6. Scubility Open Water Scuba Diver Course

6.1 Introduction

This entry-level certification course is designed to give physically disabled students the necessary skills to safely conduct open water dives in conditions similar to their training without the direct supervision of an instructor*.

*Note: Diving under the supervision of a qualified SDI Dive Buddy may be required.

6.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training
2. Enroll in the Advanced Adventure Diver program, individual SDI Specialties or the SDI Advanced Diver Development program

6.3 Who May Teach

1. An active SDI Instructor who is certified to teach the SDI Scubility program

6.4 Student to Instructor Ratio

Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of subject matter.

Confined Water (swimming pool-like conditions)

1. A maximum of 2 students per instructor
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Diver Master or Assistant Instructor
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Dive Masters or Assistant Instructors

Open Water (ocean, lake, quarry, spring, river or estuary)

1. A maximum of 2 students per instructor are allowed
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Trained Divemaster or Assistant Instructor
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI trained Scubility Divemasters or Assistant Instructors

6.5 Student Prerequisites

1. Minimum age of 18, 10 with parental consent
2. Students between the ages of 10 through 14 may obtain a restricted SDI Scubility Scuba Diver Certification if the following conditions are met; students are to train and dive under the direct supervision of a parent, guardian, or active leadership level diver with an SDI Dive Buddy certification
3. When a restricted SDI Scuba Diver reaches the age of 15, they can upgrade to the SDI Scubility Open Water Scuba Diver certification

6.6 Course Structure and Duration

Open Water Execution

1. Students must complete 4 open water dives and remain underwater for minimum of 15 minutes on each dive, for a total of 60 minutes
2. Training depth must be between 4.5 to 18 metres / 15 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet
3. A maximum of 3 scuba dives per day, are allowed
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives.

Course Structure

1. SDI allows instructors to structure courses according to the number of students participating and their skill level
2. A confined water assessment session must be carried out before the start of the course (this can be carried out during the scuba discovery program).

Duration

1. The suggested number of training hours is 30

6.7 Administrative Requirements

Administrative Tasks:

1. Collect the course fees from all the students
2. Ensure that the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete the:
    a. *SDI Liability Release and Express Assumption of Risk* Form
    b. *SDI Medical Statement* Form

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration* form to SDI Headquarters or registering the students online through member's area of the SDI website

Required Equipment:

1. Basic open water scuba equipment as described in section 2 of this manual.

Equipment modified to suit the student's individual needs is acceptable as long as it meets the basic requirements.

6.8 Required Subject Areas

The following material is available:

1. SDI Log Book
2. *SDI Open Water Scuba Diver* Video or DVD
3. *SDI Open Water Scuba Diver* PowerPoint Presentation
4. *SDI Confined Water / Open Water Teaching* slates
5. *SDI Skill Check-off* slate

Instructors may use any additional text or materials that they feel help present these topics. The following topics must be covered during this course:

1. History of Diving
2. The Aquatic Environment
    a. Vision
    b. Light
    c. Sound
    d. Heat loss; emphasis on specific disability
    e. Tides
    f. Currents
    g. Waves
    h. Surge
    i. Marine life injuries
3. Physics and Physiology
    a. Buoyancy
    b. Pressure
    c. Boyle's Law
    d. Air spaces
        i. Lung over-expansion problems
        ii. Equalization techniques

    e.   Breathing air under pressure
- i.   Decompression sickness
  1. Repetitive dives
  2. Safety stops
  3. Emergency decompression
  4. Omitted decompression
- ii. Nitrogen narcosis
- iii. Oxygen toxicity
- iv. Carbon monoxide poisoning
- v. Mixed Gases

4. Scuba Equipment; modified and special equipment must be covered on each part of this section
   a. Mask, fins, and snorkel
   b. Exposure protection
      - i.   Wetsuits
      - ii. Dry suits
   c. Buoyancy compensator device (BCD)
   d. Regulator
      - i.   Primary regulator
      - ii. Alternate air source
   e. Cylinders
   f. Weight systems
   g. Underwater instruments
      - i.   Submersible pressure gauge (SPG)
      - ii. Dive computers
      - iii. Dive watch
      - iv. Depth gauges
      - v. Compass
   h. Accessories
      - i.   Dive flag
      - ii. Rescue signal
      - iii. Knife
      - iv. Dive lights
      - v. Equipment bag
      - vi. Logbook
      - vii. Slate

5. Planning your dive
   a. Special considerations for the disabled diver
   b. Buddy system
   c. First aid

6.9 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation
    a. 100 metre distance swim, using any stroke or 150 metre distance swim using mask, snorkel and fins or webbed gloves; wetsuit can be worn
    b. Survival swim of 10 minutes; wetsuit can be worn
2. Scuba skills
    a. Scuba system assembly and disassembly; minimal assistance
    b. Weight system adjustment with proper weighting; minimal assistance
    c. Removal and replacement of weight system:
        i. On the surface; can be removal only
        ii. At depth; minimal assistance
3. Pre-dive check of self and buddy
4. Mask clear:
    a. Partial, at depth
    b. Full, at depth
5. Breathing and swimming underwater without a mask; distance 12 metres
6. Buoyancy compensator device (BCD) use:
    a. Inflation and deflation (oral/power)
        i. At the surface
        ii. At depth
    b. Removal and replacement:
        i. At surface; on entry and exit is ok
        ii. At depth; minimal assistance
7. Buoyancy Control
    a. Hovering
    b. Controlled ascents; minimal assistance- dependant on disability
    c. Controlled descents; minimal assistance- dependant on disability
8. Regulator use
    a. Breathing, clearing, and recovery:
        i. At the surface
        ii. At depth
    b. Alternate air source use (air sharing with a buddy; stationary and while making a controlled ascent)
9. Underwater swimming (proper use of fins and / or webbed gloves)

10. Entries and exits
    a. Controlled seated entry; if suitable for level of disability
    b. Back-roll entry; if suitable for level of disability
    c. Giant stride entry; if suitable for level of disability
    d. Shallow water exit; assistance of up to 100% depending on level of disability
    e. Deep water exit; assistance of up to 100% depending on level of disability
11. Snorkel use
    a. Adjustment
    b. Clearing (blast method)
12. Computer use
    a. Reading and understanding data
    b. Understanding functions of computer
13. Use of gauges
14. Underwater communications
    a. Special signals for sight impaired diver
15. Rescue techniques
    a. Tired diver tows; instructors discretion
    b. Cramp relief
16. Out-of-air emergencies
    a. Simulated swimming ascent

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors my use additional exams that can be found on the *SDI Open Water Scuba Diver* Instructor Resource CD
3. Complete all open water requirements safely and efficiently

6.10 Dive-Buddy System

The Dive-buddy system puts flexibility into the training program by allowing certification according to which performance requirements have been met.

DB 1: All of the performance requirements have been met; the diver has demonstrated the ability to perform self rescue and can provide equal assistance to his/her buddy should it become necessary. This diver can dive with any other certified diver.

DB2: All of the performance requirements have been met; the diver has demonstrated the ability to perform self-rescue but is not able to provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Rescue Diver or equivalent.

DB3: The physical performance requirements have been met; the diver has demonstrated the ability to safely use scuba in an open water environment. But the diver does not have the ability to perform self-rescue or provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Scubility Dive Buddy or equivalent.