

Peak Performance Buoyancy Dive Knowledge Review

To the student: Answer the following questions while watching and reading PADI's *Peak Performance Buoyancy* video and booklet. Bring this completed Knowledge Review with you to your next training session.

1. Using PADI's "Basic Weighting Guidelines," estimate the amount of weight you need (given your present body weight), to begin a buoyancy check if you plan to use a:
 - a. neoprene dry suit, an 12 liter tank/80 cubic foot and diving in salt water: _____
 - b. cold-water wet suit, an 12 liter tank/80 cubic foot and diving in fresh water: _____
 - c. thin (3mm/1/16 inch), one-piece wet suit, a neutral steel tank when empty and diving in salt water: _____

2. When should you conduct a buoyancy check prior to making a dive? (List three circumstances.)
 1. _____
 2. _____
 3. _____

3. A proper buoyancy check at the surface includes five distinct steps. Arrange the following steps in their proper order – placing a number 1 for the first step, a number 2 for the second step and so on.
____ As a test, exhale. You should sink slowly.
____ Hang vertical and motionless in the water while holding a normal breath.
____ Put on all equipment.
____ Enter water too deep in which to stand, and deflate your BCD completely.
____ Add or subtract a small amount of weight until you float at eye level while holding a normal breath.

4. Place a check next to those instances when buoyancy adjustment is needed underwater.
 To compensate for buoyancy changes as you use air from your tank.
 To compensate for buoyancy changes due to compression of an exposure suit (wet suit or dry suit).
 To compensate for buoyancy changes due to compression of your body during descent.
 To compensate for buoyancy changes during ascent.

5. Make the following sentence read correctly by writing the words “sink” and “rise” in the blanks. When you’re neutrally buoyant underwater, you _____ slightly as you inhale and _____ slightly as you exhale.
6. Proper weight position and distribution will give you greater _____ in the water.
 a. resistance c. buoyancy
 b. control d. visualization
7. List four reasons for being streamlined while diving.
1. _____
2. _____
3. _____
4. _____
8. Overweighting drags down the lower half of a diver’s body. A streamlined diver avoids being overweighted while underwater.
 True False
9. To improve your buoyancy control underwater, visualization techniques can help you: (Check by all that apply.)
 Relax underwater.
 Establish a comfortable breathing pattern.
 Move more gracefully through the water.

Student Statement: I have had explained to me and I understand the questions I missed.

Name _____ Date _____

Adventure Dive: Peak Performance Buoyancy

Skills Overview

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| <ul style="list-style-type: none"> • Knowledge Review • Briefing • Assembly of weight system • Visualization practice • Suiting up • Pre-dive safety check (BWRAF) • Entry • Pre-dive buoyancy check • Neutral buoyancy during slow descent | <ul style="list-style-type: none"> • Hovering practice • Fine-tune with breath control • Buoyancy game • Ascent – safety stop • Manueuver close to bottom – no touching • Post-dive buoyancy check • Exit/debrief • Log dive – complete training record |
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