Quick Review

Name _____ Date _____

Directions: Choose the best answer from the choices provided.

Note: Use either metric or imperial numbers when figuring out your answers. Answer only for the system you're using. If your instructor teaches dive planning using dive computers answer questions 1-21, otherwise complete all 25 questions.

1. What is the most important rule in scuba diving?
   - ☐ Never dive alone.
   - ☐ Always perform a predive safety check.
   - ☐ Establish positive buoyancy and relax when at the surface.
   - ☐ Breathe continuously and never hold your breath.

2. To keep my ears from hurting while descending, I should:
   - ☐ equalize early and often.
   - ☐ go down as quickly as possible.
   - ☐ blow air into my mask through my nose.
   - ☐ always descend head first.

3. Diving when I have a cold or allergies may cause me to:
   - ☐ become unconscious without warning.
   - ☐ become tired or seasick easily.
   - ☐ have significant difficulty equalizing pressure in my body air spaces.
   - ☐ use my air up too fast.

4. If I can't equalize my ears while descending, I should:
   - ☐ continue diving and deal with the pain.
   - ☐ end the dive.
   - ☐ swim just below the surface for the entire dive.
   - ☐ continue to ascend slightly and attempt equalizing until I run low on air.

5. Holding my breath while scuba diving can:
   - ☐ cause serious, life-threatening lung injuries.
   - ☐ make me float.
   - ☐ help me conserve air.
   - ☐ lead to oxygen toxicity.

6. If I work too hard and find it difficult to breathe underwater, I should:
   - ☐ inflate my BCD and immediately go to the surface.
   - ☐ stop all activity and rest, hold onto something for support if possible.
   - ☐ swim quickly to my buddy and signal for help.
   - ☐ do a controlled emergency swimming ascent (CESA – swimming up to the surface saying the ah-h-h-h sound).

7. During a dive, I can't stop shivering. What should I do?
   - ☐ Continue the dive, but plan to wear more exposure protection on the next dive.
   - ☐ Swim faster to warm up.
   - ☐ Exit the water immediately, dry off and seek warmth.
   - ☐ Exit the water when planned, but cancel the next dive.

8. The most important feature of my weight system is:
   - ☐ how tight I can get the belt to fit on my waist.
   - ☐ having enough weight to sink quickly.
   - ☐ a clip that prevents weights from accidentally dropping.
   - ☐ a quick release that allows me to drop enough weight to float.

9. If I become separated from my buddy underwater, what should I generally do?
   - ☐ Go up right away, wait a minute and then go back down underwater.
   - ☐ Search for a minute underwater and then go up to find my buddy.
   - ☐ Go to the surface right away and get out of the water.
   - ☐ Find my buddy's bubbles and follow the bubbles to my buddy.

10. My buddy and I observe a mild current at the dive site. Generally, how should we begin our dive?
    - ☐ Dive with the current.
    - ☐ Dive across the current.
    - ☐ Dive against or into the current.
    - ☐ Dive at an angle to the current.

11. My buddy and I can't get back to the boat due to a current. What should we do?
    - ☐ Make ourselves float, signal for help, rest and wait for the boat to pick us up.
    - ☐ Descend and try to swim against the current near the bottom.
    - ☐ Make ourselves float, signal for help, and try to swim against the current.
    - ☐ Try to swim against the current by staying just below the surface.

12. Most injuries caused by aquatic animals happen because:
    - ☐ the animal is trying to protect itself.
    - ☐ the animal is aggressive.
    - ☐ the animal can't see that you are a diver.
    - ☐ the animal thinks you are food.

13. If a diving-related problem occurs at the surface, I should:
    - ☐ immediately establish positive buoyancy and stop, think, then act to handle the problem.
    - ☐ descend to solve the problem.
    - ☐ take my mask off.
    - ☐ remove my weight belt and hand it to my buddy.

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14. My buddy gives me the out-of-air signal, I should:
    - ☐ offer my buddy my alternate air source, then ascend together in a controlled manner.
    - ☐ signal for my buddy to make a controlled emergency swimming ascent (CESA – swim up to the surface saying the ah-h-h sound).
    - ☐ look for another diver to share air with my buddy.
    - ☐ signal "up" and make a normal ascent.

15. The risk of decompression sickness (DCS – nitrogen bubbles blocking blood flow in the body after a dive) increases, if a diver:
    - ☐ dives in poor visibility, strong moving water, and rough seas.
    - ☐ is tired, cold, sick, thirsty or overweight.
    - ☐ dives with equipment that is not working properly.
    - ☐ does only one dive a day.

16. To reduce the risk of decompression sickness:
    - ☐ only fill cylinders with enriched air.
    - ☐ breathe more slowly than normal.
    - ☐ make a safety stop at 5 metres/15 feet at the end of each dive.
    - ☐ ascend to a shallower depth if feeling dizzy.

17. The first step in using your dive computer is
    - ☐ setting the time and date.
    - ☐ reading the manufacturer's instructions.
    - ☐ calibrating it for enriched air nitrox.
    - ☐ setting it for fresh or salt water.

18. If I make two dives in one day and plan to fly home on a commercial plane. What is the minimum time I should wait before getting on the plane?
    - ☐ You do not have to wait.
    - ☐ 48 hours
    - ☐ 24 hours
    - ☐ 18 hours

19. To plan a dive, I use my dive computer's Dive Plan Mode (or other name the manufacturer uses) to determine
    - ☐ the maximum depth of the previous dive.
    - ☐ the no stop limits for each depths (typically in 3 metre/10 foot increments).
    - ☐ whether my computer is compatible with my buddy's computer.
    - ☐ the best settings for my backup computer.

20. If I accidentally exceed my computer's no stop limits, I need to:
    - ☐ surface immediately, breathe oxygen and report my condition to the divemaster.
    - ☐ ascend immediately and make a safety stop for three minutes at 5 metres/15 feet.
    - ☐ decompress according to the computer's instructions.
    - ☐ make a safety stop for as long as possible before running low on air.

21. Most divers begin to notice the effects of gas narcosis at approximately:
    - ☐ 10 metres/30 feet
    - ☐ 20 metres/60 feet
    - ☐ 30 metres/100 feet
    - ☐ 40 metres/130 feet

Use either the RDP Table or eRDP$_{ML}$™

22. After a dive to 12 meters/40 feet for 60 minutes, the pressure group is:
    - ☐ N
    - ☐ P
    - ☐ R
    - ☐ T

23. A group of Advanced Open Water Divers plans to make two dives. The first dive is on a reef in 22 metres/80 feet of water for 20 minutes. The group then remains on the surface for 1 hour. The second dive is on a wreck in 18 metres/60 feet of water, with a planned bottom time of 30 minutes. What will be the ending pressure group after the second dive?
    - ☐ K
    - ☐ L
    - ☐ R
    - ☐ S

24. After a dive to 18 metres/60 feet for 23 minutes, with a 40 minute surface interval, what is the maximum allowable time for the second dive to 18 metres/60 feet?
    - ☐ 14 minutes
    - ☐ 15 minutes
    - ☐ 41 minutes
    - ☐ 38 minutes

25. A buddy team plans to make two dives. The first dive is to 18 metres/60 feet for 49 minutes, and the second dive is to 18 metres/60 feet for 24 minutes. How long do they have to stay on the surface (minimum surface interval) to do these two dives safely?
    - ☐ 26 minutes
    - ☐ 32 minutes
    - ☐ 54 minutes
    - ☐ 59 minutes

eLearner Statement: Any questions I answered incorrectly I've had explained to me and I understand what I missed.

Signature _____

Date _____