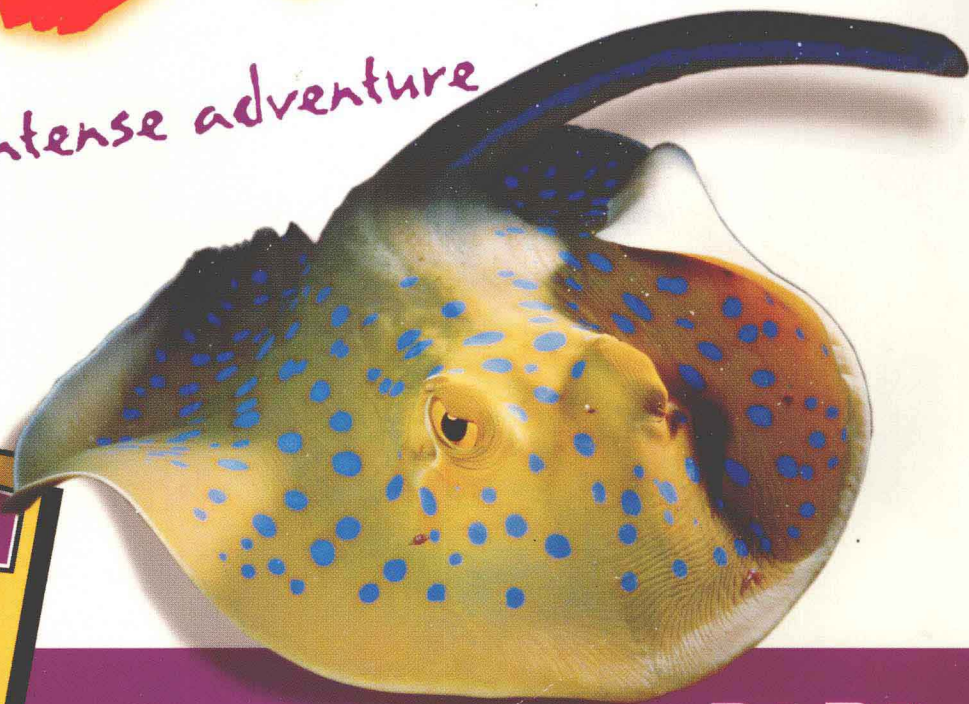


05 DIVE

Experience intense adventure



WARNING!

Contents may lead to high levels of excitement and adventure. Not intended for those who still rely on their floaties or for channel surfing couch commanders

Learn to scuba dive today.

PADI
www.padi.com

Open Water

DIVER MANUAL





Open Water Diver Manual

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empty and sterile to the inexperienced eye — like a lake or flooded quarry — teem with intriguing organisms — a reminder that nature’s imagination exceeds ours.

If discovery drives you, welcome to inner space. It’s somewhat cliché, yet true, that we know the surface of the moon better than we know the bottoms of the oceans. Even at the most popular dive sites, you’ll see things most people never see and go where most people never go. Even with hundreds of dives under your belt, visiting

a new dive site thrills you with discovery, and visiting a familiar site is a bit like coming home.



And scuba diving means rising to new challenges. It’s one of those rare activities that delivers adrenaline and intensity, or serenity and peace. You can take on challenges that require training, planning and focus: searching for and recovering lost objects, descending to 30 metres/100 feet (if your diving level permits) or exploring your favorite dive site after sunset. Or you can drift along in some of the world’s most tranquil and beautiful settings, with your biggest immediate worry whether you want to stop and photograph that starfish or not. Either way, diving grows with you — there’s always something new to see, somewhere new to explore, some new way to enjoy the experience. No other endeavour so easily matches exactly what you’re

up for, right now, tomorrow and ten years from now. You cannot outgrow it.

You’ve probably seen photos, television and films about diving, but until you do it yourself, you can’t really understand what it’s like. Nothing on earth matches the sensations you experience — the thrill of breathing underwater, the freedom of “weightlessness,” and unique sights and sounds.

PADI Open Water Diver and Scuba Diver

Certification

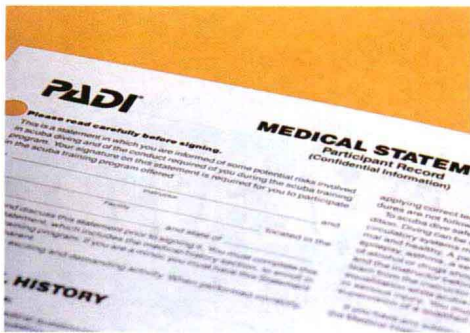
The PADI Open Water Diver course leads to two possible certifications: PADI Scuba Diver and PADI Open Water Diver.

Open Water Diver certification is a *full entry* level certification you earn by successfully completing the entire Open Water Diver course. The PADI Open Water Diver certification qualifies you to:

- Dive independently while applying the knowledge and skills you learn in this course, within the limits of your training and experience.
- Procure air fills, scuba equipment and other services.
- Plan, conduct and log open water no stop (no decompression) dives when equipped properly and accompanied by a buddy in conditions with which you have training and/or experience.
- Continue your diver training with a specialty dive in the PADI Advanced Open Water program, and/or in PADI Specialty courses.

You earn the PADI Scuba Diver certification by completing only a portion of the Open Water Diver course. The Scuba Diver certification is a *pre-entry* level certification and qualifies you to:

- Dive under the inwater supervision of a PADI Divemaster (or someone with a higher level professional rating) while applying the knowledge and skills you learn in this course, within the limits of your training and experience.
- Procure air fills, scuba equipment and other services for use while diving supervised.
- Plan under supervision, conduct and log open water no stop (no decompression) dives when equipped properly and accompanied in water by a certified divemaster, assistant instructor or instructor in conditions with which you have training and/or experience.
- Continue your diver training to complete the PADI Open Water Diver certification and some select specialty courses.



For your safety.

The information you put on the Medical Form will remain confidential. Because it identifies medical conditions that may be affected by diving, for your safety and health it's important that you complete it completely and accurately.

The PADI Open Water Diver course opens this world for you. During this course, you'll learn what you need to know to explore the underwater world, whether simply snorkeling in the shallows with mask, fins and snorkel, or visiting longer and deeper using scuba (a word derived from **self contained underwater breathing apparatus**). Most people find learning to dive a fun challenge that's neither effortless nor overly arduous.

Welcome to a world of discovery and adventure. This course is only the beginning.

Course Prerequisites

To become a scuba diver, you need to be comfortable in water and have basic swimming skills, so your instructor will have you do some swimming and floating – nothing extreme (200 metres/yards and a ten minute float), just enough to determine

All Walks



Marks of distinction.

The professionalism of PADI Instructors, Dive Centers and Resorts has made PADI certifications the world's most respected and sought-after dive credentials. You can be confident that your certification will be recognized virtually any place you go diving, and that PADI's reputation stands behind it.

As the world's largest diver training organization, PADI enjoys the most diverse professional membership in the entire dive community. This is the world's most culturally and ethnically diverse group of recreational dive professionals. At this writing, more than 90,000 PADI Instructors, Assistant Instructors and Divemasters teach diving and offer dive services in more than 180 countries and territories. You can find PADI diver materials in more than 20 languages. Today, virtually anyone who wants to learn to dive can find a PADI Instructor nearby who speaks the same language and who comes from the same culture.

What does this mean for you? It means wherever your dive travels take you, you can be confident that the local dive community will recognize your diver credentials – even if "PADI" is the only word you can speak in the local language.

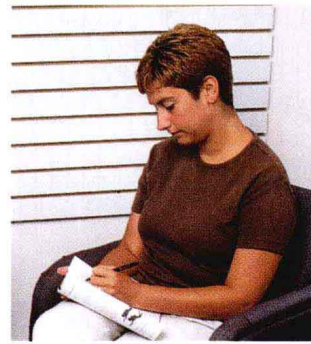
you have basic swimming abilities. You don't need to be an athlete, but you should be in good overall health, particularly your respiratory and circulatory systems. Mentally, you need a mature attitude, good judgment and the self-discipline to follow the guidelines and principles required for safe diving.

Before any confined water dives or water skills, your instructor will have you complete a medical statement. The information you put on it will remain confidential. Because the statement identifies medical conditions that may be affected by diving, for your safety and health it's important that you complete it completely and accurately. If any of the conditions listed apply to you, as a prudent precaution, your instructor will ask you to consult a physician before participating in any water activities. Also, in some areas local regulations or laws require that all prospective scuba divers receive medical clearance prior to diving.

The minimum ages for scuba certification are 12 for the Junior Open Water Diver or Junior Scuba Diver certification (adult supervised diving), and 15 for the Open Water Diver or Scuba Diver certification. These certifications show that you successfully completed the course according to the training standards and requirements established by PADI. Dive centers and resorts require a person to be a certified diver or in training before they will rent or sell you scuba equipment, fill scuba tanks for you, or let you participate in scuba diving activities.

PADI

PADI is the Professional Association of Diving Instructors, the world's largest diver training organization. PADI establishes training programs, materials and standards, monitors their quality, certifies instructors, and provides support services for PADI professional members. The professionalism of PADI Instructors, Dive Centers and Resorts has made PADI certifications the world's most respected and sought-after dive credentials. You can be confident



Dive today!

You learn to dive by diving in a pool or confined water, by studying basic concepts and principles divers need to know, and by diving with your instructor in open water.

that your certification will be recognized virtually any place you go diving, and that PADI's reputation stands behind it.

Confined Water Dives

Knowledge Development

Open Water Dives



Open Water Diver Course Structure

The PADI Open Water Diver course consists of three segments: Confined water dives, knowledge development, and open water dives. Each plays an important role in learning to dive in meeting the performance objectives you need to qualify as a diver.

The fun begins in the confined water dives, during which you apply dive principles, and learn and practice dive procedures and skills. You'll do this in either a swimming pool, or a body of water with pool-like conditions, under your instructor's guidance and supervision. There are five confined water dives that correspond with five knowledge development sections (three of each for Scuba Diver).

Knowledge development establishes the principles and basic information all divers need to have fun diving safely. It's divided into five segments that you'll complete primarily on your own time at your convenience using this manual and the PADI *Open Water Diver Video*. (In some instances you may view or review the video in a classroom setting.) For each segment, your instructor reviews and elaborates on the material, applying what you're learning to your specific needs, interests and the local dive environment. A short quiz confirms that you've picked up the information you need from that section.

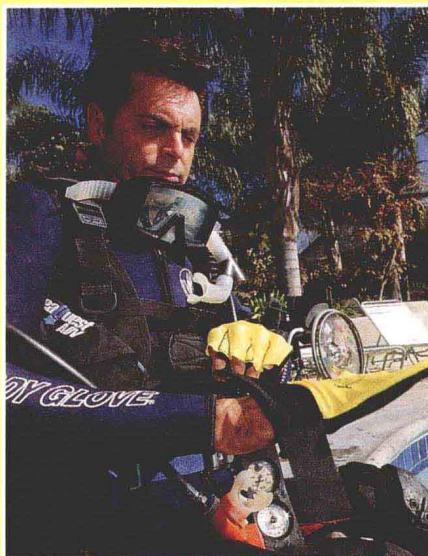
The open water dives complete your training as an entry-level diver by applying and further developing your knowledge and dive skills in a dive environment under your instructor's supervision and guidance. You'll make at least four scuba dives, and perhaps an optional skin dive, during this part of the Open Water Diver course. Prior to certification, you'll meet specific

Performance Based Learning and a Philosophy of Access

Learning to dive means meeting specific performance requirements necessary for enjoyable and safe diving. Your instructor, this manual and the *Open Water Diver Video* suggest methods for meeting those performance requirements, but they're not the *only* methods.

People differ in their talents and strengths, limits and weaknesses, and PADI courses flex to accommodate these differences, including those caused by physical and intellectual challenges. This makes diving accessible to the widest range of people without compromising the requirements necessary to dive safely.

For example, while most divers might enter the water by stepping in, an individual with limited leg use may not have that option. But there are many ways to enter the water that meet the performance requirements; such an individual might enter the water by rolling in backward.



Challenges limited, not limited by challenges.

Learning to dive the PADI way empowers people to meet their goals.

So if a suggested technique for meeting a performance requirement doesn't work because of your personal situation, ask your instructor to help you attain your goal to become a diver by adapting or developing techniques that meet the requirements some other way. You need to meet the performance requirements to receive a PADI certification, but there are many ways besides those listed in this manual.

learning objectives that you'll read about in this manual, and that your instructor will discuss with you.

You'll be learning in a sequence that establishes skills and knowledge from the simple to the complex, with later skills and knowledge building on what you learn first. For this reason, it's important to successfully complete each section before moving on to the next. For example, you need to successfully complete

Knowledge Development Section Two before you complete Knowledge Development Section Three, and you must successfully complete Confined Water Dive 2 before you begin Confined Water Dive 3.

Nonetheless, your instructor has tremendous flexibility to accommodate differing schedules and still meet course requirements. Your instructor will review the schedule and reading requirements for your course.

All PADI courses apply the concept of *performance based learning*, which means that you progress based on meeting specific performance requirements under your instructor's guidance. If you have difficulty, you don't "fail" — you just keep working until you meet them — but likewise, you won't get certified just because you show up. Your PADI Instructor is a trained professional committed to helping you attain your goal of becoming a scuba diver by guiding you in meeting the course performance requirements.

How to Use This Manual and Succeed in the Course

You'll find learning to dive fun and exciting, but it *is* a learning experience and you are taking a *course*. This means a bit of independent study and preparation with this manual, the PADI *Open Water Diver Video* or the *CD-ROM*. It's very necessary that you prepare adequately for each session with your instructor; failure to do so makes it difficult or impossible to progress, usually requiring some rescheduling until you can complete the needed learning. What you need to accomplish isn't especially complex or excessively long — and hopefully you'll get a smile or chuckle along the way. But it *is* important: as

you'll see, in scuba diving what you don't know *can* hurt you, but don't worry — when you're properly informed and follow what you've learned, you can avoid or minimize the risks of diving.

Dive Today

The emphasis in the Open Water Diver course is to learn to dive by diving. Your



instructor will get you in the water diving as quickly as possible because that's what diving's all about. Nonetheless, diving involves learning some basic principles and guidelines. You'll normally cover these through independent learning and reviews with your instructor.

Independent Learning

Depending on your course schedule, you may complete your independent learning by completing a section, meeting with your instructor for a review and a confined water dive, and then going on to the next one.

Alternatively, you may complete independent learning for all sections prior to your first meeting with your instructor. Either way, use the following steps to prepare:

Independent Learning

1. Begin by skimming the headings in Section One of this manual. This quick scan aids learning by giving you a basic idea of what you'll be studying. You'll also notice that this manual isn't simply a text, but an interactive tool that guides and confirms your learning with objectives, quick quizzes and knowledge reviews. More about these shortly.

2. Next, read Section One and watch the corresponding first section of the PADI *Open Water Diver Video*. It really doesn't matter which you do first, so take your choice. People differ in how they learn, so whichever way you like best is probably best for you.

3. At the beginning of each subsection in Section One, notice the study *objectives*, each stated as a question. To succeed in this course, you need to be able to answer all of these questions. So as you read, guide your learning by looking for the answers. When you find the answers, highlight or underline them. It's important that you *actually* highlight/underline in the manual to do this — not just mentally note it — because the action of stopping and writing reinforces your learning.

4. Following each subsection you'll find a Quick Quiz, which checks and reinforces what you've read. Again (important!) actually writing in the book, answer each question, then check the answers supplied at the bottom of the quiz. If you missed any and don't understand why, flip back to that section and review it until you do.

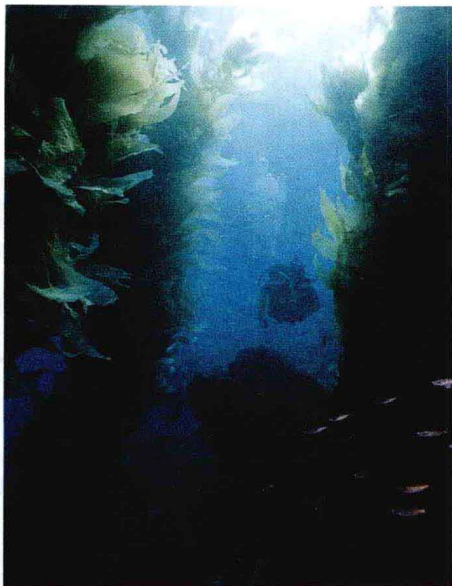
5. At the end of Section One, you'll find a Knowledge Review. Fill it out to turn in to your instructor when you meet for that section's review and elaboration session. If



Watch for this symbol

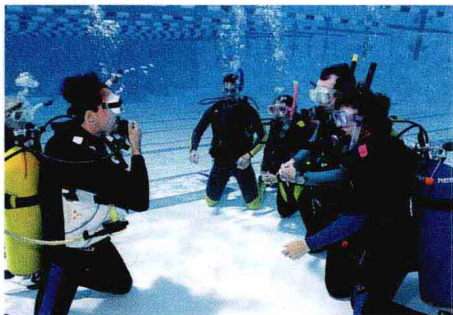


As you read the *Open Water Diver Manual*, you'll notice this symbol. It alerts you to important safety information. Pay close attention when you see this symbol and consult your instructor if you do not understand the material.



there's a question you can't answer, review that portion of Section One until you can. If there's something you don't understand even after rereading, you may understand it better after watching the video (if you haven't already) or by reviewing the video (if you have). If you still don't get it, ask your instructor to explain the material until you're *both* satisfied that you do.

If you're completing all your independent learning ahead of time (or just like getting ahead), repeat Steps 1-5 for Sections Two through Five. If your course schedule distributes your study throughout the course, you can start on the next section after you complete the section One elaboration and review and Confined Water Dive One. Be sure to complete the next section's video, reading, Quick Quizzes and Knowledge Reviews *before* the elaboration and review session.



Success is in the details.

During your instructor's demonstrations, pay attention to the details – especially those that your instructor exaggerates or emphasizes. The faster you pick these up, the faster you'll master the skill.

Confined Water Dives

You'll find the confined water dives a lot of fun. A few tips will help you get the most out of your practice:

1. Think of confined water dives as simulations of open water dives; use them to develop good open water habits. For instance, an ocean or quarry won't have sides you can hang onto, so don't hang onto the pool sides. A dive boat rocks and an unattended scuba tank will fall over, so get in the habit of laying your tank down when preparing for your confined water dives. Your instructor will ask you to develop habits for quite a few things that aren't necessary for confined water dives, but are for open water dives.

2. If you wear contact lenses, be sure to let your instructor know. If you can see adequately to read gauges and watch your instructor, it's best if you can practice without them. But if you need your contacts, wear them. Your instructor will simply have you close your eyes when you're underwater with your mask off.

3. Your instructor will demonstrate skills you need to learn before you practice them. During the demonstration, pay attention to the details — especially those that your instructor exaggerates or emphasizes. The faster you pick these up, the faster you'll master the skill.

4. If you don't understand why you're practicing or doing something, be sure to ask your instructor. **There are no arbitrary skills in the PADI Open Water Diver course — everything you learn has a real, practical purpose.** So, it's important that you understand when and why you would use a skill you're learning.

5. Remember that throughout the course, there are no silly questions. If you have a question, ask it.

Open Water Dives

During the open water dives you learn by applying the knowledge and skills you pick up during your independent learning and in the confined water dives, plus you'll develop some new abilities that you can't practically learn in confined water. You'll also have time to explore and get to know the underwater world with your instructor guiding you.

1. Your instructor will probably make recommendations about preparing for your open water dives, such as what to wear, whether you need sunscreen, etc. Ask the PADI professionals at your local dive centers and resorts for assistance when purchasing equipment. Pay attention to these details — your instructor knows your local dive environment well and is trying to help you avoid problems and have an enjoyable experience.

2. If you're prone to seasickness and will be diving from a boat, consult your physician as neces-

Leading Edge Education

What does it take to create a diver training program? PADI believes it requires applying established instructional system design theory, educational psychology and cognitive psychology to create valid, state-of-the-art courses and materials. Apparently, mainstream bodies in higher education agree: Increasingly, institutions in international governments and education recognize the instructional quality of PADI training. The American Council on Education (ACE) independently evaluated PADI courses, and recommends several for college credit. In Australia, PADI courses are recognized by the Australian National Training Authority (ANTA), which provides educational credits for competency that can be transferred to other fields.

These acknowledgments corroborate the educational validity of PADI courses, and the PADI organization's ability to meet its educational goals. PADI is the only diver training organization to receive recognition from ACE and many similar organizations internationally.



Optimum condition for diving.

You don't have to be an athlete to dive, but it is a physical activity. You'll have a lot more fun if you've rested and eaten adequately before your open water dives.

sary regarding an appropriate seasickness medication. Seasickness can ruin an otherwise fabulous outing — but for most people it is easy to prevent. You don't have to let seasickness come between you and enjoying your first underwater adventure.

3. You don't have to be an athlete to dive, but it *is* a physical activity. You'll have a lot more fun if you've rested and eaten adequately before your open water dives.

The PADI

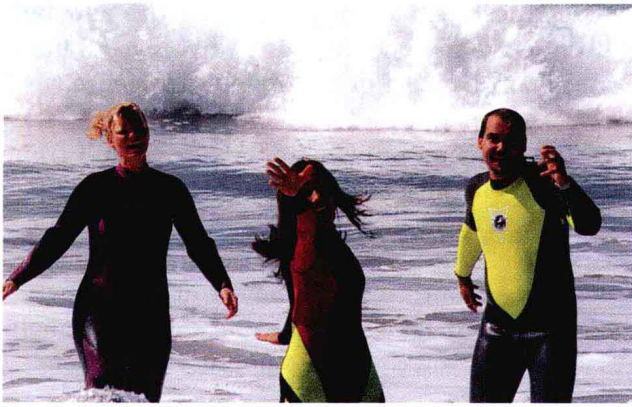
Scuba Diver Course



The PADI Scuba Diver certification is a *limited* certification intended for those who will only dive accompanied by a PADI professional-level diver to a maximum depth of 12 metres/40 feet. The Scuba Diver course is a subcourse within the Open Water Diver course. Scuba Divers follow the Open Water Diver course structure and sequence, but complete only:

- ▲ Knowledge Development Sections 1-3.
- ▲ Confined Water Dives 1-3
- ▲ Open Water Dives 1-2

It's easy to upgrade to PADI Open Water Diver within 12 months of your Scuba Diver course by simply completing the remaining course sections.



The Underwater World

If this is the first time you've used scuba to venture into the underwater world, you're going to love it. Immediately, you'll experience new sensations as you venture into a realm where everything looks, sounds and feels a bit different. This is part of what makes diving so special; at first

MAIN Objectives

Underline/highlight the answers to these questions as you read:

1. What will the buoyancy of an object be (positive, neutral or negative) if it displaces an amount of water:
 - more than its own weight?
 - less than its own weight?
 - equal to its own weight?
2. Why is buoyancy control, both at the surface and underwater, one of the most important skills a diver can master?
3. What two items control a diver's buoyancy?
4. How does the buoyancy of an object differ in fresh water compared to salt water?
5. How does lung volume affect buoyancy?

The Underwater World

Dive Equipment

Scuba Systems

The Buddy System

Confined Water Dive Preview