

## FIELD TRAINER SKILLS CHECKLIST

STUDENT NAME	LINE OFFICE	UNIT
FIELD TRAINER NAME	LINE OFFICE	UNIT
<b>TRAINING SESSION - 1 (Demonstrate skills in pool or confined water)</b>		
	<b>PASS</b>	<b>DATE</b>
1. Swim 550 yards (500 meters) <sup>1</sup>	<input type="checkbox"/>	
2. Swim 25 yards underwater <sup>2</sup>	<input type="checkbox"/>	
3. Tread water for 30 minutes on surface <sup>3</sup>	<input type="checkbox"/>	
<b>TRAINING SESSION - 2 (Demonstrate skills on pool deck or in pool)</b>		
	<b>PASS</b>	<b>DATE</b>
1. Equipment setup and donning with buddy <sup>4</sup>	<input type="checkbox"/>	
2. Pre-dive safety check <sup>4</sup>	<input type="checkbox"/>	
3. Giant stride entry <sup>3</sup>	<input type="checkbox"/>	
4. Forward roll entry <sup>3</sup>	<input type="checkbox"/>	
5. Backward roll entry <sup>3</sup>	<input type="checkbox"/>	
6. Controlled seated entry <sup>1</sup>	<input type="checkbox"/>	
7. Buoyancy check and weight adjustment <sup>5</sup>	<input type="checkbox"/>	
8. Regulator - snorkel exchange while swimming <sup>1</sup>	<input type="checkbox"/>	
9. Descent <sup>6</sup>	<input type="checkbox"/>	
10. Maintain neutral buoyancy at depth <sup>6</sup>	<input type="checkbox"/>	
11. Ascent <sup>6</sup>	<input type="checkbox"/>	
12. Remove, replace and clear mask <sup>6</sup>	<input type="checkbox"/>	
13. Remove, recover and replace regulator using sweep method <sup>6</sup>	<input type="checkbox"/>	
14. Remove, recover and replace regulator using tank lift method <sup>6</sup>	<input type="checkbox"/>	
15. Remove and replace weight belt at surface <sup>1</sup>	<input type="checkbox"/>	
16. Remove and replace scuba unit at surface <sup>3</sup>	<input type="checkbox"/>	
17. Remove and replace weight belt underwater <sup>6</sup>	<input type="checkbox"/>	
18. Remove and replace scuba unit underwater <sup>6</sup>	<input type="checkbox"/>	
19. Share air with alternate air source inflator as donor (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
20. Share air with alternate air source inflator as receiver (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
21. Buddy breathe as donor (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
22. Buddy breathe as receiver (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
23. Controlled emergency swimming ascent (diagonal) <sup>6</sup>	<input type="checkbox"/>	
24. Controlled emergency swimming ascent (vertical) <sup>6</sup>	<input type="checkbox"/>	
25. Self-rescue using Reserve Air Supply System (RASS) <sup>6</sup>	<input type="checkbox"/>	
26. Runaway buoyancy compensator device/drysuit inflator response <sup>5</sup>	<input type="checkbox"/>	
27. No mask laps/swim <sup>2</sup>	<input type="checkbox"/>	
28. Breathing from freeflowing regulator <sup>5</sup>	<input type="checkbox"/>	
29. Air turned off drill <sup>5</sup>	<input type="checkbox"/>	
30. Water exit <sup>1</sup>	<input type="checkbox"/>	
31. Equipment shutdown, disassembly and maintenance <sup>1</sup>	<input type="checkbox"/>	

## FIELD TRAINER SKILLS CHECKLIST

<b>TRAINING SESSION - 3 (Demonstrate skills in open water)</b>	<b>PASS</b>	<b>DATE</b>
1. Equipment setup and donning with buddy <sup>4</sup>	<input type="checkbox"/>	
2. Pre-dive safety check <sup>4</sup>	<input type="checkbox"/>	
3. Giant stride entry <sup>3</sup>	<input type="checkbox"/>	
4. Forward roll entry <sup>3</sup>	<input type="checkbox"/>	
5. Backward roll entry <sup>3</sup>	<input type="checkbox"/>	
6. Controlled seated entry <sup>1</sup>	<input type="checkbox"/>	
7. Buoyancy check and weight adjustment <sup>5</sup>	<input type="checkbox"/>	
8. Regulator - snorkel exchange while swimming <sup>1</sup>	<input type="checkbox"/>	
9. Descent <sup>6</sup>	<input type="checkbox"/>	
10. Maintain neutral buoyancy at depth <sup>6</sup>	<input type="checkbox"/>	
11. Ascent <sup>6</sup>	<input type="checkbox"/>	
12. Remove, replace and clear mask <sup>6</sup>	<input type="checkbox"/>	
13. Remove, recover and replace regulator using sweep method <sup>6</sup>	<input type="checkbox"/>	
14. Remove, recover and replace regulator using tank lift method <sup>6</sup>	<input type="checkbox"/>	
15. Remove and replace weight belt at surface <sup>1</sup>	<input type="checkbox"/>	
16. Remove and replace scuba unit at surface <sup>3</sup>	<input type="checkbox"/>	
17. Remove and replace weight belt underwater <sup>6</sup>	<input type="checkbox"/>	
18. Remove and replace scuba unit underwater <sup>6</sup>	<input type="checkbox"/>	
19. Share air with alternate air source inflator as donor (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
20. Share air with alternate air source inflator as receiver (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
21. Buddy breathe as donor (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
22. Buddy breathe as receiver (stationary / ascent) <sup>6</sup>	<input type="checkbox"/>	
<b>TRAINING SESSION - 4 (Demonstrate skills in confined / open water)</b>	<b>PASS</b>	<b>DATE</b>
1. Equipment setup and donning with buddy <sup>4</sup>	<input type="checkbox"/>	
2. Pre-dive safety check <sup>4</sup>	<input type="checkbox"/>	
3. Water entry <sup>6</sup>	<input type="checkbox"/>	
4. Assist a tired diver <sup>3</sup>	<input type="checkbox"/>	
5. Assist a panicked diver <sup>3</sup>	<input type="checkbox"/>	
7. Assist an unconscious diver <sup>3</sup>	<input type="checkbox"/>	
8. Assist an unconscious diver <sup>6</sup>	<input type="checkbox"/>	
9. Tow and perform in-water rescue breathing for an unconscious diver <sup>3</sup>	<input type="checkbox"/>	
10. Extricate an unconscious diver from the water <sup>3</sup>	<input type="checkbox"/>	

**KEY**

<sup>1</sup>Skill performed at the surface

<sup>2</sup>Skill performed underwater at any depth

<sup>3</sup>Skill performed at surface in water depth too deep to stand in

<sup>4</sup>Skill performed out of water (e.g., pool deck, pier or vessel)

<sup>5</sup>Skill performed in water depth shallow enough to stand in

<sup>6</sup>Skill performed underwater in depth too deep to stand in

## FIELD TRAINER SKILLS CHECKLIST

### COMMENTS - 5

After completing this form, please check the completion boxes for the Water Skills section in the [Field Trainer Student Evaluation Record](#) before submitting the student's training package to NDC.

STUDENT NAME:

FIELD TRAINER NAME

FIELD TRAINER SIGNATURE

DATE