

Four Waterskills and Stamina Module

The Waterskills and Stamina Module has three roles. First, it confirms that candidates retain previously learned skills, allowing time for practice and redevelopment as necessary. Second, it confirms that candidates have the watermanship appropriate for someone working in a leadership capacity, developing these in candidates if necessary. Third, this module develops skills so they are more suited to teaching, which is important both for a PADI Divemaster assisting with student divers in training, and for progressing to the PADI Assistant Instructor and Open Water Scuba Instructor levels.

Conduct and Standards

You conduct all portions of the Waterskills and Stamina exercises in confined water, except the Diver Rescue Assessment and Development, which may be conducted in confined water or open water.

Stamina Assessment and Development

There are four exercises that evaluate stamina and waterskills, each rated by points. **There is no passing score for any single exercise, but a combined score of 12 or more is required prior to certification. In addition, candidates must com-**

plete all exercises prior to certification.

Candidates who fall short of a combined score of 12 may be given time to practice and develop their abilities while continuing in other areas of the course.

Stamina Exercise 1: 400 Metre/Yard Swim

The candidate must swim 400 metres/yards without stopping using no swimming aids and using any stroke or combination of strokes desired. If a candidate stops, the exercise is incomplete and must be repeated.

400 yards		400 metres
Time	Points	Time
under 6 min	5	under 6 min, 30 sec
6 to 8 min	4	6 min, 30 sec to 8 min, 40 sec
8 to 10 min	3	8 min, 40 sec to 11 min
10 to 12 min	2	11 to 13 min
more than 12 min	1	more than 13 min
stopped	incomplete	stopped

Stamina Exercise 2: 15 Minute Tread

Using no aids and wearing only a swimsuit, the candidate will stay afloat by treading water, drown proofing, bobbing or floating for 15 minutes, with hands (not arms) out of the water during the last 2 minutes. A candidate with a physical challenge that makes it difficult/impossible to hold hands out of the water is exempted from that portion of the exercise with no effect on the score.

Criteria	Points
Performed satisfactorily	5
Stayed afloat, but hands not out of water entire 2 minutes	3
Used side/bottom for momentary support no more than twice	1
Used side/bottom for support more than twice	incomplete

Stamina Exercise 3: 800 Metre/Yard Snorkel Swim

Using a mask, fins, snorkel and swimsuit only (no BCD or flotation aids) and swimming with the face in the water, the candidate must swim nonstop for 800 metres/yards. The candidate may not use arms to swim, unless the candidate has a physical challenge that limits leg use and arm-swimming is the individual's normal swimming method while diving. If a candidate stops, the exercise is incomplete and must be repeated.

800 yards		800 metres
Time	Points	Time
under 13 min	5	under 14 min
13 to 15 min	4	14 to 16 min, 30 sec
15 to 17 min	3	16 min, 30 sec to 18 min, 30 sec
17 to 19 min	2	18 min, 30 sec to 21 min
more than 19 min	1	more than 21 min
stopped	incomplete	stopped

Stamina Exercise 4: 100 Metres/Yard Inert Diver Tow

Wearing full scuba equipment, the candidate must push or tow an inert diver in full scuba at the surface 100 metres/yards nonstop without assistance. Note that this is a swimming power evaluation (speed-against-drag) not a rescue evaluation. If a candidate stops, the exercise is incomplete and must be repeated.

100 yards	Points	100 metres
Time		Time
under 2 min	5	under 2 min, 10 sec
2 to 3 min	4	2 min, 10 sec to 3 min, 15 sec
3 to 4 min	3	3 min, 15 sec to 4 min, 20 sec
4 to 5 min	2	4 min, 20 sec to 5 min, 30 sec
more than 5 min	1	more than 5 min, 30 sec
stopped	incomplete	stopped

Diver Rescue Assessment and Development

The Diver Rescue Assessment and Development has three goals. First, it evaluates effectiveness to assure that candidates can perform a rescue if necessary in an emergency. Second, it improves the quality of rescue skills to be more role model for assisting with the PADI Rescue Diver course. Third, it forms the foundation of demonstration quality rescues required during the IDC/IE.

This exercise is the simulated rescue of an unresponsive, nonbreathing diver. It applies a pass-fail evaluation criteria. You may conduct this exercise in a pool, confined water or open water in the following manner:

1. The “victim” is in full scuba equipment and submerged around 25 metres/yards from the “rescuer” (candidate you’re evaluating). The rescuer starts from the pool deck, shore or boat as appropriate.
2. At your signal, the rescuer enters the water, locates and surfaces the victim, properly checks for and

initiates breathing, tows the victim while removing own and victim’s weights, mask and scuba unit, and removes the victim from the water. (Equipment handlers allowed.)

3. To pass as an effective rescue, you must be able to answer “yes” to all the following:

- **Upon surfacing, did the rescuer establish victim’s buoyancy?**
- **Did the rescuer look, listen and feel for breathing?**
- **Did rescuer open the airway and give two rescue breaths?**
- **Did the rescuer call for help?**
- **Did the rescuer use an effective inwater rescue breathing technique?**
- **Did the rescuer protect the victim’s airway with no or very few interruptions?**
- **Did the rescuer maintain regular ventilations with no or very few interruptions?**

- **Did the rescuer resume any ventilation interruptions with two rescue breaths?**
- **Did the rescuer perform the rescue without any assistance (except the exit where individual physical characteristics and/or the environment may require assistance)?**

Note that there is no time limit for the rescue.

Confined Waterskill Assessment and Development

The Confined Waterskill Assessment and Development has two purposes – to verify that the candidate can perform the 20 basic dive skills from the PADI Skill Evaluation, and to train the candidate to perform these skills to *demonstration quality*.

Part One: Developing Demonstration Quality Skills

The first part of this session teaches candidates how to perform a demonstration quality skill.

Procedure: begin by describing for candidates the characteristics of a demonstration quality skill. Tell them that they will earn to perform mask removal and replacement in a demonstration quality manner. Emphasize that their goal is not learning how to do the skill, which they should already know, but how to execute it in a way that allows student divers to learn the steps and critical attributes.

In shallow water kneel down with the group and perform a demonstration quality mask removal and replacement. Allow candidates to practice independently while you watch. You can bring individual candidates to

the surface for suggestions during this short practice interval.

After watching their practice, have each candidate perform the skill for you. Their execution should be to the 4 level or better. If some candidates need more polish, emphasize those areas that need work and have candidates practice again. Be sure a candidate can demonstrate the skill to the 4 level or better before moving on to Part Two of this session.

Skill Evaluation Scores

Score	Characteristics
1	Candidate unable to perform exercise.
2	Exercise performed with significant difficulty or error.
3	Exercise performed correctly, though too quickly to adequately exhibit or illustrate details of the skill
4	Exercise performed correctly, and slowly enough to adequately exhibit or illustrate details of skill.
5	Exercise performed correctly, slowly and with exaggerated movement – appeared easy.

Note: These scores are the same as those used for Skill Evaluation through all levels of PADI leadership training.

By the end of Part One, the candidate should be able to execute the skill of removing, replacing and clearing a mask in a manner that earns a score of 4 or higher.

Part Two: Performing the 20 Basic Scuba Skills From the PADI Skill Evaluation

After demonstrating a 4 or 5 for mask removal and replacement, candidates are ready to apply demonstration principles to the 20 basic scuba skills listed below.

A skill demonstrated at the 3 level is adequate for someone to learn from, so it isn't necessary to require a level of 4 or 5 on *all* skills. However, the goal of this exercise is to teach candidates how they can make their skills even more effective as teaching tools by striving for the 4 and 5 levels.

Note: While a few 3s are acceptable, candidates must earn 4s and 5s on several skills to be successful. All 3s earns only 54 points.

Procedure: Have candidates perform the 20 skills listed on the Skill Evaluation Slate or Divemaster Skill Development Score Sheet. Grade them according to the scoring criteria. As necessary, perform the skills for candidates in a demonstration quality manner until they earn at least 68 total points, with no individual score below 3.

The mask removal and replacement skill must be repeated during this portion of the exercise.

By the end of Part Two, the candidate must demonstrate the 20 basic dive skills, with all skills earning a 3 or higher, and the total score for all 20 skills at least 68 points.

20 Basic Scuba Skills for Skill Evaluation

1. **Equipment assembly, adjustment, preparation, donning and disassembly**
2. **Pre-dive safety check (BWRAF)**
3. **Deep water entry**
4. **Buoyancy check at surface**
5. **Snorkel-regulator/regulator snorkel exchange**
6. **Five point descent**
7. **Regulator recovery and clearing**
8. **Mask removal, replacement and clearing**
9. **Air depletion exercise and alternate air source use stationary**
10. **Freeflow regulator breathing**
11. **Fin pivot (neutral buoyancy)**
12. **Five point ascent**
13. **Remove and replace weight system on the surface**
14. **Controlled Emergency Swimming Ascent (CESA)**
15. **Hovering motionless for 30 seconds**
16. **Underwater swim without a mask**
17. **Remove and replace weight system underwater**
18. **Remove and replace scuba unit underwater**
19. **Remove and replace scuba unit on the surface**
20. **Buddy breathing stationary and swimming (donor and receiver)**

