

## GUIDELINES FOR SCIENTIFIC SKIN DIVERS

1. Must be current in CPR, First Aid and Oxygen Administration.
2. Must have a current UCSC Sports physical.
3. If not certified as a SCUBA diver, individual must attain a Skin Diving certification from a nationally recognized certifying organization.
4. All Skin Diver candidates may be asked to pass a confined water swimming and snorkeling evaluation consisting of:

*Swim underwater without swim aids for a distance of 25 yards without surfacing.*

*Swim 450 yards in less than 12 minutes without swim aids.*

*Tread water for 10 minutes without swim aids.*

*Without the use of swim aids, transport another person of equal size a distance of 25 yards in the water.*

*Swim 900 yards in less than 20 minutes in full skin diving gear using only fin kicks.*

*Swim 50 yards underwater in full skin diving gear, surfacing only twice for breaths.*

*Perform a surface rescue on an unconscious skin diver, which includes transporting while performing rescue breathing.*

*Perform a weight belt ditch and recovery in at least 8 feet of water.*

*Perform a skin ditch and recovery in at least 8 feet of water.*

5. All Skin Diver candidates may be asked to perform each of the below skills in confined water:

*Enter and exit water with full equipment both from a simulated shore and vessel.*

*Clear facemask and snorkel.*

*Demonstrate understanding of hand signals.*

*Demonstrate simulated in-water mouth-to-mouth resuscitation.*

*Rescue and transport, as a diver, a passive simulated victim of an accident.*

*Demonstrate self-rescue and buddy assist techniques.*

*Perform at least 3 different surface dives.*

*Demonstrate waterman ship ability, which is acceptable to the instructor.*

6. All Skin Diver candidates may be asked to pass a written examination covering the below topics:

*Function, care, use, and maintenance of diving equipment.*

*Physics and physiology involved in Free Diving.*

*Planning and supervision of diving operations.*

## GUIDELINES FOR SCIENTIFIC SKIN DIVERS cont.

*Diving regulations and precautions.*

*Near-shore currents and waves.*

*Dangerous marine animals.*

*Emergency procedures.*

*Skin Diving hazards.*

*Hand signals.*

*Cause, symptoms, treatment, and prevention of the following: near drowning, carbon dioxide excess, squeezes, exhaustion and panic, respiratory fatigue, motion sickness, hypothermia, hyperthermia and hypoxia/anoxia.*

7. All Skin Divers may be asked to perform the below listed skills in open water:

*Surface dive to a depth of at least 10 feet in open water once to ditch the weight belt and the second time to recover and replace it.*

*Enter and leave open water fully suited from the shore and a vessel.*

*Kick on the surface 650 yards while fully suited as a skin diver using only fin kicks.*

*Demonstrate judgment adequate for safe diving including safely planning and executing a dive.*

*Demonstrate, where appropriate, the ability to maneuver efficiently in the environment, at and below the surface.*

*Demonstrate clearing of mask and snorkel.*

*Demonstrate ability to perform 3 different surface dives.*

*Demonstrate techniques of self-rescue and buddy rescue, performing a complete rescue of an unconscious diver.*

*Swim underwater at least 25 yards on one breath.*

*Demonstrate the ability to remove and replace all skin diving gear on the surface.*

*Dive to a depth of at least 10 feet three times to retrieve an object from the bottom.*