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Open Water Diver Course
Aquatic Cue Card

Open Water Dives

Open Water Dive 2

Overview and Sample Training Sequence

- Dive planning and briefing
- Assemble and put on gear
- Pre-dive safety check
- Entry and good surface habits
- Weight and trim check
- BCD oral inflation at surface
- *Cramp release (dive flexible)*
- *Tired diver tow (dive flexible)*
- Controlled descent
- Neutral buoyancy
- Clear fully flooded mask
- Alternate air source use (donor/receiver) and ascent
- Explore the dive site – avoid bottom contact and stay close to buddy
- Air management within 20 bar/300 psi and signal air remaining
- Five point ascent – safety stop, if feasible
- *Inflatable signal tube deployment (dive flexible)*
- Exit
- Equipment disassembly and care
- Debriefing and log dive



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Open Water Dive 2 – Performance Requirements

At the surface:

1. Plan dive, including air supply management/turn pressure, time limits, entry and exit, buddy separation procedures and 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 m/40 ft. Use 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 2 seconds.
15. Indicate remaining air supply within 20 bar/300 psi without rechecking.
16. Signal air remaining at intervals assigned during dive planning.
17. Ascend no faster than 18 m/60 ft per minute while maintaining buddy contact. Use five-point method. Make a safety stop if feasible.