

OPEN WATER DIVER COURSE

INSTRUCTOR GUIDE



PADI®

Standards outlined in the General Standards and Procedures Guide apply to the PADI Open Water Diver Course, except as noted otherwise in this guide.

Divers holding this certification have met ISO 24801-2 Requirements for the training of recreational scuba divers – Part 2: Level 2 – Autonomous Diver

Section One

Course Standards

Certification Requirements

- Complete five knowledge development segments, including quizzes and final exam.
- Complete Confined Water Dives 1-5.
- Meet waterskills assessment requirements.
- Complete Open Water Dives 1-4.

Depth

Open Water Dives 1 and 2 — 12 metres/40 feet

Open Water Dives 3 and 4 — 18 metres/60 feet

When conducting three dives in one day, the maximum depth for the last dive is 12 metres/40 feet.

Excursion dives taken before Dive 3 — 12 metres/40 feet

Diver Prerequisites

- 10 years old

Note: 10- to 14-year-old divers earn a Junior Open Water Diver certification.

Equipment

As described in the General Standards and Procedures Guide.

A compass is required for navigational skills and an inflatable signal tube (or DSMB) for the related dive flexible skill.

Excursion Dives

An excursion dive is an extra dive with no formal performance requirements conducted during this course. Excursion dives allow student divers to gain experience applying general diving skills (such as buoyancy control) in open water under supervision. **Count excursion dives toward the maximum of three training dives allowed per day. Follow all supervision and ratio requirements.**

Forms

Download the most current forms from [padi.com/Pros' Site](http://padi.com/Pros'). Check with your PADI Office for region-specific releases or forms.

Required

Liability Release and Assumption of Risk Agreement (10072) or EU – Statement of Risk and Liability (10175) (including Non-Agency Disclosure and Acknowledgment Agreement)

Diver Medical form (10346)

Standard Safe Diving Practices Statement of Understanding (10060)

Recommended

Open Water Diver Course Record and Referral Form (10056)

Student Record File (10058)

Instructor Rating

Instructor

Materials

- **PADI *Open Water Diver eLearning or Manual***
- **Log book**

Student divers must view the PADI *Open Water Diver Video*, and each diver must use the PADI Skill Practice and Dive Planning Slate during confined and open water dives.

If student divers will learn to use the RDP table or eRDP_{ML}, the corresponding Instructions for Use booklet is required (appropriate to the student diver's personal dive planner).

Ratios

Confined Water

10:1 — May add four student divers per certified assistant.

Open Water

8:1 — May add two student divers per certified assistant to a maximum of 12.

Referrals from Other Organizations

When receiving a referred diver from another training organization for course completion, follow the Referral Procedures in the General Standards and Procedures Guide. To assess the referred diver's knowledge and skills, administer the Open Water Diver Online Quick Review, ReActivate Quick Review or Open Water Diver course final exam, and conduct a confined water dive that reviews Open Water Diver course skills in preparation for open water training dives.

Note: See PADI's *Guide to Teaching* for more details

Supervision

Direct Supervision:

- 1. Do not leave student divers unattended, either at the surface or underwater.**

2. Instructor conducts:

- **Initial skills training.**

Exceptions:

- Assistant Instructors may conduct initial skills under direct instructor supervision.
- Certified assistants may conduct advanced snorkeling skills during Confined Water Dives 2, 3, 4 or 5.

- **Final evaluation to verify skill mastery before open water dives.**

3. Instructor conducts and directly supervises all open water dives.

Exceptions — instructor indirect supervision:

- Certified assistants supervising student divers during surface swims to and from the entry-exit point and during navigational exercises, as well as when remaining with the class when the instructor conducts a skill such as an ascent or descent with a student or student team.
- Certified assistants guiding student divers (at a ratio of 2:1) on Dives 2-4 when exploring the dive site.
- Assistant Instructors evaluating dive flexible skills at the surface in open water and conducting air pressure checks underwater.

Waterskills Assessment

Before Open Water Dive 2, have student divers demonstrate that they can comfortably maintain themselves in water too deep in which to stand by completing a 10-minute swim/float without using any swim aids.

At some point before certification, have students complete a 200 metre/yard continuous surface swim or a 300 metre/yard swim with mask, fins and snorkel.

If conditions warrant, students may wear an exposure suit as long as they are weighted for neutral buoyancy.

See General Standards and Procedures for supervision requirements specific to Waterskills Assessment and Development.

Course Subset

PADI Scuba Diver is a subset of the Open Water Diver course. See PADI Scuba Diver Instructor Guide for PADI Scuba Diver standards.

Section Two

Knowledge Development

Have student divers complete all five knowledge development segments, including successfully completing Knowledge Reviews and Quizzes and the Final Exam.

For digital learners, have student divers complete any assessments that were not completed or not successfully completed online. Administer the Open Water Diver Online Quick Review to student divers who successfully completed all assessments online.

Look for Knowledge Review, Quizzes and Exam Answer Keys on the Pros' Site at padi.com.

Section Three

Confined Water

General Confined Water Considerations

Have student divers use the PADI Skill Practice and Dive Planning Slate to indicate if they're comfortable, or want more practice, with each skill. This helps you assess confidence as well as ability.

Sequencing

- **Before Confined Water Dive 1, have student divers complete either Knowledge Development Session 1 or listen to the Discover Scuba Diving knowledge development briefing.**

- **Conduct Confined Water Dives in sequence and do not shift skills from one confined water dive to another.**

Exception: Dive flexible skills as outlined in this section.

Confined Water Dive Performance Requirements

Dive Flexible Skills

- **Advanced Snorkeling — During Confined Water Dives 2, 3, 4 or 5, have student divers perform:**
 1. **Following relaxed breathing at the surface, remove the snorkel from the mouth, hold the breath and make a vertical, head-first dive in water too deep in which to stand.**
 2. **Proper buddy team procedures for advanced snorkeling.**
- **Equipment Preparation and Care — Have student divers:**
 1. **Assemble and disassemble the scuba kit five times during confined water training.**
 - a. **At least three times by the end of Confined Water Dive 3, with little or no assistance on the last assembly and disassembly.**
 - b. **At least five times by the end of Confined Water Dive 5, with little or no assistance on the last two assemblies and disassemblies.**
 2. **Streamline and secure equipment for confined water dives by the end of Confined Water Dive 3.**
 3. **Demonstrate proper post-dive care of scuba equipment by the end of Confined Water Dive 3.**
- **Disconnect Low-Pressure Inflator Hose — Have student divers disconnect the low pressure hose from the inflator in shallow water (either underwater or at the surface).**

1. By the end of Confined Water Dive 3 for PADI Scuba Divers.
 2. By the end of Confined Water Dive 5 for all student divers.
- **Loose Cylinder Band** — During any Confined Water Dive, have student divers demonstrate resecuring a loose cylinder band in the water either at the surface or underwater.
 - **Weight System Removal and Replacement (surface)** — After Confined Water Dive 1, have student divers remove, replace, adjust and secure weight system with minimal assistance at the surface in water too deep in which to stand.
 - a. By the end of Confined Water Dive 3 for PADI Scuba Divers.
 - b. By the end of Confined Water Dive 5 for all student divers.
 - **Emergency Weight Drop** — During any dive, in either confined or open water, at the surface in water too deep in which to stand, with a deflated BCD, have student divers use the weight system's quick release, to pull clear and drop sufficient weight to become positively buoyant.

Dive 1 Performance Requirements

At the surface:

1. Put on and adjust mask, fins, snorkel, BCD, scuba kit and weights with assistance – using proper lifting techniques.
2. Participate in a pre-dive safety check.
3. Inflate/deflate the BCD using the low-pressure inflator in shallow water.

Underwater in shallow water:

4. Breathe compressed air by breathing naturally, without breath-holding.
5. Clear a regulator using both the exhalation and purge-button methods, then resume breathing from it.
6. Recover a regulator from behind the shoulder.
7. Clear a partially flooded mask.
8. Breathe from an alternate air source supplied by another diver for at least 30 seconds.

Underwater:

9. Descend at a controlled rate into water too deep in which to stand, equalizing the ears and mask.
10. Swim with scuba equipment while maintaining control of both direction and depth.
11. Locate and read the submersible pressure gauge and signal whether the air supply is adequate or low based on the gauge's caution zone and/or an assigned supply limit.
12. Recognize and demonstrate hand signals.
13. Ascend using proper technique.
14. Stay within reach of buddy.

At the surface in water too deep in which to stand:

15. While positively buoyant, breathe from a snorkel or regulator while swimming facedown.
16. After ascent, keep the mask on and continue breathing from the regulator while using the low-pressure inflator to attain positive buoyancy.
17. Deflate the BCD, then orally inflate it until positively buoyant.

Dive 2 Performance Requirements

At the surface:

1. Plan dive.
2. Put on and adjust mask, fins, snorkel, BCD, scuba and weights with buddy – using proper lifting techniques.
3. Perform the buddy pre-dive safety check.
4. Demonstrate appropriate deep-water entry.
5. Adjust for proper weighting – float at eye level at the surface with no or minimal air in the BCD and while holding a normal breath.
6. Clear a snorkel using the blast method, then resume breathing through it without lifting the face from the water.
7. Exchange snorkel for regulator and regulator for snorkel repeatedly (at least two exchanges) without lifting the face from the water.
8. Swim at least 50 metres/yards while wearing scuba, breathing through a snorkel and staying close to buddy.

Underwater:

9. With a buddy, descend in water too deep in which to stand using the five-point method, primarily using the BCD for buoyancy control.
10. Use low-pressure BCD inflation to become neutrally buoyant. Gently rise and fall in a controlled manner, during inhalation and exhalation.
11. Clear a fully flooded mask.
12. Remove, replace and clear a mask.
13. Breathe without a mask for at least one minute.
14. Respond to air depletion by signaling “out of air.”
15. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.

- 16. Ascend using the five-point method, primarily using the BCD for buoyancy control.**
- 17. Exit using the most appropriate technique.** (Buddy assistance allowed.)

Dive 3 Performance Requirements

At the surface in water too deep in which to stand:

- 1. Demonstrate appropriate deep-water entry.**
- 2. With a buddy, perform a weight check and adjust for proper weighting.**
- 3. Demonstrate the cramp release technique for self and buddy (at the surface or underwater).**

Underwater:

- 4. With a buddy, descend using only a visual reference in water too deep in which to stand, using the five-point method.**
- 5. Hover using buoyancy control for at least 30 seconds, without kicking or sculling.**
- 6. While neutrally buoyant, swim slowly in a horizontal position to determine trim. Adjust trim, as feasible, for a normal swimming position.**
- 7. Respond to air depletion by signaling “out of air” and securing and breathing from an alternate air source supplied by a buddy. Continue for at least one minute while swimming, surface and inflate the BCD orally.**
- 8. Supply air to another diver using an alternate air source.**
- 9. Simulate a controlled emergency swimming ascent by swimming horizontally or diagonally for at least 9 metres/30 feet while emitting a continuous sound.**
- 10. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.**

Dive 4 Performance Requirements

At the surface in water too deep in which to stand:

1. With a buddy, perform a weight check and adjust for proper weighting and trim.
2. Perform a tired diver tow for 25 metres/yards.
3. Remove, replace, adjust and secure the scuba kit with minimal assistance.

Underwater:

- With a buddy, descend in water too deep in which to stand using the five-point method and use buoyancy control to stop the descent without contacting the bottom.
- With a buddy, swim over a simulated environmentally sensitive bottom while maintaining buoyancy control.
- Orally inflate the BCD to hover for at least one minute, without kicking or sculling.
- Breathe effectively from a simulated freeflowing regulator for at least 30 seconds.
- Swim without a mask for at least 15 metres/50 feet, then replace and clear the mask.
- Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
- Make a five-point ascent from above a simulated environmentally sensitive bottom without contacting the bottom.

Dive 5 Performance Requirements

Underwater:

1. Remove, replace, adjust and secure the scuba kit with minimal assistance in water too deep in which to stand, without losing control of buoyancy, body position and depth.

2. Remove, replace, adjust and secure all or part of the weight system without losing control of buoyancy, body position and depth.
 - With weight belt and weight integrated BCD – on the bottom in water too deep in which to stand.
 - With any weight system that requires reassembly after weights are removed – in shallow water.
3. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
4. Complete a simulated dive – Minidive – including:
 - Plan dive with a buddy.
 - Make an entry and exit.
 - Do a weight and trim check.
 - Perform a five-point descent.
 - With a buddy, practice previously learned skills with emphasis on neutral buoyancy, hovering and swimming.
 - Demonstrate awareness and make efforts to avoid contact with simulated sensitive bottom and fragile aquatic organisms.
 - Respond correctly to at least one, but not more than three, of these simulated situations: leg cramps, out of air – share air, freeflow regulator, mask flooded or off, regulator dropped from mouth, BCD inflator failure, and buddy separation.
 - Perform a five-point ascent with a safety stop at planned time limit or designated ascent pressure.

Section Four

Open Water

General Open Water Considerations

Sequencing

- **Conduct Open Water Dives in sequence and do not shift skills from one open water dive to another.**

Exception: Dive Flexible Skills as outlined in this section.

- **Do not conduct a dive flexible skill in open water until it has been mastered in confined water.**

Exception: Compass navigation exercises, inflatable signal tube/DSMB use and emergency weight drop.

- **If open water dives follow confined water dives in the same day, complete no more than two open water dives.**

Dive Prerequisites

Dive 1

Have student divers complete at least one of the following:

- **Discover Scuba Diving knowledge development briefing and Confined Water Dive 1.***
- **Open Water Diver Course Knowledge Development 1 (including quiz) and Confined Water Dive 1.***
- **Open Water Diver Course Knowledge Development 1-3 (including quizzes) and Confined Water Dives 1-3.**

* Follow Discover Scuba Diving supervision requirement and ratios: 4:1 or 6:1 with a certified assistant

Dive 2

Have student divers complete:

- **Open Water Diver Course Knowledge Development 1-3 (including quizzes)**
- **Open Water Diver Course Confined Water Dives 1-3**
- **10-minute swim/float without using any swim aids.**

Dives 3-4

Have student divers complete all Open Water Diver Course Knowledge Development segments, Quizzes 1-4 and all Confined Water Dives.

Final Exam is completed prior to certification, not necessarily prior to final open water dive.

Open Water Dive Performance Requirements

Dive Flexible Skills

During any Open Water Dive, have student divers demonstrate the following:

At the surface:

- **Cramp Release** — Release a simulated cramp for self and buddy.
- **Tired Diver Tow** — Tow a simulated tired buddy in scuba equipment for 25 metres/yards.
- **Inflatable Signal Tube Use** — Deploy an inflatable signal tube at the surface, or deploy a delayed surface marker buoy (DSMB) from underwater.
- **Straight Line Surface Swim With Compass** — Snorkel swim in a straight line for 50 metres/yards while keeping the face in the water and using only the compass for direction reference.

- **Snorkel/Regulator Exchange** — Clear water from a snorkel and resume breathing without removing the snorkel from the mouth. Alternately breathe from snorkel and regulator without lifting the face from the water for at least two exchanges.
- **Remove and Replace Weight System and Scuba Kit** — Remove and replace the weight system in water too deep in which to stand. Remove and replace the scuba kit in water too deep in which to stand.
- **Emergency Weight Drop** — In either confined or open water too deep in which to stand, with a deflated BCD, use the weight system's quick release to pull clear and drop sufficient weight to become positively buoyant.

Underwater:

Conduct only on Dive 2, 3 or 4

- **Compass Navigation** — Swim a straight-line reciprocal course using a compass. Each diver navigates out and back.
- **Controlled Emergency Swimming Ascent (CESA)** — Perform a controlled emergency swimming ascent from a depth of 6-9 metres/20-30 feet and establish positive buoyancy at the surface.

Conduct CESA following the procedures outlined below.

Controlled Emergency Swimming Ascent

Briefing the Skill

Instruct student divers to:

- **Retain their regulators in their mouths.**
- **Not drop their weights.** Remind students that in an actual emergency, they ditch weights only when any doubt exists about their ability to reach the surface.
- **Not use the control line for assistance – the line is only for the instructor to use for control and emergency stopping.**
- **Maintain a normal ascent rate.**
- **Make a continuous sound throughout the ascent.**
- **Resume normal breathing if you stop the ascent, or if they experience any difficulty.**
- **Orally inflate the BCD or drop weights upon reaching the surface.**

Setting Up the Exercise

Use a vertical control line (at least 12 millimetres/0.5 inch thick) buoyed by a surface float. Ensure that the line is either tied off firmly at the bottom or held down with sufficient weight to enable you to stop the ascent at any time by grasping it with a hand or leg wrap while holding the student firmly. The line must be secure at the surface. If secured to a float, ensure that the float is big enough so it doesn't submerge when pulled and remains on the surface with two divers on the line. Conduct the skill one student at a time while maintaining physical contact with both the student and the control line.

Site

Begin this skill at a depth of at least 6 metres/20 feet but not exceeding 9 metres/30 feet.

Conducting the Exercise

1. Grasp the student with one hand and maintain contact with the line.
2. Give the up signal to begin the ascent. The student begins to exhale while emitting a continuous sound.
3. The student kicks to start, then reduces effort and continues kicking. The student doesn't use the control line during the ascent. Ensure that the student keeps the regulator

and weights in place. The student's air remains turned on throughout the exercise. Don't help the student ascend.

4. The student maintains contact with the BCD or dry suit deflator mechanism to vent excess air during ascent.
5. Observe and maintain control during the ascent, not exceeding 18 metres/60 feet per minute. The student should be held near and just below you, which allows you to listen for the student's sound and tends to make the student look up toward you. Watch to be sure the student exhales continuously. Stop the ascent if there is any doubt. If you must interrupt the ascent, have the student repeat the exercise from the beginning.
6. Upon surfacing, have the student orally inflate the BCD or drop weights. Caution to look for divers below before releasing weight. Wait for the student to become calm and relaxed before engaging in other training exercises.

Dive 1 Performance Requirements

At the surface:

1. During briefing, recognize the hand signals for "okay," "something is wrong," "ear problem," "low air," "up/end the dive," "stay with your buddy," and the audible (or tactile) and visual signal for "look at me."
2. Put on and adjust equipment – using proper lifting techniques.
3. Perform a pre-dive safety check.
4. Enter the water with BCD inflated to provide positive buoyancy.
5. Check and adjust weighting.

Underwater:

6. Descend with control and reference using a descent line or sloping bottom contour to a depth not greater than 12 metres/40 feet.

7. Participate in a trim check.
8. Clear a partially flooded mask.
9. Recover and clear the regulator at depth.
10. Explore the dive site.
11. Signal whether remaining air supply is near designated caution zone, and/or indicate air supply in bar/psi.
12. Stay close enough to make physical contact with buddy within two seconds.
13. Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method (if Confined Water Dive 3 completed).

Dive 2 Performance Requirements

At the surface:

1. Plan the dive, including air supply management/ turn pressure, time limits, entries and exits, buddy separation procedures and basic emergency procedures.
2. Put on, adjust and streamline equipment. Use proper lifting techniques.
3. Perform a pre-dive safety check.
4. Adjust weighting and trim, as necessary.
5. When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.
6. Deflate BCD, then orally inflate it until positively buoyant in water too deep in which to stand.

Underwater:

7. Descend using a descent line or sloping bottom contour for control and reference to a depth not greater than 12 metres/40 feet. Use the five-point method.

8. Become neutrally buoyant by adjusting air in the BCD (or dry suit) with the low-pressure inflator.
9. Clear a fully flooded mask.
10. Perform each role: In a stationary position, one person signals “out of air” and secures and breathes from an alternate air source provided by another diver; the other diver provides the air source.
11. Ascend properly using an alternate air source and establish positive buoyancy at the surface. Act as either donor or receiver.
12. Explore the dive site.
13. Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.
14. Stay close enough to make physical contact with buddy within two seconds.
15. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
16. Signal air remaining at intervals assigned during dive planning.
17. Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method (unless ascending using the alternate air source ascent). **Make a safety stop if feasible.**

Dive 3 Performance Requirements

At the surface:

1. Plan the dive.
2. Put on, adjust and streamline equipment. Use proper lifting techniques.
3. Perform a pre-dive safety check.
4. Adjust weighting and trim, as necessary.

5. When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.

Underwater:

6. Descend with a visual reference for control to no greater than 18 metres/60 feet. Use the five-point method.
7. Become neutrally buoyant and hover by inflating the BCD orally.
8. Remove, replace and clear the mask.
9. Explore the dive site.
10. Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.
11. Stay close enough to make physical contact with buddy within two seconds.
12. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
13. Signal air remaining at intervals assigned during dive planning.
14. Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method. Make a safety stop if feasible.

Dive 4 Performance Requirements

At the surface:

1. As a buddy team, plan the dive using the PADI Skill Practice and Dive Planning Slate.
2. Put on, adjust and streamline equipment. Use proper lifting techniques.
3. Perform a pre-dive safety check.
4. Adjust weighting and trim, as necessary.

5. When at the surface, establish positive buoyancy, keep the mask on and breathe from the snorkel or regulator.

Underwater:

6. Descend with no visual reference to no greater than 18 metres/60 feet. Use the five-point method.
7. With a buddy, explore the dive site.
8. Avoid contact with sensitive organisms and the bottom, and resecure any equipment that becomes loose.
9. Stay close enough to make physical contact with buddy within two seconds.
10. Indicate remaining air supply within 20 bar/300 psi without rechecking the SPG.
11. With a buddy, signal when to turn the dive and when to ascend, based on air supply or time per the dive plan, and take appropriate action.
12. Ascend no faster than 18 metres/60 feet per minute while maintaining buddy contact. Use the five-point method. Make a safety stop.