployment*	Dive # _____	_____ # _____
4. Emergency Weight Drop (or in CW)*	Dive # _____	_____ # _____
5. Surface Swim with Compass	Dive # _____	_____ # _____
6. Tired Diver Tow	Dive # _____	_____ # _____
7. Remove/Replace Scuba (surface)	Dive # _____	_____ # _____
8. Remove/Replace Weights (surface)	Dive # _____	_____ # _____
9. CESA (Dive 2, 3 or 4)	Dive # _____	_____ # _____
10. UW Compass Navigation (Dive 2, 3 or 4)	Dive # _____	_____ # _____

(Note: If all above Dive Flexible Skills have been completed by one instructor, only one signature is required)

## All Dive Flexible Skills listed above have been completed.

Instructor Signature \_\_\_\_\_ # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Student Statement: I understand the training requirements for this course and have successfully completed all certification requirements. I am adequately prepared to dive in areas and under conditions similar to those in which I was trained. I realize that additional training is recommended for participation in specialty diving activities, in other geographical areas, and after periods of inactivity that exceed six months. I agree to abide by PADI's Standard Safe Diving Practices.**

Student Signature \_\_\_\_\_ # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**All requirements for certification as a PADI Scuba Diver have been met (completion of Knowledge Development sessions 1, 2, 3 Confined Water Dives 1, 2, 3 Open Water Dives 1, 2 and all dive flexible skills marked with an asterisk \*).**

Instructor Signature \_\_\_\_\_ # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**All requirements for certification as a PADI Open Water Diver have been met.**

Instructor Signature \_\_\_\_\_ # \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Important Points for the Diver and Instructor

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### To the Diver

1. Make advance logistical and financial arrangements with a PADI Dive Center, PADI Resort or PADI Instructor to complete your training. Verify that the PADI Instructor(s) who will complete your training is in Teaching status.
2. Take this form, along with a copy of your completed PADI Medical Statement and a photograph to the PADI Dive Center, PADI Resort or PADI Instructor completing your training.
3. This referral form is valid for one year after the last training module completion date, however you should complete your training as soon as possible.
4. Retain this form until you have completed all required training sessions.
5. The PADI Instructor(s) continuing your training will preassess your skills and knowledge and review anything that may be unclear.
6. Upon completion of all required open water dives, you and the PADI Instructor will complete a Positive Identification Card (PIC) envelope. This envelope must be submitted to PADI along with your photo to obtain a certification card.

**NOTE:** After certification, you'll want to continue your diving adventures. Visit your initial PADI Dive Center, PADI Resort or PADI Instructor and ask about participating in a Discover Local Diving experience or another PADI Course.

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### To the Referring PADI Instructor(s)

1. Fill in the requested information on this form, including the diver's name and address and your contact information. Also, fill in the appropriate areas of training completed before referring the diver.
2. Attach a copy of the diver's PADI Medical Statement to this form. Also advise the diver of the need for a photo for certification card processing.
3. Give the diver the entire form. If possible, assist the diver in making arrangements with a PADI Dive Center, PADI Resort or PADI Instructor for completing training as additional local requirements may apply. Keep a photocopy for your records.
4. Encourage the diver to complete the training as soon as possible. Advise the diver that the form is only valid for one year after the last training module completion date.

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### To the Receiving PADI Instructor(s)

1. Preassess the diver's knowledge and skills. Be certain that the diver is adequately prepared to continue training.
  2. A diver may be referred between any academic module, confined water dive or between Open Water Dives 1-4.
  3. Upon completion of each component, initial and date this form in the appropriate area. The diver retains the referral form until the completion of all certification requirements. Retain a photocopy of this form for your records.
  4. If you conduct Open Water Dive 4, you are the certifying instructor. Complete and submit a PADI Positive Identification Card (PIC) envelope/Online to PADI for processing. Retain a copy of the completed referral form for your records and forward a copy to the original instructor for his records.
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**QUESTIONS – About how to use the form? Call PADI.**

## The Scuba Diver Statement

The PADI Scuba Diver rating allows you to gain experience under direct professional supervision. This agreement defines the limitations of your pre-entry level certification and describes the diving practices necessary for your comfort and safety.

I, \_\_\_\_\_, understand that as a PADI Scuba Diver, I should:

1. Dive under the direct inwater supervision of a PADI Divemaster, Assistant Instructor or Instructor. Listen carefully to dive briefings and respect the advice of those supervising my dive activities. Adhere to the buddy system on every dive.
2. Dive in conditions better than or similar to those in which I was trained. This includes limiting maximum dive depth to 12 metres/40 feet, or receiving additional instruction before diving deeper.
3. Maintain a reasonable fitness level for diving and dive within personal limitations. Avoid overexertion while diving and not dive under the influence of alcohol or drugs.
4. Obtain air fills and dive equipment only from a reputable source, such as a PADI Dive Center or Resort, to avoid contaminated air. Check that the cylinder used is not marked for enriched air (nitrox).
5. Maintain proper buoyancy while diving. Adjust weight for neutral buoyancy at the surface with no air in the BCD and take into account buoyancy changes due to air use during the dive. Establish positive buoyancy by ditching the weight belt and/or inflating the BCD when in distress on the surface.
6. Continue dive education to ensure appropriate training and experience before exceeding the limits of the PADI Scuba Diver rating. Review skills under supervision in a controlled environment after periods of diving inactivity.
7. Breathe properly for diving. Never breath hold or skip breathe when using compressed air.
8. Ascend at a rate of 18 metres/60 feet per minute or slower from every dive and make a safety stop at the end of every dive.
9. Use complete, properly fitting, well-maintained and familiar scuba equipment. Consult a dive professional for advice about and orientation to any unfamiliar equipment.
10. Know and obey local laws and regulations relevant to recreational diving.
11. Understand that I may upgrade to Open Water Diver in order to dive without professional supervision anytime after my Scuba Diver certification date.
12. Understand that deviating from safe diving practices will increase the risk of decompression illness, other injury or death and recognize that for safety and well being PADI Scuba Divers should abide by these recommendations and seek additional information or advice before diving in unfamiliar situations.



## Standard Safe Diving Practices Statement of Understanding

Please read carefully before signing.

This is a statement in which you are informed of the established safe diving practices for skin and scuba diving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in diving. Your signature on this statement is required as proof that you are aware of these safe diving practices. Read and discuss the statement prior to signing it. If you are a minor, this form must also be signed by a parent or guardian.

I, \_\_\_\_\_ (Print Name), understand that as a diver I should:

1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity, and refer to my course materials to stay current and refresh myself on important information.
2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions. Engage only in diving activities consistent with my training and experience. Do not engage in cave or technical diving unless specifically trained to do so.
3. Use complete, well-maintained, reliable equipment with which I am familiar; and inspect it for correct fit and function prior to each dive. Have a buoyancy control device, low-pressure buoyancy control inflation system, submersible pressure gauge and alternate air source and dive planning/monitoring device (dive computer, RDP/dive tables—whichever you are trained to use) when scuba diving. Deny use of my equipment to uncertified divers.
4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities. Recognize that additional training is recommended for participation in specialty diving activities, in other geographic areas and after periods of inactivity that exceed six months.
5. Adhere to the buddy system throughout every dive. Plan dives – including communications, procedures for reuniting in case of separation and emergency procedures – with my buddy.
6. Be proficient in dive planning (dive computer or dive table use). Make all dives no decompression dives and allow a margin of safety. Have a means to monitor depth and time underwater. Limit maximum depth to my level of training and experience. Ascend at a rate of not more than 18 metres/60 feet per minute. Be a SAFE diver – **Slowly Ascend From Every** dive. Make a safety stop as an added precaution, usually at 5 metres/15 feet for three minutes or longer.
7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving. Carry at least one surface signaling device (such as signal tube, whistle, mirror).
8. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed air, and avoid excessive hyperventilation when breath-hold diving. Avoid overexertion while in and underwater and dive within my limitations.
9. Use a boat, float or other surface support station, whenever feasible.
10. Know and obey local dive laws and regulations, including fish and game and dive flag laws.

**I understand the importance and purposes of these established practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in jeopardy when diving.**

Participant's Signature

Date (Day/Month/Year)

Signature of Parent or Guardian (where applicable)

Date (Day/Month/Year)



**PADI**  
padi.com

# Non-Agency Disclosure and Acknowledgment Agreement

In European Union and European Free Trade Association countries use alternative form.

**Please read carefully and fill in all blanks before signing.**

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

In European Union and European Free Trade Association countries use alternative form.

**Please read carefully and fill in all blanks before signing.**

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), \_\_\_\_\_, 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 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.**

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, \_\_\_\_\_, THE FACILITY THROUGH WHICH I RECEIVE MY INSTRUCTION, \_\_\_\_\_, 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.

\_\_\_\_\_  
Participant's Signature Date (Day / Month / Year)

\_\_\_\_\_  
Signature of Parent or Guardian (where applicable) Date (Day / Month / Year)



# MEDICAL STATEMENT

## Participant Record (Confidential Information)

### Please read carefully before signing.

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by \_\_\_\_\_ and  
Instructor

\_\_\_\_\_ located in the  
Facility

city of \_\_\_\_\_, state/province of \_\_\_\_\_.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When

established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

## Divers Medical Questionnaire

### To the Participant:

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

- \_\_\_\_\_ Could you be pregnant, or are you attempting to become pregnant?
- \_\_\_\_\_ Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)
- \_\_\_\_\_ Are you over 45 years of age and can answer YES to one or more of the following?
  - currently smoke a pipe, cigars or cigarettes
  - have a high cholesterol level
  - have a family history of heart attack or stroke
  - are currently receiving medical care
  - high blood pressure
  - diabetes mellitus, even if controlled by diet alone

### Have you ever had or do you currently have...

- \_\_\_\_\_ Asthma, or wheezing with breathing, or wheezing with exercise?
- \_\_\_\_\_ Frequent or severe attacks of hayfever or allergy?
- \_\_\_\_\_ Frequent colds, sinusitis or bronchitis?
- \_\_\_\_\_ Any form of lung disease?
- \_\_\_\_\_ Pneumothorax (collapsed lung)?
- \_\_\_\_\_ Other chest disease or chest surgery?
- \_\_\_\_\_ Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
- \_\_\_\_\_ Epilepsy, seizures, convulsions or take medications to prevent them?
- \_\_\_\_\_ Recurring complicated migraine headaches or take medications to prevent them?
- \_\_\_\_\_ Blackouts or fainting (full/partial loss of consciousness)?
- \_\_\_\_\_ Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

Please answer the following questions on your past or present medical history with a **YES** or **NO**. If you are not sure, answer **YES**. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with an RSTC Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to your physician.

- \_\_\_\_\_ Dysentery or dehydration requiring medical intervention?
- \_\_\_\_\_ Any dive accidents or decompression sickness?
- \_\_\_\_\_ Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
- \_\_\_\_\_ Head injury with loss of consciousness in the past five years?
- \_\_\_\_\_ Recurrent back problems?
- \_\_\_\_\_ Back or spinal surgery?
- \_\_\_\_\_ Diabetes?
- \_\_\_\_\_ Back, arm or leg problems following surgery, injury or fracture?
- \_\_\_\_\_ High blood pressure or take medicine to control blood pressure?
- \_\_\_\_\_ Heart disease?
- \_\_\_\_\_ Heart attack?
- \_\_\_\_\_ Angina, heart surgery or blood vessel surgery?
- \_\_\_\_\_ Sinus surgery?
- \_\_\_\_\_ Ear disease or surgery, hearing loss or problems with balance?
- \_\_\_\_\_ Recurrent ear problems?
- \_\_\_\_\_ Bleeding or other blood disorders?
- \_\_\_\_\_ Hernia?
- \_\_\_\_\_ Ulcers or ulcer surgery ?
- \_\_\_\_\_ A colostomy or ileostomy?
- \_\_\_\_\_ Recreational drug use or treatment for, or alcoholism in the past five years?

**The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.**

\_\_\_\_\_  
Signature Date Signature of Parent or Guardian Date

# Knowledge Review One

Some questions may have more than one correct answer.  
Choose all that apply:

1. Complete the following depth-pressure-air volume-air density table :

Depth	Pressure	Volume	Density
0m/0ft	1 bar/ata	1	x 1
10m/33ft	_____	½	—
30m/99ft	_____	¼	—
40m/132ft	5 bar/ata	—	x 5

2. As I descend, I need to equalize air spaces. Which of the following are accepted ways of equalizing my ears?
- a. Block my nose and attempt to gently blow through it.
  - b. Swallow and wiggle the jaw from side to side.
  - c. Block my nose and blow forcefully for an extended period.
3. During a descent, I try to equalize but discover I'm having trouble doing so. Which of the following is correct?
- a. Slow my descent, signal my buddy to slow down, and equalize more forcefully.
  - b. Stop my descent, signal my buddy, ascend slightly and try again.
  - c. Continue my descent while equalizing repeatedly.
  - d. Signal my buddy, ascend to the surface and start my descent over.
4. I should equalize
- a. early and often, before I feel discomfort.
  - b. when I begin to feel discomfort.
  - c. only if I experience pain.
5. I should not dive with a cold, nor use medications to dive with a cold.
- True     False
6. The most important rule in scuba diving is:
- a. Breathe continuously and never hold my breath.
  - b. Always dive with a buddy.
  - c. Keep my mask on while in the water, even at the surface.
  - d. Check my SPG at least every couple of minutes.
7. Failure to follow the most important rule in scuba diving can cause serious lung overexpansion (lung rupture) injuries, which in turn can cause paralysis and death.
- True     False
8. If I feel discomfort in a body air space while ascending, the correct action is to:
- a. Continue my ascent while blowing against blocked nostrils.
  - b. Stop, descend slightly and give trapped air time to work its way out.
  - c. Descend at least 10 metres/33 feet, then resume my ascent.
9. My buddy and I are planning a dive to 18 metres/60 feet. We would expect our air supply to last \_\_\_\_\_ at 10 metres/33 feet, all else being the same.
- a. longer than
  - b. shorter than
  - c. the same as
10. During a dive, I swim hard to keep up with a fish that interests me, but shortly begin to feel like I can't get enough air. The correct action would be to:
- a. Signal my buddy and head up to the surface.
  - b. Use the regulator purge button to boost air flow.
  - c. Stop all activity and rest to restore proper deep, slow breathing.
11. An object that is neutrally buoyant in fresh water will \_\_\_\_\_ in salt water.
- a. sink
  - b. float
  - c. be neutrally buoyant
12. The three overall benefits of the buddy system are practicality, safety and fun.
- True     False
13. The primary considerations when choosing any piece of scuba gear are:
- a. suitability
  - b. brand
  - c. fit
  - d. comfort
14. I'm planning to dive the following week and am checking my gear. I put my kit together and notice that my regulator seems to breathe harder than I remember. The appropriate action would be to:
- a. Have it inspected and serviced as needed by a professional before using it.
  - b. Go ahead and use it, but limit my dive depth to 10 metres/30 feet.
  - c. Wash it in fresh water and see if the problem persists.
15. There is no way to use a DIN regulator on a yoke cylinder valve.
- True     False
16. It is important to master buoyancy control because it allows me to control whether I descend, float or am neutrally buoyant. I adjust my buoyancy frequently while diving.
- True     False

Student Diver Statement: I've completed this Knowledge Review to the best of my ability and any questions I answered incorrectly or incompletely, I have had explained to me and I understand what I missed.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Knowledge Review Two

Some questions may have more than one correct answer. Choose all that apply.

- I take a colorful fish identification slate with me while diving. Looking at the slate underwater at 12 metres/40 feet, I would expect the slate to look
  - a. smaller/farther away.
  - b. more colorful.
  - c. less colorful.
  - d. larger/closer.
- While underwater, I want to move efficiently by
  - a. moving as quickly as possible.
  - b. being streamlined.
  - c. having just a little more weight than I actually need.
  - d. swimming slowly and steadily.
  - e. maintaining proper trim.
- During a dive, I can't stop shivering. The proper response would be to
  - a. exit the water immediately, dry off and seek warmth.
  - b. exit the water as planned, but wear more exposure protection next time.
  - c. exit the water when convenient, and swim rapidly to warm up.
- During a dive, my buddy and I have to swim hard because of an unexpected current. If I were to begin to feel fatigued, have labored breathing, experience a feeling of suffocation or air starvation, and perhaps feel like I may panic, I should
  - a. signal "up" and head to the surface.
  - b. switch to an alternate air source.
  - c. stop all activity, signal my buddy and rest.
- When planning our dive, my two buddies and I agreed that the general procedure for buddy separation would be adequate. If during the dive I find I am with one buddy but can't see the other, which of the following applies?
  - a. This is a buddy separation. Stay with the remaining buddy and search for no more than a minute, then reunite on the surface.
  - b. This is a buddy separation. Stay with the remaining buddy, return to where the missing buddy was last seen and wait.
  - c. This is a buddy separation. The remaining buddy and I should split up and look for the missing buddy.
  - d. This is not a buddy separation for the remaining buddy and me. Stay with the remaining buddy and continue the dive while the one who is missing looks for us.
- The buddy system is \_\_\_\_\_ responsibility.
  - a. my buddy's
  - b. the divemaster's
  - c. my
  - d. no one's
- My buddy and I are planning a shore dive. We're descending onto a very gradual slope that begins at 5 metres/15 feet, so our descent and ascent will be a gradual part of swimming out and back underwater. We have similar cylinders filled to 200 bar/3000 psi. We plan:
  - 50 bar/500 psi reserve.
  - 20 bar/300 psi for our safety stop.
  - To turn the dive when we've used one-third of the air available to use on the dive.This means we should head back when either of our SPGs read
  - a. 70 bar/800 psi
  - b. 145 bar/1900 psi
  - c. 157 bar/2270 psi
  - d. 170 bar/2500 psi
- My fin strap comes loose (later I discover that I didn't buckle it properly) while swimming at the surface in choppy waves. Which of the following habits would help me as I handle this problem?
  - a. Having my mask on and a mouthpiece in my mouth.
  - b. Having enough air in my BCD for adequate buoyancy.
  - c. Staying close to and signaling my buddy.

9. I'm about to begin a descent with my buddy. Which of the following steps should I take before actually beginning my descent?
- a. equalize my ears
  - b. orient myself to something at the surface
  - c. check that my computer is active
  - d. confirm that my buddy is ready
  - e. add air to my BCD
10. My buddies and I are wearing wet suits for exposure protection. As I descend, my buoyancy will \_\_\_\_\_, so I should \_\_\_\_\_ to control my buoyancy.
- a. remain constant, do nothing
  - b. increase, release air infrequently from my BCD in large amounts
  - c. increase, release air frequently from my BCD in small amounts
  - d. decrease, add air infrequently to my BCD in large amounts
  - e. decrease, add air frequently to my BCD in small amounts
11. I should never descend or ascend without a reference that I can follow or make contact with.
- True
  - False
12. As a prudent, conservative diver, the following are normal parts of my ascents:
- a. ascending at 18 m/60 ft per minute (or slower if specified by my computer)
  - b. inflating my BCD to begin my ascent
  - c. stopping for 3 minutes at approximately 5 metres/15 feet
  - d. adjusting my buoyancy in small amounts frequently
13. While boat diving, my buddy and I finish our safety stop and ascend to the surface. When I reach the surface, I should
- a. switch to my snorkel, inflate my BCD and signal "okay" to the divemaster.
  - b. signal "okay" to the divemaster, switch to my snorkel and inflate my BCD.
  - c. inflate my BCD, switch to my snorkel and signal "okay" to the divemaster.
14. Match the letter with the characteristics of the exposure suit type.
- a. insulation provided by layer of air and undergarment
  - b. proper fit is important to keep water trapped against your body
  - c. little or no insulation
- \_\_\_\_\_ wet suit  
\_\_\_\_\_ dry suit  
\_\_\_\_\_ skin suit
15. Which of the following can be a problem before the dive when diving on a warm day in a wet or dry suit?
- a. proper weighting
  - b. entering the water
  - c. overheating
  - d. hypothermia
16. If I have only one cutting tool, the recommendation is that I wear it where \_\_\_\_\_ hand can reach it
- a. my right
  - b. my left
  - c. my dominant
  - d. either

Student Diver Statement: I've completed this Knowledge Review to the best of my ability and any questions I answered incorrectly or incompletely, I have had explained to me and I understand what I missed.

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Name

Date

## Knowledge Review Three

Some questions may have more than one correct answer.  
Choose all that apply.

- One way to avoid disorientation while descending and ascending is to
  - a. close my eyes.
  - b. stay away from any objects.
  - c. follow a reference.
  - d. monitor my air supply closely.
- My buddy and I are diving from a boat and there's a mild current. In most circumstances, we would \_\_\_\_\_ for the first part of the dive.
  - a. swim into the current
  - b. let the current carry us
  - c. not try to go anywhere
- My buddy and I get disoriented while boat diving. There is a mild current, and we surface away from the boat. We should \_\_\_\_\_. If unable to reach the boat or too tired, we should \_\_\_\_\_.
  - a. swim into the current to get ahead of the boat, redescend and return on the bottom.
  - b. swim across the current to reach the trail line, become buoyant and signal the boat to pick us up.
  - c. signal that we are okay, swim for shore.
  - d. swim with the current until rested, swim to the bottom and swim into the current.
- My buddy and I remain neutrally buoyant and stay above the bottom enough to avoid contact. We do this because bottom contact
  - a. may injure or kill fragile aquatic life.
  - b. tends to disturb the bottom and reduce the visibility.
  - c. increases the risk of accidental cuts, scrapes or stings.
- When assessing conditions, if there is anything that causes me significant anxiety or concern, if I can't address it, I should not dive. Ultimately, I am responsible for my own safety, so only I can make the final decision to dive.
  - True
  - False
- When planning to dive in an environment that is new to me, it is recommended that I get a local orientation from an experienced diver or professional who knows the procedures, hazards, points of interest and other factors unique to the environment.
  - True
  - False
- Risks of diving beyond my training and experience limits include that
  - a. in some forms of diving, the hazards are not obvious.
  - b. it can cause me to have a false sense of security.
  - c. anxiety from doing so can distract me from noticing other problems.
- While planning a shore dive, my dive buddy says it will be "no problem" diving in high surf that I've never been trained in nor have experience with. Looking at the surf, I don't think I am prepared for diving in it. My best response is to
  - a. agree to dive, but be ready to back out at any moment.
  - b. make the dive using the techniques I've learned for little to mild surf.
  - c. politely refuse to dive and suggest an alternate location with no significant surf.
- To prevent and/or handle injuries caused by aquatic life, I should
  - a. generally touch animals if I want, but only if I am familiar with them.
  - b. watch where I put my feet, hands and knees.
  - c. wear an exposure suit.
  - d. treat all organisms with respect.
  - e. be familiar with potentially hazardous animals where I'm diving.
  - f. be prepared to provide first aid for aquatic life injuries.
  - g. touch only dead stinging organisms.
- My buddy and I accidentally find ourselves in a rip current. There are no special, local procedures, so we follow the generally recommended action of
  - a. inflating our BCDs and swimming against the current.
  - b. deflating our BCDs and swimming against it on the bottom.
  - c. deflating our BCDs and swimming parallel to shore.
  - d. inflating our BCDs and swimming parallel to shore.
- Depending upon my location, tides can cause significant changes to depth, currents and visibility, or they may have hardly any effect.
  - True
  - False
- When boarding a dive boat, the divemaster asks me to fill my name in on the roll. The reason for this is to
  - a. make sure I paid.
  - b. check my certification number.
  - c. see if I have a buddy.
  - d. make sure everyone's aboard after each dive.
- The best entry is usually the
  - a. giant stride.
  - b. seated back roll.
  - c. easiest one.

14. I should stay well away from the boat propeller at all times, even when the engine isn't running.
- True
  - False
15. My buddy and I are diving from a boat in mild to moderate current. There is a line from the back of the boat where we'll enter, which leads to the mooring line at the front of the boat. The purpose of the line leading to the mooring line is to
- a. provide a backup to the mooring line.
  - b. allow us to swim to it if we surface away from the boat.
  - c. guide our descent to the bottom.
  - d. let us pull ourselves to the mooring line.
16. My buddy and I surface and the boat is not in sight, nor is there a float and we are beyond sight of shore. We should inflate our BCDs, deploy our surface signaling devices and stay together.
- True
  - False
17. Training that expands and develops my skills in preventing and managing problems include:
- a. PADI Digital Underwater Photographer.
  - b. PADI Rescue Diver.
  - c. PADI Emergency Oxygen Provider.
  - d. Emergency First Response Primary and Secondary Care courses.
18. At the surface, I have a problem. If I have not already done so, the first thing I should do is
- a. make myself buoyant (inflate BCD and/or drop weights).
  - b. ask for help.
  - c. relax and avoid overexertion.
19. A diver at the surface begins to struggle. He has wide, unseeing eyes and he has pushed off his mask. His BCD isn't inflated and he doesn't inflate it when the divemaster calls for him to do so. This diver is \_\_\_\_\_. To help, I should first \_\_\_\_\_.
- a. in control; encourage the diver to relax
  - b. in control; tow the diver
  - c. out of control; provide encouragement
  - d. out of control; make myself and the diver buoyant (inflate BCD/ drop weights)
20. With an unresponsive diver underwater, the primary concern is \_\_\_\_\_. Once at the surface, besides establishing buoyancy and calling for help, the primary concern is \_\_\_\_\_.
- a. replacing the mouthpiece, towing to safety rapidly
  - b. getting the victim to the surface, checking for breathing and providing rescue breaths if the victim isn't breathing
  - c. compressing the torso, providing emergency oxygen
21. While diving, I begin to feel exhausted and air-starved because I have been swimming strenuously. I should
- a. descend slightly.
  - b. signal "stop" and rest.
  - c. immediately ascend.
  - d. switch to an alternate air source.
22. In helping a responsive diver, after you check for breathing and provide CPR as needed (once out of the water), which of the following has the highest priority?
- a. Contact emergency medical care.
  - b. Give the diver emergency oxygen.
  - c. Keep the diver warm.
  - d. Write down what happened.
23. Although it shouldn't have happened, on a dive at 10 metres/30 feet, I fail to watch my SPG and run out of air. I don't have a pony bottle or self-contained ascent bottle. My buddy is about 12 metres/40 feet away, and has an alternate second stage. My best option is probably to
- a. make a normal ascent.
  - b. ascend using an alternate air source.
  - c. make a controlled emergency swimming ascent.
  - d. make a buoyant emergency ascent.
24. Any diver who has been unresponsive in or under water requires medical examination, even if the person seems fully recovered.
- True
  - False
25. At a minimum, I should have \_\_\_\_ visual and \_\_\_\_ audible signaling devices.
- a. 1, 1
  - b. 2, 1
  - c. 1, 2
  - d. 2, 2
26. My buddy and I are underwater within 6 metres/20 feet of our float with a locally-recognized dive flag. We hear a boat, and it sounds close and is getting closer.
- a. This isn't an issue. The flag will keep the boat at a safe distance.
  - b. We should stay deep enough to be safe. The boater may not see or recognize the flag.

Student Diver Statement: I've completed this Knowledge Review to the best of my ability and any questions I answered incorrectly or incompletely, I have had explained to me and I understand what I missed.

Name \_\_\_\_\_  
Date \_\_\_\_\_

## Knowledge Review Four

Some questions may have more than one correct answer.  
Choose all that apply.

- During an underwater cleanup, my buddy and I fill a large mesh utility bag with several kilograms/pounds of garbage. We should
  - attach the bag to our gear.
  - carry the bag in our hands.
- I have a bit of a cold but feel I can manage the dive well enough, so it is okay to dive.
  - True
  - False
- Exertion from swimming hard, carrying equipment, climbing a ladder, long walks wearing gear, and heat stress from wearing an exposure suit in a hot climate can lead to heart attack in predisposed individuals. These factors can also cause problems for people with other cardiovascular conditions.
  - True
  - False
- Before diving, I should refrain from using
  - alcohol.
  - tobacco.
- Medications can create problems when diving, so I should use prescription drugs and over-the-counter medications with caution. Any drug that affects my judgment, thinking and/or reactions should generally not be used before diving.
  - True
  - False
- It is recommended that pregnant women do not dive.
  - True
  - False
- As a new PADI Open Water Diver, I should refresh my dive skills with a PADI Scuba Review after \_\_\_\_\_ of inactivity.
  - one month
  - six months
  - one year
  - five years
- One reason it is important to be certified as a PADI Enriched Air Diver, or under the supervision of a PADI Enriched Air Instructor, before using enriched air nitrox is to avoid oxygen toxicity problems.
  - True
  - False
- During a dive, I begin to have a headache, feel ill and dizzy. Are these possible symptoms of contaminated air?
  - Yes
  - No
- To avoid contaminated air, I should have my cylinder filled only at reputable scuba air sources.
  - True
  - False
- The two primary factors that influence how much nitrogen dissolves into my body tissues during a dive are \_\_\_\_\_ and \_\_\_\_\_.
  - depth, time
  - temperature, time
  - depth, temperature
- If I exceed established depth and time limits while diving and then surface, bubbles can form in my body tissues, causing decompression sickness.
  - True
  - False
- After a dive, a diver has numbness, tingling and weakness in the arms. Are these possible signs/symptoms of DCS?
  - Yes
  - No
- Secondary factors thought to contribute to DCS include
  - age.
  - cold.
  - injuries.
  - poor fitness/high body fat

15. A no stop dive means I can, \_\_\_\_\_ the dive, ascend directly to the surface without stopping if necessary (although I would normally plan a safety stop).
- a. for the first half of
  - b. for the last half of
  - c. at any time during
16. If I am planning a dive to 12 metres/40 feet, my no stop limit will be \_\_\_\_\_ than my no stop limit for a dive to 10 metres/30 feet.
- a. longer
  - b. shorter
17. Exceeding my computer or table's ascent rate may increase my risk of DCS.
- True
  - False
18. On a repetitive dive, for a given depth my no stop limits will be \_\_\_\_\_ those of the first dive.
- a. longer than
  - b. shorter than
  - c. the same as
19. I must use the same dive computer the entire day of diving, on all dives, and not share it with another diver.
- True
  - False
20. During a dive with my dive computer, my buddy and I will turn the dive based on the first limit we reach: remaining no stop time or air supply turn point.
- True
  - False
21. When diving with a computer, it is recommended that I
- a. dive well within its limits.
  - b. follow the most conservative computer – mine or my buddy's.
  - c. start at the deepest point and progress shallower.
  - d. ascend slowly and make a safety stop.
22. During a dive, my dive computer fails, and I'm not using a backup. I should
- a. continue the dive based on my buddy's computer.
  - b. ascend, make a safety stop and end the dive.
  - c. stay for the duration we planned before the dive.
23. One reason it is important to have environmentally-friendly dive skills is to preserve the natural beauty for other divers.
- True
  - False

Student Diver Statement: I've completed this Knowledge Review to the best of my ability and any questions I answered incorrectly or incompletely, I have had explained to me and I understand what I missed.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Knowledge Review Five

Some questions may have more than one correct answer.

Choose all that apply.

- My buddy and I have just finished a dive to 15 metres/50 feet for 60 minutes. We want to return to the same site and depth and stay another 60 minutes. We can \_\_\_\_\_ to see about how long we have to remain at the surface to have enough no stop time.
  - a. wait and check our no stop times on our computers periodically
  - b. use the dive computer plan mode, if our computers have them,
  - c. use a dive planning app
  - d. check the RDP Table or eRDPML
- Going to altitude after diving may be a problem because
  - a. dive computers read too deep at altitude.
  - b. oxygen toxicity problems result from the thinner air.
  - c. most decompression models are based on surfacing at sea level.
- I've just finished a single no stop dive with my buddy. We have not been diving in the past several days, and this is the only dive we make. Based on current recommendations, the minimum surface interval before we fly is
  - a. 6 hours.
  - b. 12 hours.
  - c. 18 hours.
  - d. 24 hours.
- I need to use special altitude diving procedures when diving at an altitude greater than
  - a. 150 metres/500 feet.
  - b. 300 metres/1000 feet.
  - c. 600 metres/2000 feet.
  - d. 3000 metres/10,000 feet.
- If I am cold or exercise a lot during a dive, I may surface with more nitrogen than calculated by my dive computer or dive tables.
  - True
  - False
- At the end of a dive, my dive buddy's foot gets tangled in an abandoned fishing net. It takes five minutes to get free, but that delays our ascent making us exceed our no stop limit. This means that before we surface, we will have to make a(n) \_\_\_\_\_ stop to return our nitrogen level from outside the accepted limits.
  - a. safety
  - b. emergency decompression
- On a dive boat, after coming aboard two divers discover they accidentally surfaced without making an emergency decompression stop. They should \_\_\_\_\_, and not dive for at least 24 hours.
  - a. re-enter the water and make the stops
  - b. exercise and drink fluids
  - c. relax, breathe oxygen and check themselves for DCS symptoms
- In an emergency decompression situation, I find I won't have enough air to complete all the required stop time. I should
  - a. stay at the stop until out of air, then make a controlled emergency swimming ascent.
  - b. surface immediately and not make the stop at all.
  - c. stop as long as I can, but save enough air to surface and exit safely.
- To help a diver with suspected decompression illness, I should
  - a. monitor the diver's breathing and provide CPR as necessary.
  - b. contact emergency medical care.
  - c. have the diver sit or stand as much as possible.
  - d. provide emergency oxygen.
- Nearly all cases of decompression illness require treatment
  - a. in the water.
  - b. in a recompression chamber.
  - c. with bubble-dissolving drugs.
- During a dive, I feel I'm having trouble thinking clearly. I should
  - a. carefully continue.
  - b. signal my buddy and ascend to a shallower depth.
- On a standard underwater compass, the magnetic north needle
  - a. points to magnetic north.
  - b. indicates my travel direction.
  - c. points south on a reciprocal course.
  - d. is absent.
- My buddy and I want to travel in a straight line using a compass, I should point the \_\_\_\_\_ in our desired travel direction, then rotate the \_\_\_\_\_ until the \_\_\_\_\_ is/are over the \_\_\_\_\_.
  - a. lubber line, magnetic north needle, heading references
  - b. magnetic north needle, bezel, index marks, lubber line
  - c. heading references, bezel, lubber line, magnetic north needle
  - d. lubber line, bezel, index marks, magnetic north needle
- As a PADI Open Water Diver, I have been trained to a maximum depth of \_\_\_\_\_ (or the actual depth I reached, if shallower).
  - a. 12 metres/40 feet
  - b. 18 metres/60 feet
  - c. 24 metres/80 feet
  - d. 30 metres/100 feet

Student Diver Statement: I've completed this Knowledge Review to the best of my ability and any questions I answered incorrectly or incompletely, I have had explained to me and I understand what I missed.

Name \_\_\_\_\_ Date \_\_\_\_\_