



Open Water Diver Course
Aquatic Cue Card

Open Water Dives

Open Water Dive 1

Overview and Sample Training Sequence

- Briefing and hand signal review
- Pre-dive acclimation
- Assemble and put on gear
- Pre-dive safety check
- Entry – positively buoyant
- Check and adjust weighting
- *Snorkel-to-regulator exchange (dive flexible)*
- Controlled descent
- Trim check
- Clear partially flooded mask
- Regulator recovery and clear
- Explore the dive site
- Air monitoring
- Ascent
- *Emergency weight drop (dive flexible)*
- Exit
- Equipment disassembly and care
- Debriefing and log dive



PADI
padi.com

Open Water Diver Course
Aquatic Cue Card

Open Water Dives

Open Water 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 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)