

NOAA DIVER SKILLS CHECKLIST

STUDENT NAME	LINE OFFICE	UNIT
NOAA DIVING TRAINER NAME	LINE OFFICE	UNIT

TRAINING SESSION - 1 (Demonstrate skills in pool or confined water)	PASS	DATE
1. Swim 550 yards (500 meters) ¹	<input type="checkbox"/>	
2. Swim 25 yards underwater ²	<input type="checkbox"/>	
3. Tread water for 30 minutes on surface ³	<input type="checkbox"/>	

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

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TRAINING SESSION - 3 (Demonstrate skills in open water)	PASS	DATE
1. Equipment setup and donning with buddy ⁴	<input type="checkbox"/>	
2. Pre-dive safety check ⁴	<input type="checkbox"/>	
3. Giant stride entry ³	<input type="checkbox"/>	
4. Forward roll entry ³	<input type="checkbox"/>	
5. Backward roll entry ³	<input type="checkbox"/>	
6. Controlled seated entry ¹	<input type="checkbox"/>	
7. Buoyancy check and weight adjustment ⁵	<input type="checkbox"/>	
8. Regulator - snorkel exchange while swimming ¹	<input type="checkbox"/>	
9. Descent ⁶	<input type="checkbox"/>	
10. Maintain neutral buoyancy at depth ⁶	<input type="checkbox"/>	
11. Ascent ⁶	<input type="checkbox"/>	
12. Remove, replace and clear mask ⁶	<input type="checkbox"/>	
13. Remove, recover and replace regulator using sweep method ⁶	<input type="checkbox"/>	
14. Remove, recover and replace regulator using tank lift method ⁶	<input type="checkbox"/>	
15. Remove and replace weight belt at surface ¹	<input type="checkbox"/>	
16. Remove and replace scuba unit at surface ³	<input type="checkbox"/>	
17. Remove and replace weight belt underwater ⁶	<input type="checkbox"/>	
18. Remove and replace scuba unit underwater ⁶	<input type="checkbox"/>	
19. Share air with alternate air source inflator as donor ⁶	<input type="checkbox"/>	
20. Share air with alternate air source inflator as receiver ⁶	<input type="checkbox"/>	

TRAINING SESSION - 4 (Demonstrate skills in confined / open water)	PASS	DATE
1. Equipment setup and donning with buddy ⁴	<input type="checkbox"/>	
2. Pre-dive safety check ⁴	<input type="checkbox"/>	
3. Water entry ⁶	<input type="checkbox"/>	
4. Assist a tired diver ³	<input type="checkbox"/>	
5. Assist a panicked diver ³	<input type="checkbox"/>	
6. Assist a panicked diver ⁶	<input type="checkbox"/>	
7. Assist an unconscious diver ³	<input type="checkbox"/>	
8. Assist an unconscious diver ⁶	<input type="checkbox"/>	
9. Tow and perform in-water rescue breathing for an unconscious diver ³	<input type="checkbox"/>	
10. Extricate an unconscious diver from the water ³	<input type="checkbox"/>	

KEY

¹Skill performed at the surface

²Skill performed underwater at any depth

³Skill performed at surface in water depth too deep to stand in

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

⁵Skill performed in water depth shallow enough to stand in

⁶Skill performed underwater in depth too deep to stand in

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

STUDENT NAME:

NOAA DIVING TRAINER NAME

NOAA DIVING TRAINER SIGNATURE

DATE