



## Scuba Review

Thank you for signing on to our **PADI Scuba Review programme**, during this course we will help you to tune up all those key skills and dive theory modules that you learnt during your original Open Water course. The Theory and Pool training sections can normally be completed within one evening but it helps if you can have as much of the paperwork completed beforehand.

Please take a look through and **PRINT OFF A COPY** of the following paperwork, as you would expect with any PADI course, there are a few forms to fill in! We will be going over the details of the Theory Questions that are listed but in the meantime, why not take a shot at answering some of the questions straight away? You may be surprised how many that you remember even if it's been some time since you qualified.

When you arrive on the evening of your Scuba Review we will help you through any sections that are hazy, the first half of the session will cover theory then we move to the poolside where we select your gear and help you assemble it correctly. Once we have gone through a pre-pool brief we will hop in the water for some fun in the pool. At the National Aquatic Centre we have exclusive use of two separate pools, Pool A is only 1.3meters deep and the Diving Pool has a depth of 5meters. You will start in the shallow and then move quickly to the deep pool where the real fun begins.

Throughout the evening you will have close support from our experienced Dive Crew and the class numbers are small to guarantee good personal attention. All you need to bring along is swim suit and towel along with your Dive Card and Logbook. (It's not unusual for cards to go missing so please call the office if you can't find yours so that we can run a Dive Check with the PADI Database).

Classes start promptly at **7pm on Tuesdays** and finish at approximately 10.15pm. We have our own check in desk just to the left of the main reception so just come straight through and we can sign you in.

You can contact us on the following numbers:

01 2801083 Mobile 087 6885466



# PADI

## LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT

**Please read carefully and fill in all blanks before signing.**

I, \_\_\_\_\_, hereby affirm that I am aware that skin and scuba diving have inherent risks which  
Participant Name  
may result in serious injury or death.

I understand that diving with compressed air involves certain inherent risks; including but not limited to decompression sickness, embolism or other hyperbaric/air expansion injury that require treatment in a recompression chamber. I further understand that the open water diving trips which are necessary for training and for certification may be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with such instructional dives in spite of the possible absence of a recompression chamber in proximity to the dive site.

I understand and agree that neither my instructor(s), \_\_\_\_\_, the facility through which  
I receive my instruction, Oceandivers, nor PADI Americas, Inc., nor its affiliate and sub-  
Facility Name  
sidiary corporations, nor any of their respective employees, officers, agents, contractors or assigns (hereinafter referred to as "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur as a result of my participation in this diving program or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to participate in this course (and optional Adventure Dive), hereinafter referred to as "program," I hereby personally assume all risks of this program, whether foreseen or unforeseen, that may befall me while I am a participant in this program including, but not limited to, the academics, confined water and/or open water activities.

I further release, exempt and hold harmless said program and Released Parties from any claim or lawsuit by me, my family, estate, heirs or assigns, arising out of my enrollment and participation in this program including both claims arising during the program or after I receive my certification.

I also understand that skin diving and scuba diving are physically strenuous activities and that I will be exerting myself during this program, and that if I am injured as a result of heart attack, panic, hyperventilation, drowning or any other cause, that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I further state that I am of lawful age and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian. I understand the terms herein are contractual and not a mere recital, and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the un-enforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns, or beneficiaries may have to sue the Released Parties resulting from my death. I further represent I have the authority to do so and that my heirs, assigns, or beneficiaries will be estopped from claiming otherwise because of my representations to the Released Parties.

I, \_\_\_\_\_, BY THIS INSTRUMENT AGREE TO EXEMPT AND RELEASE MY INSTRUCTORS,  
Participant Name  
\_\_\_\_\_, THE FACILITY THROUGH WHICH I RECEIVE MY INSTRUCTION,  
Oceandivers, AND PADI AMERICAS, INC. AND ALL RELATED ENTITIES AS  
Facility Name

DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF AND MY HEIRS OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date (Day/Month/Year)

\_\_\_\_\_  
Signature of Parent of Guardian (where applicable)

\_\_\_\_\_  
Date (Day/Month/Year)



# MEDICAL STATEMENT

## Participant Record (Confidential Information)

### Please read carefully before signing.

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by \_\_\_\_\_ and  
Instructor

\_\_\_\_\_ located in the  
Facility

city of \_\_\_\_\_, state/province of \_\_\_\_\_.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When

established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

## Divers Medical Questionnaire

### To the Participant:

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

- \_\_\_\_\_ Could you be pregnant, or are you attempting to become pregnant?
- \_\_\_\_\_ Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)
- \_\_\_\_\_ Are you over 45 years of age and can answer YES to one or more of the following?
  - currently smoke a pipe, cigars or cigarettes
  - have a high cholesterol level
  - have a family history of heart attack or stroke
  - are currently receiving medical care
  - high blood pressure
  - diabetes mellitus, even if controlled by diet alone

### Have you ever had or do you currently have...

- \_\_\_\_\_ Asthma, or wheezing with breathing, or wheezing with exercise?
- \_\_\_\_\_ Frequent or severe attacks of hayfever or allergy?
- \_\_\_\_\_ Frequent colds, sinusitis or bronchitis?
- \_\_\_\_\_ Any form of lung disease?
- \_\_\_\_\_ Pneumothorax (collapsed lung)?
- \_\_\_\_\_ Other chest disease or chest surgery?
- \_\_\_\_\_ Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
- \_\_\_\_\_ Epilepsy, seizures, convulsions or take medications to prevent them?
- \_\_\_\_\_ Recurring complicated migraine headaches or take medications to prevent them?
- \_\_\_\_\_ Blackouts or fainting (full/partial loss of consciousness)?
- \_\_\_\_\_ Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

Please answer the following questions on your past or present medical history with a **YES** or **NO**. If you are not sure, answer **YES**. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with an RSTC Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to your physician.

- \_\_\_\_\_ Dysentery or dehydration requiring medical intervention?
- \_\_\_\_\_ Any dive accidents or decompression sickness?
- \_\_\_\_\_ Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
- \_\_\_\_\_ Head injury with loss of consciousness in the past five years?
- \_\_\_\_\_ Recurrent back problems?
- \_\_\_\_\_ Back or spinal surgery?
- \_\_\_\_\_ Diabetes?
- \_\_\_\_\_ Back, arm or leg problems following surgery, injury or fracture?
- \_\_\_\_\_ High blood pressure or take medicine to control blood pressure?
- \_\_\_\_\_ Heart disease?
- \_\_\_\_\_ Heart attack?
- \_\_\_\_\_ Angina, heart surgery or blood vessel surgery?
- \_\_\_\_\_ Sinus surgery?
- \_\_\_\_\_ Ear disease or surgery, hearing loss or problems with balance?
- \_\_\_\_\_ Recurrent ear problems?
- \_\_\_\_\_ Bleeding or other blood disorders?
- \_\_\_\_\_ Hernia?
- \_\_\_\_\_ Ulcers or ulcer surgery ?
- \_\_\_\_\_ A colostomy or ileostomy?
- \_\_\_\_\_ Recreational drug use or treatment for, or alcoholism in the past five years?

**The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.**



**PADI**  
padi.com

## STANDARD SAFE DIVING PRACTICES STATEMENT OF UNDERSTANDING

### Please read carefully before signing.

This is a statement in which you are informed of the established safe diving practices for skin and scuba diving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in diving. Your signature on this statement is required as proof that you are aware of these safe diving practices. Read and discuss the statement prior to signing it. If you are a minor, this form must also be signed by a parent or guardian.

I, \_\_\_\_\_, understand that as a diver I should:

(Print Name)

1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity, and refer to my course materials to stay current and refresh myself on important information.
2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions. Engage only in diving activities consistent with my training and experience. Do not engage in cave or technical diving unless specifically trained to do so.
3. Use complete, well-maintained, reliable equipment with which I am familiar; and inspect it for correct fit and function prior to each dive. Have a buoyancy control device, low-pressure buoyancy control inflation system, submersible pressure gauge and alternate air source and dive planning/monitoring device (dive computer, RDP/dive tables—which-ever you are trained to use) when scuba diving. Deny use of my equipment to uncertified divers.
4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities. Recognize that additional training is recommended for participation in specialty diving activities, in other geographic areas and after periods of inactivity that exceed six months.
5. Adhere to the buddy system throughout every dive. Plan dives – including communications, procedures for reuniting in case of separation and emergency procedures – with my buddy.
6. Be proficient in dive planning (dive computer or dive table use). Make all dives no decompression dives and allow a margin of safety. Have a means to monitor depth and time underwater. Limit maximum depth to my level of training and experience. Ascend at a rate of not more than 18 metres/60 feet per minute. Be a **SAFE** diver – **Slowly Ascend From Every** dive. Make a safety stop as an added precaution, usually at 5 metres/15 feet for three minutes or longer.
7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving. Carry at least one surface signaling device (such as signal tube, whistle, mirror).
8. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed air, and avoid excessive hyperventilation when breath-hold diving. Avoid overexertion while in and underwater and dive within my limitations.
9. Use a boat, float or other surface support station, whenever feasible.
10. Know and obey local dive laws and regulations, including fish and game and dive flag laws.

I have read the above statements and have had any questions answered to my satisfaction. I understand the importance and purposes of these established practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in jeopardy when diving.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date (Day/Month/Year)

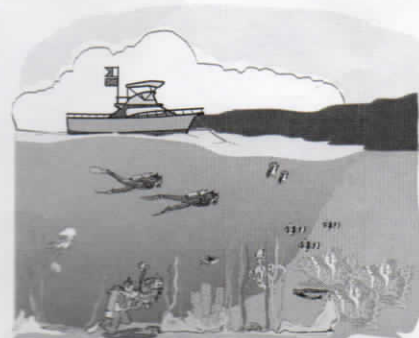
\_\_\_\_\_  
Signature of Parent or Guardian (where applicable)

\_\_\_\_\_  
Date (Day/Month/Year)

# Quiz 1-A

**Directions:** Choose the *best* answer from the choices provided.

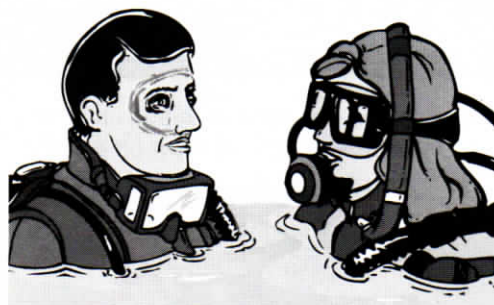
- Something underwater that does not float and does not sink is:
  - positively buoyant.
  - negatively buoyant.
  - neutrally buoyant.
  - partially buoyant.
- If an object is neutrally buoyant in salt water. What will probably happen to the object if you put it into fresh water?
  - The object will sink.
  - The object will float.
  - The object will not sink or float.
  - I cannot tell from the question.
- Imagine a diver is 30 metres/99 feet underwater. The water pressure at this depth would be \_\_\_\_\_ times more than the pressure at the surface.
  - two
  - three
  - four
  - five
- Imagine you hold a glass full of air upside down and you take it to the bottom of the swimming pool without tipping it. The density (thickness) of the air inside the glass will be \_\_\_\_\_ at the surface.
  - less than
  - greater than
  - the same as
  - less than or greater than
- What should you do if you cannot equalize (clear) your ears or sinuses while you are descending (going down)?
  - Continue descending (going down), but go slower.
  - Stop descending (going down) and try again to equalize (clear) by blowing harder.
  - Stop and ascend (go up) a few metres/feet and try to equalize (clear) again.
  - Surface and wait one minute before descending (going down) again.



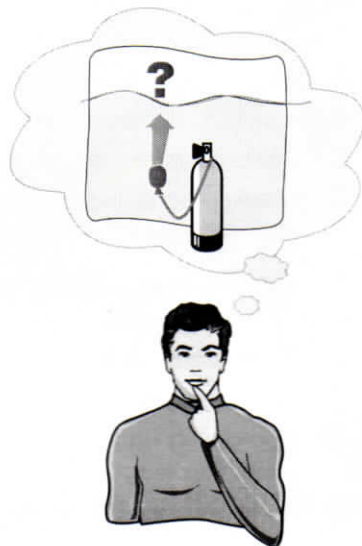
DEPTH	PRESSURE	AIR VOLUME	AIR DENSITY
0m/0ft		1	1
10m/33ft	2 bar/ata		
20m/66ft		1/3	x3
30m/99ft	4 bar/ata		
40m/132ft	5 bar/ata		x 5



# Quiz 1-A



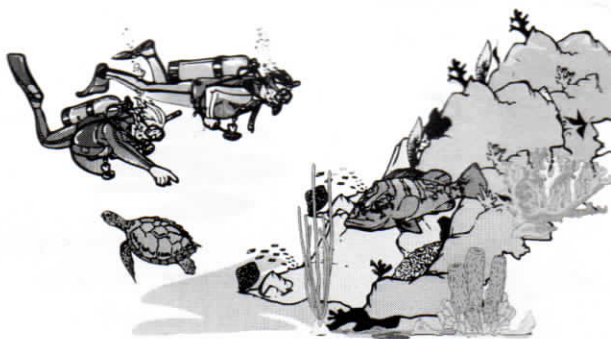
6. What should you do to prevent mask squeeze (a sucking or pulling feeling on your face and eyes)?
- A Make an ah-h-h-h sound.
  - B Pinch your nose and blow against it.
  - C Wiggle your jaw from side to side.
  - D Blow into your mask through your nose.
7. Imagine you put air into a balloon underwater at 10 metres/33 feet and then you take it to the surface. The air in the balloon will:
- A stay the same size as it was at 10 metres/33 feet.
  - B expand to twice the size as it was at 10 metres/33 feet.
  - C expand to four times the size as it was at 10 metres/33 feet.
  - D expand to eight times the size as it was at 10 metres/33 feet.
8. What can happen to you if you hold your breath while ascending (going up) on a scuba dive?
- A Your lungs can over expand which could cause serious injury.
  - B Your scuba equipment may not work properly.
  - C You might hurt your ears or sinuses.
  - D Nothing would happen to you.
9. What is the most important feature of a scuba regulator?
- A How easy it is to take care of it.
  - B How easy it is to breathe from it.
  - C How much it costs.
  - D Whether the second stage has an adjustment knob or not.
10. Why is it important to practice the buddy system whenever you go diving?
- A Diving is easier with a buddy.
  - B Diving is safer with a buddy.
  - C Diving is more fun with a buddy.
  - D All of the above.



# Quiz 2-A

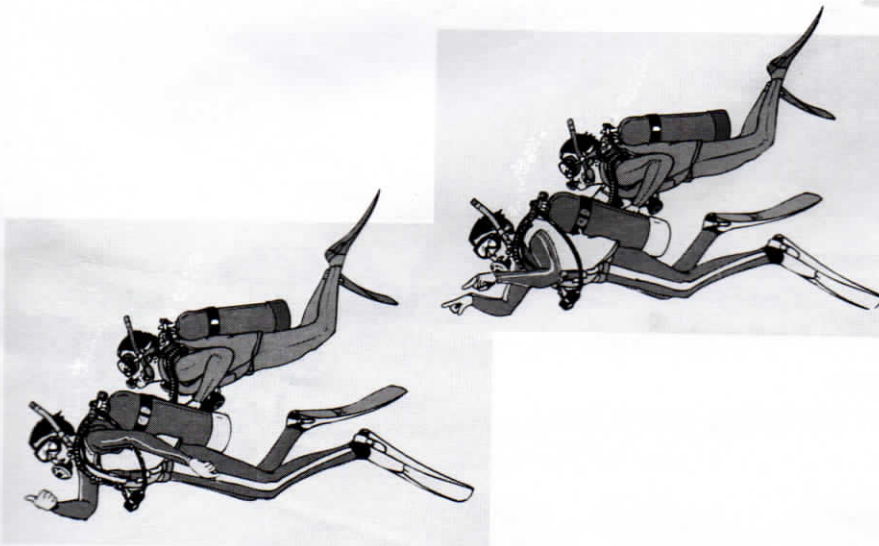
**Directions:** Choose the *best* answer from the choices provided.

1. When you look at things underwater they often seem \_\_\_\_\_ than when you look at them on the surface.  
**A** Farther away and smaller.  
**B** Nearer and larger.  
**C** Nearer and smaller.  
**D** Farther away and larger.
2. Sound travels well in water and it is difficult to tell:  
**A** where the sound is coming from.  
**B** how loud the sound is.  
**C** what causes the sound.  
**D** whether the sound is normal.
3. If you get cold while diving and you cannot stop shivering (shaking), what should you do?  
**A** Try to warm up by swimming harder.  
**B** Do not move your arms and legs to stay warm.  
**C** Stop diving right away, get out of the water, and change into something warm.  
**D** Try to save your body heat by moving slowly.
4. You want to move slowly and gradually underwater. Why?  
**A** It is hard for you to swim fast against water.  
**B** So you use less air.  
**C** So you do not get tired.  
**D** All of the above.
5. When breathing underwater while scuba diving, you should:  
**A** use airway control.  
**B** breathe continuously (breathe always, never hold your breath).  
**C** breathe slowly and deeply.  
**D** All of the above.
6. Proper fitting wet suits keep you warm by:  
**A** reducing the amount of water moving in and out of your suit.  
**B** increasing the amount of water moving in and out of your suit.  
**C** increasing blood flow to the skin.  
**D** providing an insulating layer of air.



# Quiz 2-A

7. The most important feature of a weight system is:
- A you can use it without your hands.
  - B you can remove the weight easily with one hand in an emergency.
  - C a design that keeps the weight from moving around during the dive.
  - D padding to protect you from accidental injury.
8. The best place for you to carry an alternate air source is:
- A loose by your side so you can find it fast.
  - B in your pocket.
  - C clipped to your tank.
  - D attached to the triangle area between your chin and your chest.
9. Waving your arms at the surface indicates that:
- A you are trying to get your buddy to look at you.
  - B you want the dive boat to pick you up.
  - C you are okay!
  - D you need help!
10. How can you maintain the buddy system on a scuba dive?
- A Follow another buddy team with more experience.
  - B Use an underwater compass.
  - C Decide who will lead the dive, which side of the leader you will be on, and where you are going to go.
  - D Always stay on the left of the dive boat.



# Quiz 3-A

**Directions:** Choose the *best* answer from the choices provided.

1. You should take a local area orientation dive whenever:  
**A** you dive anywhere, even if you dived there before.  
**B** you dive some place new.  
**C** you dive without advanced training.  
**D** you are not diving with an instructor.
2. How can you avoid vertigo (dizziness and confusion) on a dive?  
**A** Close your eyes.  
**B** Turn slowly while you look up.  
**C** Ascend (go up) and descend (go down) along the bottom or a reference line.  
**D** All of the above.
3. Underwater visibility (how far you can see horizontally) can be affected by:  
**A** water movement.  
**B** weather.  
**C** suspended particles (floating silt) in the water.  
**D** All of the above.
4. Imagine there is a mild current on your dive. You should begin your dive:  
**A** swimming with the current pushing you along.  
**B** swimming against or into the current.  
**C** swimming across the current pushing you sideways.  
**D** None of the above.
5. Most diver injuries caused by aquatic animals happen because:  
**A** the animal thinks you are food.  
**B** the animal is aggressive (like a bully).  
**C** the animal is protecting itself from you.  
**D** you did not feed the animal.
6. You can prevent most surface emergencies (problems) by:  
**A** diving only from boats.  
**B** diving with a skilled buddy in a familiar place.  
**C** using the best equipment made.  
**D** reducing your physical effort and making yourself float.







# Quiz 3-A

7. What is the first thing you should do with an injured diver at the surface?
- A Make the diver float and check to see if the diver is breathing.
  - B Get the diver out of the water.
  - C Find out what happened.
  - D Give the diver emergency oxygen.
8. Imagine you accidentally get tangled in something. What should you do first?
- A Stop, think and slowly untangle yourself.
  - B Try to turn around and see where you are tangled.
  - C Ask your buddy to help untangle you.
  - D Take off your scuba unit.



9. Imagine you are very low on air and about to run out. What would you do?

**Place these options in the correct order using Numbers 1-4.**

	Number _____	buoyant emergency ascent (dropping your weight system)	1. When low on air and not out of air.
	Number _____	controlled emergency swimming ascent (CESA) - swimming up to the surface making a continuous sound (like ah-h-h-h)	2. When buddy is near.
	Number _____	normal ascent (going up normally)	3. When buddy is too far away.
	Number _____	alternate air source ascent (using your buddy's alternate air source)	4. When buddy is too far away and you are deeper than 9 meters/30 feet.

10. After getting an unresponsive (unconscious or dazed) diver out of the water, you should keep checking for \_\_\_\_\_.
- A uncontrollable shaking.
  - B panic (stressed).
  - C breathing and pulse.
  - D water in the lungs.

# Quiz 4-A

**Directions:** Choose the *best* answer from the choices provided.

**Note:** Use either imperial or metric numbers when figuring out your answers.

1. Besides being requested for diver training your log book is something that:
  - A gives you a record of your dive experience.
  - B is required by law in most countries.
  - C has no purpose except for your personal interest.
  - D is required to purchase diving equipment.
2. Diving with enriched air requires special training and procedures (rules). Using enriched air without proper training and procedures can cause:
  - A your dive computer to shut down.
  - B no real harm.
  - C bad air.
  - D oxygen toxicity (poisoning).
3. Imagine you are an Advanced Open Water Diver. You begin to act foolishly at a depth of 30 metres/100 feet. What might you be experiencing?
  - A Decompression illness.
  - B Nitrogen narcosis.
  - C Decompression sickness.
  - D Oxygen toxicity (poisoning).
4. Decompression sickness (DCS) is a condition that can be life threatening. What forms in the bloodstream and tissues that can cause this condition?
  - A Nitrogen bubbles.
  - B Poisons.
  - C Body waste.
  - D None of the above.
5. Pain in one area, weakness, tingling, numbness and not being able to move your arms or legs are common signs and symptoms of:
  - A not thinking clearly.
  - B oxygen poisoning.
  - C contaminated air (bad air).
  - D DCS – nitrogen bubbles blocking blood circulation/flow in your body after a dive.



# Quiz 4-A

**Table/eRDPML Questions:** Answer the following version of questions 6-10 if completing the PADI Open Water Diver Course using the Recreational Dive Planner Table or eRDPML.

6. When using the Recreational Dive Planner (table or eRDPML), you should ascend (go up) no faster than \_\_\_\_\_ per minute.
  - A 6 metres/20 feet
  - B 12 metres/40 feet
  - C 18 metres/60 feet
  - D 24 metres/80 feet
  
7. The maximum depth for all recreational scuba divers, even experienced divers, is:
  - A 18 metres/60 feet.
  - B 30 metres/100 feet.
  - C 40 metres/130 feet.
  - D 58 metres/190 feet.
  
8. Imagine you dive to a depth of 11 metres/39 feet and stay for 46 minutes. What would your pressure group (PG) be at the end of the dive?
  - A J
  - B K
  - C P
  - D M
  
9. Imagine you have made a dive and you have stayed on the surface for a while. After this surface interval your pressure group is K. What is the maximum amount of bottom time you can use doing a repetitive (second) dive to 17 metres/56 feet?
  - A 16 minutes
  - B 44 minutes
  - C 29 minutes
  - D 26 minutes
  
10. After a surface interval your pressure group is D. You want to do a repetitive (second) dive to 12 metres/38 feet for 32 minutes. What will be your new pressure group (PG) when you reach the surface?
  - A N
  - B P
  - C J
  - D G

