#1 Equipment assembly, adjustment, preparation, donning and disassembly

#2 Predive safety check (BWRAF)

#3 Deep-water entry

#4 Buoyancy check at surface

#5 Snorkel-regulator/regulator-snorkel exchange

#6 5 Point Descent

Performance Requirements

*Descend using the five-point method*

**Briefing**

**Value**
Before a dive you and your buddy will be able to use the 5 step method in order to ensure you are both ready for the dive and descend together in a comfortable manner.

**Steps**
By using the acronym SORTED will assist you in remembering the steps of the descent.

1. **S** - Signal that you & your buddy are ready to descend
2. **O** - Orientate yourself on the descent line or buddy for the descent
3. **R** - Regulator In. Swap from your snorkel to your regulator
4. **T** - Time. Check the start time of your descent
5. **ED** - Equalize as you Descend

Slowly descend maintaining good buoyancy control, keeping in contact with your buddy throughout the descent.

**Signals**

1. Signal to start the 5 Point Descent
2. I'll remind you to switch to your regulator by tapping on my regulator 2nd stage
3. I'll remind to check the time, by pointing at my watch
4. I'll remind you to equalize by pointing at my ears

**Organization**
This skill we be conducted in the deep end of the swimming pool. I will firstly demonstrate with my certified assistant. When I’m demonstrating please stay on the surface & hold onto the side of the pool. I will then call you out in buddy pairs & I will watch you perform the skill, whilst my certified assistant looks after the rest of you on the surface. Once you have completed the skill we shall ascend
back to the surface & I will watch the next buddy pair.

Demonstration

Problem Solving

No five-point check between buddies before descent
Improper body position to deflate BCD
Venting air too quickly — descending too fast
Landing hard on bottom — no buoyancy control

Debriefing

Positive Reinforcement
I really liked the way that you all remembered to equalize frequently during the descent. This is great as it will ensure that your descents are more comfortable.

Problems
However I did notice a problem, whereby one of you tried to descend whilst breathing from the snorkel.

Solutions
Just remember the third point of the exercise is to swap from your snorkel to your regulator. You can easily confirm this by simply tapping on the 2nd stage or press the purge button momentarily.

Objective
Descend using the five point method.

Value
Remember that performing the 5 point descent, will ensure that both you and your buddy are ready to descend together, making your descents more controlled and comfortable

#7 Regulator Recovery & Clearing

Performance Requirements
Recover a regulator from behind the shoulder

Briefing

Performance requirements

Value
In the unlikely event of your regulator becoming dislodged from your mouth during a dive, you will be able to easily and comfortably recover the regulator and resume breathing.

Steps
1. Take a breath from the regulator and then remove it from you mouth, remembering to orientate the mouthpiece downwards.
2. Continue to exhale a small amount of bubbles throughout this exercise, maintaining an open airway at all times.
3. Toss the regulator behind your right shoulder.
4. Tilt your head and body to the right then sweep with your right arm. Remember to skim your thigh first, then reach back before sweeping your arm round towards the front.
5. Locate the regulator on your arm and retrieve. Orientate the mouthpiece and replace it into your mouth.
6. Clear the water from the second stage before taking a breathe by using the purge button method.
7. Repeat the skill, but this time clear the second stage using the blast clearing method.

Signals
2. I will tap my lips to remind you to continually exhale.
3. I will signal which way you need to tilt.
4. I will indicate which clearing method to use by either pointing to the purge button or gesturing a sharp exhale.

Organization
This skill will be performed in the shallow end of the pool. Please kneel side by side against the wall and watch as I demonstrate the skill. My certified assistant will be to the side. Once I have demonstrated the skill I will come to each of you in turn and ask you to perform the skill using each of the regulator clearing methods.

Demonstration

Problem Solving
Failure to make continuous sound or exhale when regulator is out of mouth
Improper body position to find regulator by sweeping or reaching
Inability to clear regulator by exhaling — no air left
Poor airway control — incautious first breath after purge

Debriefing
Positive Reinforcement
Well done everyone, I really liked the way that you all remembered to sweep round to the right hand side.

Problems
However I did notice that some of you were holding your breathe whilst the regulator was not in your mouths.
Solutions
Just remember that we need to maintain an open airway at all times, so ensure that you exhale a small amount of bubbles whenever the regulator is out of your mouth.

Objective
So we have all met the performance requirement, which was:
In shallow water, recover a regulator from behind the shoulder and clear using both the exhalation and purge button methods, then resume breathing from it.

Value
In the unlikely event of your regulator becoming dislodged from your mouth during a dive, you will be able to easily and comfortably recover the regulator and resume breathing.

#8 Mask Removal & Replacement and Clearing

Performance Requirements
Remove, replace and clear a mask.

Briefing
Value
It will allow you to easily and comfortably remove your mask to make adjustments to the strap without surfacing.
Steps
1. Break mask seal & flood mask
2. Once comfortable remove mask
3. Hold tightly & don’t drop the mask
4. Continue breathing normally
5. Replace mask when prompted to do so
6. Remember to correctly orientate the mask and ensure the mask strap is not in the way
7. Secure mask strap
8. Ensure the mask seals against the face
9. Apply pressure to the top of the mask, look down & begin exhaling into the mask whilst slowly rotating the head towards the surface

Signals
1. Signal for mask removal & replacement
2. Replace the mask when I tap you
3. If you are not exhaling into the mask I will tap you nose

Organization
The skill will be conducted in the deep end of the pool. Please line up with your backs against the wall. The Divemaster will be positioned at the end of the line and will keep an eye on you whilst I demonstrate the skill. I will then call you out.
of the line one at a time to perform the skill

**Demonstration**

**Problem Solving**
Poor control while flooding mask — too much/too little water
Improper hand or head position for clearing
Inability to exhale through nose or exhaling through mouth
Inadequate exhalation
Mask skirt too far from face or failure to seal back to face
Poor breathing control — inhaling water through nose
Hair, hood or strap caught under skirt on replacement
Improper hand or head position for clearing
Inability to exhale through nose or exhaling through mouth
Inadequate exhalation to clear
Mask skirt too far from face or failure to seal back to face

**Debriefing**

**Positive Reinforcement**
I really liked the way that you all held tightly onto the mask and didn’t drop it during the skill.

**Problems**
However, I did notice a problem. One of you attempted to replace the mask upside down.

**Solutions**
Remember to orientate the mask by ensuring that the nose pocket is pointing downwards before attempting to replace the mask.

**Objective**
So you’ve managed to complete the objective, which was to, completely remove, replace and clear a mask of water while underwater.

**Value**
Remember this will allow you to easily and comfortably remove your mask to make adjustments to the strap without surfacing

#9 Air Depletion/AAS Stationary

**Performance Requirements**
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.
Briefing

Value
In the unlikely event of an out of air situation, it will enable you to identify & respond quickly to the situation allowing you to comfortably locate and breathe from your buddies alternate air source.

Steps
1. Turn off the cylinder valve
2. Breath from the regulator until you feel the resistance in breathing
3. Give a bold, clear out of air & share air signal.
4. Locate & retrieve your buddies alternate air source, ensuring it is unclipped and routed over the shoulder.
5. Orientate the mouthpiece correctly
6. Remove your primary 2nd stage and replace it with your buddies alternate air source.
7. Clear the regulator using either the blast or purge methods and resume breathing for 1 minute.
8. Give the ascent signal, link opposite arms and raise the BCD inflator hose.
9. Remain in a stationary position for 1 minute.

Signals
1. Signal for Air Depletion/AAS skill
2. I will tap your arm if I need to remind you to make a firm contact with your buddy
3. I will hold my BCD Inflator hose to remind you to elevate it
4. I will tap my watch to remind you to conduct the skill for 1 minute

Organization
This skill will be performed in the deep end of the pool. After I have demonstrated I will ask each buddy pair to conduct the skill. I will point to which diver will be out of air and I will then turn your cylinder valve off. As soon as you give the out-of-air signal I will turn you cylinder back on. Once you have completed the skill for 1 minute I will ask you to reverse roles. Once both divers have completed the skill I will put you back in line & ask the 2nd buddy pair to conduct the skill.

Demonstration

Problem Solving
Failure to signal and secure alternate air source from buddy
Difficulty securing, clearing or breathing from alternate air source
Failure to make continuous sound or exhale when regulator is out of mouth
Lack of secure contact between buddies
Insufficient coordination/communication between buddies while swimming/ ascending
Removing regulator from the mouth

Debriefing

Positive Reinforcement
I really liked the way that you all gave a big bold out of air signal and located your buddies alternate air source.

**Problems**
However I did notice that one of you attempted to put the regulator mouthpiece in upside down. Whilst most regulators will still breath in this position, most will let a little water in making it a little uncomfortable.

**Solutions**
Remember to orientate the regulator 2nd stage, ensuring that the mouthpiece is positioned correctly before replacing it in your mouth.

**Objective**
So you’ve managed to complete the objective, which was to respond to air depletion by signalling ‘out or air’ and securing and breathing from an alternate air source supplied by a buddy for 1 minute in a stationary position.

**Value**
In the unlikely event of an out of air situation, it will enable you to identify & respond quickly to the situation allowing you to comfortably locate and breathe from your buddies alternate air source

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**#10 Alternate air source-assisted ascent**

**Performance requirements**
*Ascend properly using an alternate air source and establish positive buoyancy at the surface. Act as either donor or receiver.*  
**OPEN WATER #2**

**Briefing**

**Value**
In the unlikely event of an out of air situation, it will enable you to identify & respond quickly to the situation allowing you to comfortably locate and breathe from your buddies alternate air source, while make a controlled ascent.

**Steps**
1. Give a bold, clear out of air & share air signal.
2. Locate & retrieve your buddies alternate air source, ensuring it is unclipped and routed over the shoulder.
3. Orientate the mouthpiece correctly
4. Remove your primary 2nd stage and replace it with your buddies alternate air source.
5. Clear the regulator using either the blast or purge methods and resume breathing.
6. Give the ascent signal, link opposite arms and raise the BCD inflator hose.
7. Ascend at a normal rate.

**Signals**
1. Signal for AAS skill
2. I will tap your arm if I need to remind you to make a firm contact with your
buddy
3. I will hold my BCD Inflator hose to remind you to elevate it
4. Look up

**Organization**

**Demonstration**

**Problem Solving**

Failure to signal and secure alternate air source from buddy
Difficulty securing, clearing or breathing from alternate air source
Failure to make continuous sound or exhale when regulator is out of mouth
Lack of secure contact between buddies
Insufficient coordination/communication between buddies while swimming/ ascending

**Debriefing**

**Positive reinforcement**
I really liked the way that you all gave a big bold out of air signal and located your buddies alternate air source.

**Problems**
However I did notice that one of you attempted to put the regulator mouthpiece in upside down. Whilst most regulators will still breath in this position, most will let a little water in making it a little uncomfortable.

**Solutions**
Remember to orientate the regulator 2nd stage, ensuring that the mouthpiece is positioned correctly before replacing it in your mouth.

**Objectives**
So you’ve managed to complete the objective, which was to Ascend properly using an alternate air source and establish positive buoyancy at the surface.

**Value**
In the unlikely event of an out of air situation, it will enable you to identify & respond quickly to the situation allowing you to comfortably locate and breathe from your buddies alternate air source, while make a controlled ascent.

#11 Free Flowing Regulator Breathing

**Performance requirements**
Breathe effectively from a free-flowing regulator for at least 30 seconds.

**Briefing**

**Value**
In the unlikely event of a regulator malfunction you will be able to safely continue breathing from a 2nd stage and make a comfortable ascent.

**Steps**
1. Tilt your head to the right (the side of the regulator). This allows excess air to escape freely minimizing mask leakage.
2. Gently pull left corner of the mouthpiece out of your mouth, to allow excess air to escape.
3. Press the 2nd stage purge button to simulate a free flowing regulator.
4. Sip the air as it escapes from the 2nd stage.
5. Continue for 30 seconds.
6. Replace the mouthpiece, clear if necessary and resume breathing normally.

Signals
1. Signal for free flowing regulator breathing.
2. I'll point in the direction you need to tilt your head.
3. I'll point to the mouthpiece of the regulator to remind you to break the seal.
4. I'll point to the regulator purge button to remind you to press it.
5. I'll indicate 30 seconds by pointing to my watch and gesturing 30 seconds.

Organization
The skill will be conducted in the deep end of the pool. Please line up with your backs against the wall. The Divemaster will be positioned at the end of the line and will keep an eye on you whilst I demonstrate the skill. I will then call you out of the line one at a time to perform the skill.

Demonstration

Problem Solving
Incorrectly or in adequately pushing the purge valve.
Sealing lips around the mouthpiece.
Poor airway control — incautious breathing.
Improper head position to breathe comfortably.

Debriefing

Positive Reinforcement
I really liked the way that you all remembered to tilt your heads to the right and sip the escaping air.

Problems
However, I did notice that one of you forgot to continue the skill for the required 30 seconds.

Solutions
Remember that we need to simulate this skill for at least 30 seconds, so please continue with the skill until I ask you to stop.

Objective
So now you’ve managed to complete the objective, which was to, underwater breathe effectively from a free-flowing regulator for at least 30 seconds.

Value
In the unlikely event of a regulator malfunction you will be able to safely continue...
breathing from a 2nd stage and make a comfortable ascent

**#12 Neutral Buoyancy**

**Performance Requirements**
*Use both oral and low-pressure BCD inflation to become neutrally buoyant. Gently rise and fall in a controlled manner, during inhalation and exhalation*

**Briefing**

**Value**
Having good buoyancy control is important as this allows you to relax during a dive & helps avoid damage to your equipment and the environment.

**Steps**
1. To start the skill completely deflate your BCD.
2. Lie flat on the bottom of the pool and inhale and exhale to see what affect that has on your buoyancy.
3. Add a small amount of air to the BCD, firstly using the BCD low pressure inflator button, then repeat by inflating the BCD via oral inflation.
4. After adding a small amount of air, again breathe in & out to see what effect it has had on your buoyancy.
5. Repeat adding small amounts of air to your BCD until you rise and fall in a controlled manner by inhaling & exhaling.
6. Remember to add only small amounts of air at a time & avoid pushing up from the bottom of the pool with your hands.
7. Remember when using the oral inflate method to keep the regulator 2nd stage in your hand with the mouthpiece orientated down and remember to press the BCD deflate button whilst you are breathing into the BCD.

**Signals**
1. Signal for neutral buoyancy skill
2. I will signal small amounts of inflation
3. I will point out not to push up from the pool bottom with your hands.
4. I will indicate if you are not depressing the BCD inflator button when breathing into the hose.

**Organization**
The skill will be conducted in the deep end of the pool. Please line up with your backs against the wall. The Divemaster will be positioned at the end of the line and will keep an eye on you whilst I demonstrate the skill. I will then call you out of the line one at a time to perform the skill. Firstly perform the skill using the BCD LPI button, then I will ask you to repeat using the oral inflate method

**Demonstration**
Problem Solving
Too much/too little inflation/deflation of BCD
Failure to allow sufficient time before adding/depleting air from BCD
Failure to breathe slowly and deeply — fine tune breath control
Using hands/legs to maintain position — sculling

Debriefing
Positive Reinforcement
I really liked the way that you all remembered to hold onto the 2nd stage when performing the oral inflate method.

Problems
However, I did notice a problem, where one of you put too much air into the BCD and become positively buoyant.

Solutions
Keep in mind that adjustments to your buoyancy should be made in small increments, so remember to only add a small amount of air to the BCD at a time & see what affect it has on your buoyancy.

Objective
So you’ve managed to complete the objective, which was to use both oral and BCD low pressure inflation to become neutrally buoyant. Gently rise and fall in a controlled manner, during inhalation and exhalation

Use both oral and low-pressure BCD inflation to become neutrally buoyant. Gently rise and fall in a controlled manner, during inhalation and exhalation.

Value
The value of having good buoyancy control is important as it allows you to relax during a dive & helps avoid damage to your dive equipment and the aquatic environment

#13 5 Point Ascent

Performance Requirements

Ascend using the five-point method

Briefing

Value
It is important that you communicate clearly with your buddy and ascend together safely in a controlled manner avoiding any overhead obstructions.

Steps
1.Use the acronym STALK to help you remember the 5 steps of the ascent procedure.
2.S - Signal & agree with your buddy that you are ascending
3. T - Time, check the time to identify your exact bottom time
4. A - Arms, raise your right hand to protect you & raise your left arm whilst holding onto the BCD inflate/deflate hose to control your ascent rate.
5. L - Look up and around to ensure a clear passage to the surface
6. K - Kick towards the surface, controlling your speed by deflating the BCD as required
7. Ensure that you and your buddy ascend to the surface together & inflate your BCD when you have surfaced to ensure positive buoyancy.

Signals
1. Signal for 5 point ascent skill
2. If you are ascending too quick I will signal for you to release air from your BCD
3. If you forget one of the 5 steps of the ascent I will remind you by tapping on my head and pointing out the missed step.
4. When you are on the surface I may ask you to add some air to your BCD to ensure positive buoyancy.

Organization
The skill will be conducted in the deep end of the pool. After I have demonstrated the skill I will ask each buddy pair to ascend together, whilst I escort you to the surface. Once on the surface I will ask you to re-descend together and rejoin the group. My assistant will keep an eye on those on the bottom of the pool whilst I make the ascents.

Demonstration

Problem Solving
No five-point check between buddies before ascent
Inflating BCD to ascend
Ascending too quickly
Improper body position for ascent — looking and reaching up

Debriefing

Positive Reinforcement
I really liked the way that you maintained the correct arm positioning during the ascent.

Problems
However, I did notice that one of you attempted to ascend by inflating the BCD.

Solutions
Remember that we need to control our ascent to the surface and will need to vent air from the BCD as it expands inside the jacket. Remember in the future that we need to kick slowly to the surface whilst maintaining a low ascent rate.

Objective
So you have all managed to complete the skill, which was to ascend using the five point method.
Value
Remember it is important that you communicate clearly with your buddy and ascend together safely in a controlled manner avoiding any overhead obstructions

#14 Controlled Emergency Swimming Ascent - CESA

Performance requirements
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.  

Open Water

Simulate a controlled emergency swimming ascent by swimming horizontally for at least 9 metres/30 feet while emitting a continuous sound.  Confined Water

Briefing
Value
In the unlikely event of an out of air situation you will be able to make a safe controlled ascent to the surface and establish positive buoyancy without the assistance of your buddy.

Steps
1. Attain neutral buoyancy by conducting a fin pivot.
2. Assume the ascent position by raising your right arm and holding the BCD inflator hose above your head with your left hand.
3. Take a breathe from the regulator and begin swimming horizontally along the bottom of the pool remembering to emit a continuous sound, which will ensure an open airway.
4. Continue swimming until you reach the red line which marks a distance of at least 9 metres/30 feet.
5. Remember to maintain the correct arm positioning and do not remove the regulator.

Signals
1. Signal to start the CESA Skill
2. I will point to my arms to remind you of the correct arm positioning for the skill
3. I will signal 1 breathe & point to my ear to signify a continuous sound
4. I will signal if you are swimming too quickly

Organization
The skill will be conducted in the deep end of the pool. After I have demonstrated the skill I will ask each of you in turn to start the skill from the back wall of the
pool and to swim horizontally towards the shallow end of the pool until you reach the red line which marks a distance of at least 9 metres/30 feet. I will swim alongside you with my fingers on your regulator to ensure that you are making a continuous sound. My certified assistant will watch all others waiting to perform the skill.

Problem Solving
Improper body/hand position for swim
Removing regulator from mouth
Failure to make a continuous sound
Swimming to fast/slow
Lack of buoyancy control

Debriefing
Positive Reinforcement
I really liked the way that you all maintained a slow controlled pace whilst swimming the required distance.

Problems
However, I did notice a problem. One of you continually breathed throughout the exercise.

Solutions
Remember we are simulating an out of air situation, so you will need to ensure that you can swim a distance of not less than 9 metres on a single breathe whilst continually exhaling.

Objective
You have all managed to complete the objective which was to simulate a controlled emergency swimming ascent by swimming horizontally for at least 9 metres/30 feet while emitting a continuous sound.

Value
This is valuable because in the unlikely event of an out of air situation you will be able to make a safe controlled ascent to the surface and establish positive buoyancy without the assistance of your buddy.

#15 Hover

Performance Requirements
*Hover using buoyancy control for at least 30 seconds, without kicking or sculling.*

Briefing

Value
Having good buoyancy control will ensure that you protect the aquatic environment and your dive equipment. It will also allow you to be more relaxed while you dive and conserve energy and air.

Steps
1. Deflate your BCD completely.
2. Cross your legs behind you.
3. Inhale & exhale in a calm controlled manner.
4. Add a little air to your BCD using the LPI button.
5. Continue to add air to the BCD until you rise upon inhalation & fall upon exhalation.
6. Maintain the hover position for at least 30 seconds until I stop you.
7. Remember not to kick or scull and avoid adding too much air making you positively buoyant.

Signals
1. Signal for hover skill
2. I will remind you to add small amounts of air to your BCD
3. I will remind you not to scull or kick during the skill
4. I will tap my watch to remind you to perform the skill for at least 30 seconds.

Organization
The skill will be conducted in the deep end of the pool. After I have demonstrated the skill I will call each diver out one at a time to perform the hover. Crossing your arms and legs during the skill will prevent you from kicking or sculling. My certified assistant will watch everyone not under my direct supervision.

Demonstration

Problem Solving
Too much/too little inflation/deflation of BCD
Failure to allow sufficient time before adding/depleting air from BCD
Failure to breathe slowly and deeply — fine tune breath control
Using hands/legs to maintain position — sculling

Debriefing

Positive Reinforcement
I really liked the way that you all made small changes to your buoyancy and maintained a constant hovering position.

Problems
However, I did notice that one of you used your arms in order to maintain upright position.

Solutions
Remember that you need to perform this skill without kicking or sculling. You can prevent this by crossing your arms and legs. Maintaining an upright position is not important, just let yourself fall into a natural position during the skill.
Objective
Well done, you have all met the performance requirement which was to hover using buoyancy control for at least 30 seconds without kicking or sculling.

Value
Keep in mind that having good buoyancy control will ensure that you protect the aquatic environment and your dive equipment. It will also allow you to be more relaxed while you dive and conserve energy and air.

#16 Underwater Swim Without Mask

Performance requirements
Swim without a mask for at least 15 metres/50 feet, then replace and clear the mask.

Briefing
Value
In the unlikely event that your mask is accidentally knocked off by another diver & you are unable to locate it, you will be able to make a safe comfortable ascent to the surface.

Steps
1. Break mask seal & flood mask completely
2. Once comfortable remove mask
3. Hold tightly & don’t drop the mask
4. Continue breathing normally
5. Swim along the bottom of the pool while I guide you.
6. When I tap you after swimming 15 metres, stop and replace the mask.
7. Remember to correctly orientate the mask and ensure the mask strap is not in the way
8. Secure mask strap
9. Ensure the mask seals against the face
10. Apply pressure to the top of the mask, look down & begin exhaling into the mask whilst slowly rotating the head towards the surface

Signals
1. Signal for no mask swim
2. I will remind you to hold onto the mask tightly throughout the skill
3. I will give you the signal for you to start swimming
4. Stop & replace the mask when I tap your shoulder
5. If you are not exhaling into the mask I will tap you nose

Organization
The skill will be conducted in the deep end of the pool. After I have demonstrated the skill I will call each of you out one at a time to perform the skill. As the pool is only 10 metres wide I will have you swim 2 complete widths to ensure that we meet the minimum length of 15 metres. My certified assistant will sit out front.
should you need his attention

Demonstration

Problem Solving
Poor breathing control — inhaling water through nose
Lack of buoyancy control during swim
Loss of direction or poor swimming ability

Debriefing

Positive Reinforcement
Well done everyone, I really liked how all of you held tightly onto the mask throughout the skill, ensuring that you had it to hand to replace at the end of the skill.

Problems
I did notice a problem however. One of you attempted to stop after only covering half the distance.

Solutions
Remember that you need to cover a distance of at least 15 metres in order to meet the performance requirement. Just keep swimming until I tap you on the shoulder, that way you know you have completed the required distance.

Objective
Underwater, swim without a mask for at least 15 metres/50 feet, then replace & clear the mask.

Value
In the unlikely event that your mask is accidentally knocked off by another diver & you are unable to locate it, you will be able to make a safe comfortable ascent to the surface.

#17 Remove and replace weight system underwater
#18 Remove and replace scuba unit underwater
#19 Remove and replace scuba unit on the surface
#20 Remove and replace weight system on the surface
#21 Vertical, head first skin dive
#22 Swim at least 15 metres/50 feet underwater on a single breath while skin diving.
#23 Snorkel clear using the blast method after ascending from a skin dive.
#24 Snorkel clear using the displacement method after ascending from a skin dive.