



# Underwater Adventure Seekers

## Checkout Skills - Pool



<b>UAS Skills Checklist (Checkout)</b>				
<b>Last Name</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
<b>First Name</b>	<b>1-5 yrs</b>	<b>6-10 yrs</b>	<b>11-20 yrs</b>	<b>21+ yrs</b>
<b>Waiver, release, and indemnity agreement</b>				
<b>Swim Skills</b>				
1) Swim Eighteen (18) lengths				
2) tread water (10) minutes				
3) Hands up tread one (1) minute				
4) Breath-hold a minimum of thirty (30) seconds				
5) Weight Retrieval (16 lbs)				
6) Swim one length of pool underwater				
<b>Skin Diving Skills</b>				
Gaint stride entry				
Tuck dive				
Feet first decent/ascent procedure				
Rear entry				
Clear snorkel blast				
Clear snorkel displacement				
Snorkel swim eighteen (18) lengths				
Dolphin kick two (2) lengths ( up and Back)				
One fin Swim (2) lengths (up and back)				
Frog kick two (2) lengths (up and back)				
Snorkel on back two (2) lengths (up and Back)				
Face mask retrieval & mask clearing in deep end				



## Underwater Adventure Seekers Checkout Skills - Pool



	Group 1	Group 2	Group 3	Group 4
	1-5 yrs	6-10 yrs	11-20 yrs	21+ yrs
<b>Scuba Diving Skills</b>				
Giant Stride Entry				
Rear Entry				
Regulator Recovery (3 Recoveries)				
Remove and Replace Weight Belt and Scuba Unit Underwater				
Remove and replace, and clear mask while underwater on Scuba				
Fin Pivot				
Hover Thirty (30) seconds				
No mask scuba swim two (2) lengths				
Alternate Air source/octopus run two (2) lengths				
Asend using an alternate air source/octopus with buddy				
Ditch and Don				
Share air using an alternate air source/octopus with buddy stationary				
Surface Handling				
Simulate a controled emergency swimming ascent				
Scuba run thirty-six (36) lengths				
Stations for five (5) go rounds				
Tank pull tow, BCD deflated, two(2) legths				
Fin push tow, BCD deflated, two (2) legnth				
Do-Si-Do tow, BCD deflated, two lengths				
BCD pull tow, BCD deflated, two (2) legtns				
Ascent procedure Scuba (at Quarry)				
Deployment of Safety Sausgage				
Approval				



# Underwater Adventure Seekers Checkout Skills - Quarry



	Group 1	Group 2	Group 3
	1-5 yrs	6-10 yrs	11-20 yrs
<b>Scuba Diving Skills - Quarry</b>			
<i>Surface Skills</i>			
Surface Handling (Remove and Replace Scuba Unit on Surface)			
Remove and replace weight belt/pocket			
Fin push tow, BCD deflated, two (2) lengths			
Do-Si-Do tow, BCD deflated, two lengths			
<i>Underwater Skills</i>			
Regulator Recovery (3 Recoveries)			
Remove and Replace Weight Belt and Scuba Unit Underwater			
Remove and replace, and clear mask while underwater on Scuba			
Fin Pivot			
Hover Thirty (30) seconds			
Share air using an alternate air source/octopus with buddy stationary			
Swim around platform (Staying even with the edge)			
A controlled emergency swimming ascent			
Deployment of Safety Sausage			
Approval			