

## SCUBA SKILLS CHECKLIST

Print Name:

1	Distance swim	12	Breathing swimming w/o mask	23	Control ascent/descent CYA
2	Survival swim 10 minutes	13	Recover & clear Regulator surface	24	Alternate air source with buddy
3	Scuba assembly/disassembly	14	Recover & clear Regulator depth	25	Simulated swimming ascent
4	Pre-dive check self/buddy	15	Proper weighting	26	Controlled seated entry
5	Underwater swimming (fins)	16	Remove replace weights surface	27	Backroll entry
6	Underwater communications	17	Remove replace weights depth	28	Giant stride entry
7	Snorkel clearing (blast)	18	BCD inflate/deflate oral surface	29	Deep water exit
8	Read & understand computer	19	BCD inflate/deflate oral depth	30	Submersible Pressure gauge use
9	Understand functions computer	20	BCD remove/replace surface	31	Compass use
10	Mask clear - Partial at depth	21	BCD remove/replace depth	32	Tired diver tow
11	Mask clear - Full at depth	22	Hovering	33	Cramp relief

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33

**Student:** Review the list of skills and place your Initials in the one box for each skill you HAVE completed.

**Instructor:** Date and initial after **X**ing out blank boxes on appropriate line.