

**SWIMMING SKILLS****COMMENTS**

Demonstrate swim stroke proficiency of at least 15 continuous stroke cycles	<input type="checkbox"/>	
10 minute survival swim	<input type="checkbox"/>	
50 feet underwater swim, 1 breath	<input type="checkbox"/>	

**SKIN DIVING SKILLS****COMMENTS**

450 yards snorkel swim, non-stop	<input type="checkbox"/>	
Recover diver from about 10 feet	<input type="checkbox"/>	
Perform Skin Diving Technique: Water entries and exits	<input type="checkbox"/>	
Perform Skin Diving Technique: Surface dives	<input type="checkbox"/>	
Perform Skin Diving Technique: Surface swimming	<input type="checkbox"/>	
Perform Skin Diving Technique: Clearing the snorkel	<input type="checkbox"/>	
Perform Skin Diving Technique: Ditching the weight belt	<input type="checkbox"/>	
Perform Skin Diving Technique: Buoyancy control	<input type="checkbox"/>	
Perform Skin Diving Technique: Underwater swimming and surfacing	<input type="checkbox"/>	

**SCUBA DIVING SKILLS****COMMENTS**

Pre and Post Dive Skills: Select, check, assemble, and don equipment	<input type="checkbox"/>	
Pre and Post Dive Skills: Pre-dive gear check for self and buddy	<input type="checkbox"/>	
Pre and Post Dive Skills: Defog masks	<input type="checkbox"/>	
Pre and Post Dive Skills: Doff, rinse, and care for gear	<input type="checkbox"/>	
Surface Skills: Entries and exits	<input type="checkbox"/>	
Surface Skills: Perform surface buoyancy/weighting check	<input type="checkbox"/>	
Surface Skills: Surface communications for divers	<input type="checkbox"/>	
Surface Skills: Orally inflate/deflate own and buddy's BC	<input type="checkbox"/>	
Surface Skills: At surface remove (in turn) equipment	<input type="checkbox"/>	
Surface Skills: Face submerged, breathe through snorkel, rest/swim	<input type="checkbox"/>	
Surface Skills: Face submerged, breathe through water in snorkel	<input type="checkbox"/>	
Surface Skills: Release simulated cramp for self and buddy	<input type="checkbox"/>	
Surface Skills: Entry/exit, use of float/flag (if applicable)	<input type="checkbox"/>	
Ascent/Descent Skills: Control pressure in air spaces	<input type="checkbox"/>	
Ascent/Descent Skills: Control feet first descent with breath or BC	<input type="checkbox"/>	
Ascent/Descent Skills: Controlled ascent with precautionary stop	<input type="checkbox"/>	
Underwater Skills: Give, recognize, and respond to U/W signals	<input type="checkbox"/>	
Underwater Skills: Mask clearing, including remove and replace	<input type="checkbox"/>	
Underwater Skills: Remove, replace, and clear primary regulator	<input type="checkbox"/>	

Underwater Skills: Primary regulator recovery	<input type="checkbox"/>	
Underwater Skills: Hover without support	<input type="checkbox"/>	
Underwater Skills: Use of buddy system	<input type="checkbox"/>	
Underwater Skills: Monitor air supply- communicate amount	<input type="checkbox"/>	
Underwater Skills: Environmental and compass navigation	<input type="checkbox"/>	
Underwater Skills: Compass navigation, bearings, and reciprocal	<input type="checkbox"/>	
Planning Skills: Surface air consumption calculation	<input type="checkbox"/>	
Planning Skills: Plan then make no-deco dive between 40-60 feet	<input type="checkbox"/>	
Planning Skills: Calculate repetitive no-deco dive using tables	<input type="checkbox"/>	
Environmental Skills: Diving with minimal impact on environment	<input type="checkbox"/>	
Environmental Skills: Marine life identification	<input type="checkbox"/>	
Emergency Skills: Transport 50 yards simulated exhausted buddy	<input type="checkbox"/>	
Emergency Skills: Share air both as donor and receiver	<input type="checkbox"/>	
Emergency Skills: Perform controlled emergency swimming ascent	<input type="checkbox"/>	
Emergency Skills: Alternate air share both as donor/receiver	<input type="checkbox"/>	
Emergency Skills: Retrieve unconscious diver from 10 feet	<input type="checkbox"/>	

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