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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: _____