



# Advanced Open Water

**Course Instructor:** Al Schumer, Northwest Diving Institute ([www.nwscuba.org](http://www.nwscuba.org))

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**Course Type:** Advanced Open Water

**Course Tuition:** \$175.00      **Required Text:** [Adventures in Diving](#)

## Session One

**Session Type:** Classroom      **Session Location:** UWS Seattle

**Session Date:** Friday, November 05, 2010      **Session Time:** 5:00-6:00PM

**Specifics:** This is a “meet and greet” session in which we’ll complete the necessary paperwork, go over the weekend’s dive plans, and collect the knowledge reviews. Prior to class, students must read and complete the chapters and knowledge reviews for the following Adventure Dives: Peak Buoyancy, Underwater Navigation, Search & Recovery, Deep Diving and Underwater Naturalist.

## Session Two

**Session Type:** Open Water      **Session Location:** Alki Cove 3

**Session Date:** Saturday, November 06, 2010      **Session Time:** 8:00 AM

### Peak Buoyancy Adventure Dive

**Specifics:** We will go over the knowledge review, brief and conduct the dive accomplishing the following skills:

- Rig a weight system with the following considerations in mind: Use an estimated amount of weight from PADI’s “Basic Weighting Guidelines” and position and distribute the weight for comfort and desired body position (trim) in the water;
- Conduct a buoyancy check by adjusting the amount of weight worn to achieve neutral buoyancy at the surface of the water with the BCD deflated;
- Make a controlled, slow descent to the bottom and, if needed, adjust for neutral buoyancy using the BCD;
- Adjust for neutral buoyancy at a predetermined depth;
- Using buoyancy control, hover motionless (without kicking or hand movement) underwater for at least one minute;
- Swim horizontally, while neutrally buoyant without touching the bottom or breaking the surface of the water with equipment or body making minor depth adjustments using breath control only;

- **Navigate an obstacle course** without touching obstacle items, the bottom or breaking the surface; and, Adjust weights (trim) and practice hovering in different positions – vertical, horizontal, feet slightly elevated and head slightly elevated.

Upon completion of the dive, we will debrief, take a break and set up for our second Adventure Dive.

### **Session Three**

**Session Type:** Open Water                      **Session Location:** Alki Cove 3

**Session Date:** Saturday, November 06, 2010      **Session Time:** After Interval

#### Underwater Navigation Adventure Dive

**Specifics:** We will go over the knowledge review, brief and conduct the dive accomplishing the following skills:

- Maintain neutral buoyancy during the dive.
- Determine the average number of kick cycles and average amount of time required to cover a distance of approximately 100 feet while swimming underwater at a normal, relaxed pace.
- Navigate (surfacing only if necessary to verify direction or location) to a predetermined location and return to within 50 feet of the starting point using natural referee and estimated distance measurement (kick cycles or time).
- Demonstrate the correct positioning and handling of a compass needed to maintain an accurate heading while swimming underwater.
- Navigate (without surfacing) to a predetermined location and return to within 20 feet of the starting point using a compass and estimated distance measurement (kick cycles or time).
- Swim a square pattern underwater returning to within 25 feet of the starting point using a compass and beginning from a fixed location.

Upon completion of the dive, we will debrief, take a break and set up for our third Adventure Dive.

### **Session Four**

**Session Type:** Open Water                      **Session Location:** Alki Cove 3

**Session Date:** Saturday, November 06, 2010      **Session Time:** After Interval

#### Search & Recovery Adventure Dive

**Specifics:** We will go over the knowledge review, brief and conduct the dive accomplishing the following skills:

- Demonstrate a methodical search of an area approximately 50 feet by 50 feet, or other dimensions for the same area of search to find a small submerged object.
- Demonstrate a methodical search of an area approximately 100 feet by 100

Demonstrate a methodical search of an area approximately 100 feet by 100 feet, or other dimensions for the same area of search to find a submerged object not more than 25 pounds negatively buoyant.

- Tie the following knots correctly while underwater wearing gloves: the bowline, two half-hitches and a sheet bend.
- Demonstrate how to safely rig and bring to the surface an object not more than 25 pounds negatively buoyant using an appropriate lifting device.

### **Session Five**

**Session Type:** Open Water

**Session Location:** Alki Cove 2

**Session Date:** Sunday, November 07, 2010

**Session Time:** 8:00 AM

#### Deep Adventure Dive

**Specifics:** We will go over the knowledge review, brief and conduct the dive accomplishing the following skills:

- Execute a descent using a reference as a tactile or visual guide (line, wall or sloping bottom).
- Compare the amount of time needed to complete a task on the surface and at depth.
- Compare your own depth gauge to your instructor's and/or other student diver's depth gauges.
- Use a depth gauge and timing device (or a decompression computer with an ascent-rate indicator) to measure an ascent rate not to exceed 60 feet per minute.
- Perform a 3-minute safety stop at 15 feet before surfacing.

Upon completion of the dive, we will debrief, take a break and set up for our final Adventure Dive.

### **Session Six**

**Session Type:** Open Water

**Session Location:** Alki Cove 3

**Session Date:** Sunday, November 07, 2010

**Session Time:** After Interval

#### Underwater Naturalist Adventure Dive

**Specifics:** We will go over the knowledge review, brief and conduct the dive accomplishing the following skills:

- Passively observe aquatic life.
- Apply diving techniques used to preserve bottom dwelling organisms and minimize disturbance of all aquatic life.
- Locate and identify, by common or scientific name, at least two local aquatic

plants.

- Locate, observe and identify, by common or scientific name, at least four local aquatic invertebrate animals.

- Locate, observe and identify, by common or scientific name, at least five local aquatic vertebrate animals.

Upon completion of the dive, we will debrief, break down our gear and head to Alki Fish & Crab for lunch (optional) and certification paperwork.  
Congratulations, you are now a certified Advanced Open Water Diver!

**Equipment Required for this Course**

**Item 1:** Exposure Suit      **Item 2:** Snorkeling Gear      **Item 3:** 3 Tanks (see Notes)

**Item 4:** Regulator      **Item 5:** BCD      **Item 6:** Weights

**Equipment Recommended for this Course**

**Item 1:** Underwater Compass      **Item 2:** Underwater Light      **Item 3:** Lift Bag

**Item 4:** Underwater Slate      **Item 5:** \_\_\_\_\_      **Item 6:** \_\_\_\_\_

**NOTES:** I will have extra recommended equipment for students to borrow, but bring your own if you have them. If you are taking my companion Enriched Air Nitrox class the Friday night before, feel free to bring nitrox on Saturday only - not Sunday (take the nitrox class and you'll find out why). Only two tanks needed for Sunday.

