# TecReational Diver

## DISTINCTIVE SPECIALTY

## INSTRUCTOR OUTLINE

# Introduction

There is really no bright line between “Recreational Diving” and “Technical Diving” instead there is an area of diving that is part “Recreational” and part “Technical” – that area known as “TecReational” or “Tweener” diving. TecReational dives are those that begin to push the limits of Recreational Diving and may need some of the skills, knowlege and attitudes that make Technical diving safe. TecReational diving is all done as “no stop” diving and within normal recreational diving limits. This Distinctive Specialty won’t create a Technical Diver but it will provide the Recreational diver insights into the planning and precision that is required in Technical Diving and how using those insights will make every day Recreational Diving safer and more fun.

## How to Use this Guide

This guide speaks to you, the TecReational Diver Specialty Instructor. The guide contains four sections – the first contains standards specific to this course, the second contains knowledge development presentations, the third considers confined water training, and the fourth details the open water dives.

All required standards, learning objectives, activities, and performance requirements specific to the TecReational Diver course appear in **boldface** print. **The boldface assists you in easily identifying those requirements that you *must* adhere to when you conduct the course.** Items not in boldface print are recommendations for your information and consideration. General course standards applicable to all PADI courses are located in the General Standards and Procedures section of your PADI *Instructor Manual.*

## Course Philosophy and Goals

This specialty is an introduction to TecReational Diving, to familiarize divers with the skills, knowledge, planning, organization, procedures, techniques, problems, hazards and enjoyment of TecReational diving. It’s intended to serve as a safe and supervised introduction to TecReational diving. Training should emphasize safety and fun.

The purpose of the PADI TecReational Specialty Diver Course is to introduce to the Recreational Diver the Fundamental Skills and Mindset of the Technical Diver. This is a course that is NOT about Technical Gear but instead about the personal skills and attitudes that result from the precision and planning needed for Technical Diving.

The goals of The TecReational Diver Distinctive Specialty training are:

A. Obtain an understanding of gear that is appropriate for the TecReational Dive – regulators, tanks, BCDs, fins, lights and exposure protection;

B. Introduce Fundamental Technical diving skills that will enhance the safety and fun of the Recreational dive – such basic skills as mask clearing and S-drills done mid-water and while maintaining position and non-silting kicks such as the Frog Kick, Modified Flutter Kick, Helicopter Turn and Backwards Kick;

C. Improve the Situational Awareness of the Divers and the creation of a Team Diving Attitude;

D. Instill the basic concepts of Gas Management – Calculating Minimum Safe Gas Reserves for any dive; Strategies for using the available gas supply depending on the nature of the dive; and Calculating the gas needs for the dive as a standard part of the pre-dive planning.

E. Review and expand on various Decompression Models which will allow the student to better understand inert gas loading and DCS

## Course Flow Options

This course contains knowledge development, two confined water skill development sessions and Four open water training dives to be done over at least two days. The knowledge development session(s) should be done in conjunction with the confined water training. The confined water skill development sessions must precede the open water training dives.

There are Four open water dives to complete over a period of at least two days. You may rearrange skill sequences within each dive; however, the sequence of dives must stay intact. You may add more dives as necessary to meet student divers' needs. Organize your course to incorporate environment friendly techniques throughout each dive, to accommodate student diver learning style, logistical needs, and your sequencing preferences.

# Section One:

## Course Standards

This section includes the course standards, recommendations, and suggestions for conducting the PADI TecReational Diver course.

# Standards at a Glance

**Course Standards**

| | |
|---|---|
| **Minimum Instructor Rating:** | **PADI TecReational Diver Distinctive Specialty Instructor** |
| **Prerequisites:** | **PADI Advanced Open Water Diver, or qualifying prerequisite with at least 20 dives within the last 12 months; Nitrox Certification** |
| **Minimum Age:** | **16 years** |
| **Ratios Open Water:** | **4:1 (and can not be increased with the addition of a CA)** |
| **Depth** | **Maximum Depth 18 metres / 60 feet** |
| Hours: | Recommended: 10 |
| **MinimumConfined Water Dives:** | **2** |
| **Minimum Open Water Dives:** | **4** |

**Materials and Equipment - Instructor and Student::**

- TecReational ***Diver Course Instructor Outline*** (Instructor only)
- **Student and Instructor equipment as outlined in the PADI Instructor Manual, General**

**Standards and Procedures**

• SMB and Spool; primary light capable of being mounted on the back of the hand
  - It is recommended that the Student have blade fins and a primary donate alternative air source system with the primary on at least a 40 inch hose
  - It is recommended that the Student have the PADI Tec Deep Diver Manual and the PADI Encyclopedia of Recreational Diving

# Instructor Prerequisites

To qualify to teach the TecReational Diver course, an individual must be a Teaching status PADI Master Scuba Diver Trainer or higher. **PADI Instructors may apply for the TecReational Diver Distinctive Specialty Instructor rating after completing a Specialty Instructor Training course with a PADI Course Director, or by providing proof of experience and applying directly to PADI . In addition, the Instructor must have a PADI Tec 40 certification or the equivalent from a Recognized Agency.** For further detail, reference Membership Standards in the General Standards and Procedures section of your PADI *Instructor Manual.*

# Student Diver Prerequisites

**By the start of the course, a diver must be:**

**1. Certified as a PADI Advanced Open Water Diver or have a qualifying certification from another training organization and have a Nitrox Certification.** In this case, a qualifying certification is defined as proof of entry-level scuba certification with a minimum of four open water training dives. Verify student diver prerequisite skills and provide remediation as necessary.

**2. Be at least 16 years.**

# Supervision and Ratios

## Open Water Dives

**A Teaching status PADI TecReational Diver Specialty Instructor must be present and in direct control of all activities and must ensure that all performance requirements are met. After all student divers have successfully demonstrated the required skills, the Instructor may exercise indirect control over the balance of the dive.**

**The ratio for confined and open water dives is 4 student divers per instructor (8:1).**

# Site, Depths, and Hours

## Site

Choose sites with conditions and environments suitable for completing requirements. Shallow dives will provide divers with more time to complete tasks. Use different open water dive sites, if possible, to give students divers experience in dealing with a variety of environmental conditions (incorporate environment friendly techniques throughout each dive) and logistical challenges.

## Depths

6-12 metres/20-40 feet recommended

**18 metres/60 feet limit**

## Hours

**The PADI TecReational Diver course includes Four open water dives. Conduct dives During daylight hours between sunrise and sunset.** The minimum number of recommended hours is 10.

# Assessment Standards

**The student diver must demonstrate accurate and adequate knowledge during the open water dives and must perform all skills (procedures and motor skills) fluidly, with little difficulty, in a manner that demonstrates minimal or no stress.**

## Certification Requirements and Procedures

**By the completion of the course, student divers must complete *all* performance requirements for TecReational Diver Open Water Dives One, Two, Three and Four.**
**The instructor certifying the student diver must ensure that all certification requirements have been met.** The certifying instructor obtains a TecReational Diver certification by submitting a completed, signed PIC to the appropriate PADI office.

# Section Two:

# Knowledge Development

## Conduct

Use the following teaching outline as a road map of the conduct, content, sequence and structure for the TecReational Diver course. The result should be student divers with theoretical knowledge and pragmatic experience who can adapt what they have learned to safely dive to the Recreational Diving limits. **Student divers will be able to explain the following learning objectives.**

# Knowledge Development

## Learning Objectives

**By the end of knowledge development, student divers will be able to explain:**

Recreational vs. Technical Diving

- **What is the one significant difference between Recreational and Technical Dives**
  - **Why do Fundamental Diving skills become more important as one approaches the limits of Recreational Diving?**
  - **What are the Two P's of TecReational Diving?**

**Preparation**

- **What training is needed to be prepared for TecReational Diving**
- **What gear is desired for TecReational Diving?**
- **What dive planning is desired for TecReational Diving?**
- **What does the diver need to do to be prepared for TecReational Diving?**

**Precision**

- **What does "Precision" mean when it comes to TecReational Diving?**
- **What is a "team" and how does it work in a TecReational Dive?**

**Gas Management**

- **What is Gas Management and why does it matter to the TecReational Diver?**
- **What is a Minimum Gas Reserve and how is it calculated?**
- **What strategies are there for using the available gas during a dive?**
- **How does one calculate the amount of gas a diver expects to use during a TecReational dive?**

**Decompression Theory**

- **What are the two basic models of Decompression Theory?**
- **What causes DCS?**
- **How do various decompression algorithms shape an ascent in a TecReational dive?**
- **Are ALL dives "decompression dives?"**

# Knowledge Development Teaching Outline

## A. Course Introduction

1. Staff and student diver introductions

# Note:

*Introduce yourself and assistants. Explain your background with TecReational diving if your student divers aren't familiar with you.*

*Give times, dates and locations as appropriate for classroom presentations, confined water skill development sessions, and open water dives.*

1. Course goals – By the end of the Course you will:
   a. Be able to explain what is a TecReational Dive;
   b. Be able to explain what gear is appropriate for a TecReational Dive;
   c. Be able to do Fundamental Skills while maintaining your place in the water column;
   d. Be able to do Fundamental Skills while maintaining situational and buddy awareness; and
   e. Be able to show a basic ability to do non-silting kicks.

2. Course overview
   a. Classroom presentations
   b. Confined water session. There will be at least two confined water sessions where the skills necessary to be a TecReational Diver will be demonstrated and practiced by student divers to gain confidence and mastery before the open water training dives.
   c. Open water dives. There will be at least four open water dives.
3. Certification
   a. Upon successfully completing the course, you will receive the TecReational Diver Specialty certification.
   b. Certification means that you will be qualified to plan, organize, and make dives in conditions generally comparable to or better than, those in which you are trained.

# Note:

*Use the PADI Student Record File. Explain all course costs and materials, and what the costs do and do not include, including equipment use, dive site fees, etc. Explain what equipment student divers must have for the course, and what you will provide. Cover and review points about scheduling and attendance.*

5. Class requirements
   a. Complete paperwork.
   b. Course costs.
   c. Equipment needs.
   d. Schedule and attendance.

## B. Course Content

- **Why do Fundamental Diving skills become more important as one approaches the limits of Recreational Diving?**
  **1. As you approach the limits of Recreational Diving, the consequences for making an error are magnified due to the greater depth reached and/or length of time underwater**
  **2. As a result of the greater depth and/or length of time, N2 loading is increased which leads to a greater risk of DCS with a corresponding requirement for better control over one's position in the water column.**
  **3. As a result of the greater depth and/or length of time, the use of one's gas supply is maximized which presents a greater risk of an OOA situation. Situational and buddy awareness are important to prevent that OOA event or to provide gas should the event occur.**

- **What are the Two P's of TecReational Diving?**
  **1. Preparation**
  **2. Precision**

- **What training is needed to be prepared for TecReational Diving?**
  **1. One needs training to be able to maintain one's position in the water column while doing Fundamental skills.**
  **2. One needs training to be able to maintain situational and buddy awareness while doing a TecReational dive.**

- **What gear is desired for TecReational Diving?**
  **1. "Tech Gear" is often the "gear of choice" for the TecReational Diver due to its functionality. All TecReational Gear needs to be functional and appropriate for the diving conditions.**
  **2. What may be appropriate gear for TecReational Diving in warm, tropical waters may not be appropriate gear for cold water diving.**
  **3. A primary donate alternative air source system may well be better for the TecReational Diver than the secondary donate alternative air source system.**

- **What dive planning is desired for TecReational Diving?**
  **1. The TecReational Diver needs to always plan his gas supply, minimum gas reserves and the strategy for how the available gas is to be used.**
  **2. The TecReational Diver needs to plan his no stop limits in conjunction with the rest of the team and how that fits with the team's gas supplies.**
  **3. In addition, the TecReational Diver needs to make all the rest of the normal dive planning that should occur on every dive.**

- **What does the diver need to do to be prepared for TecReational Diving?**
  **1. The TecReational Diver needs to be mentally and physically prepared for the dive that is planned.**
  **2. The TecReational Diver needs to practice the Fundamental skills needed to be a safe TecReational Diver.**
  **3. The TecReational Diver needs to go out and dive on a regular basis.**

- **What does "Precision" mean when it comes to TecReational Diving?**
  **1. "Precision" means being able to maintain one's place in the water column while doing the various Fundamental tasks during a dive.**
  **2. "Precision" means being able to maintain one's place relative to the rest of the dive team while doing the various Fundamental tasks during a dive.**
  **3. "Precision" means being able to efficiently move about the dive site without changing it – i.e., no touching and no silting.**

- **What is a "team" and how does it work in a TecReational Dive?**
  **1. A dive team is the sum of the parts which creates multiple "brains" and gas reserves for each member of the team.**

**2. There are various strategies for keeping a team together and they vary depending on the environment. Prior to the dive, the team must decide on who is the leader and the roles that each team member will have during the dive. During the dive, each team member must have primary responsibility for his own dive but be aware of the others too.**

- **What is Gas Management and why does it matter to the TecReational Diver?**
  **1. Gas Management is the overall method that is used to plan and execute a dive.**
  **2. Because TecReational Dives are those that come closer to the limits of Recreational diving, it is very important to make sure that the diver has planned for sufficient gas supplies to do the dive that is contemplated.**

- **What is a Minimum Gas Reserve and how is it calculated?**
  **1. The Minimum Gas Reserve is the amount of gas that is needed to safely bring the diver and his teammate to the surface while making all planned for stops.**
  **2. The MGR is not gas that is part of the "available gas" used during the active part of the dive.**
  **3. MGR is calculated based on assumed gas consumption rates, assumed ascent strategies and planned or actual diving depths.**
  **4. MGR is a dynamic number and changes throughout the dive as the team changes depth.**

- **What strategies are there for using the available gas during a dive?**
  **1. There are three basic strategies used for planning managing one's gas supply.**
  **2. "All Available Gas" is used when it doesn't matter where one ascends – i.e. a drift dive with a live boat which comes picks you up.**
  **3. "Halves" is used when it is nice to come back to one's starting point but it isn't critical – i.e. a typical shore dive where doing a surface swim in is reasonable.**
  **4. "Thirds" is used when it is mandatory to return to a point certain and should be considered very carefully by a TecReational Diver. If it is "mandatory" to return to a point certain, the dive begins to "feel like" a Technical Dive where it is necessary for all issues to be handled where they occur which is NOT the case for a TecReational dive (where is might be nice to handle all issues where they occur but where the surface is always an option).**

- **How does one calculate the amount of gas a diver expects to use during a TecReational dive?**
  **1. A diver uses his Surface Air Consumption Rate (SAC Rate also known as Respiratory Minute Volume) to estimate how much gas will be consumed during the planned dive.**
  **2. A diver needs to calculate his actual SAC Rate at the end of every dive and log that information so that the diver can learn his own personal history and what his SAC rate will tend to be on "X" type of dive under "Y" conditions.**
  **3. Having an air integrated computer is a very good way of keeping track of one's SAC rate.**
  **4. A diver can calculate his overall SAC rate by dividing the total gas volume used during a dive by the average ATA for the dive and then dividing that number by the total number of minutes of the dive – SAC =((Total Gas Volume Used)/(Average ATA))/(Total Dive Time in Minutes))**
  **5. Once a diver has a good history to estimate the SAC rate for a particular planned dive, the diver can then estimate gas needs for any future planned dive by multiplying the planned average depth expressed in ATA times the planned dive time times the historic average SAC rate.**

- **What are the two basic models of Decompression Theory?**
  **1. The two basic decompression theories are the Haldanian Model and the RGBM (bubble) Model**
  **2. The Haldanian model focuses on theoretical tissue loading while the RGBM model focuses on bubble size and creation. Both are used as the basis for various computer algorithms and both seem to work about as well as the other for preventing DCS.**

- **What causes DCS?**
  **1. While inert gas loading is the overall cause of DCS, what actually causes any particular DCS incident may not be, is not, well known. The experts in the field are still trying to explain exactly**

**what IS DCS but for a TecReational Diver's purpose, the general concept of inert gas loading is sufficient.**

- **How do various decompression algorithms shape an ascent in a TecReational dive?**
  **1. Each algorithm makes different assumptions as to how fast one can safely ascend and where various stops might be advisable.**
  **2. The PADI RDP with its 60 foot/minute maximum ascent rate and 3 minute safety stop is, in fact, one of the more "aggressive" profiles compared with various other algorithms – that is, it will get the diver to the surface quicker than most other algorithms.**

- **Are ALL dives "decompression dives?"**
  **1. All dives are "decompression dives" in that all scuba dives involve breathing compressed gas at depth. This means that the body will be absorbing more N2 than the body has at the surface. This N2 must come out of the body (be "offgassed") at some point.**
  **2. The significant difference is that in a TecReational dive, since it is always done within the "no stop limits" means that a significant part of the of the off gassing can and will occur while the diver is on the surface.**

# Section Three:
## Confined Water Dives
### Conduct

# Performance Requirements

**By the end of the confined water training sessions, student divers will be able to:**

• **Demonstrate an understanding of how to perform the following kicks (note, it is not expected that the students will be able to show mastery of these kicks, just that they demonstrate they understand how to perform the kicks and that, given time and self-practice, they will master them):**

1. **Modified Flutter Kick**
2. **Frog kick**
3. **Helicopter Turn**
4. **Backwards Kick**

- **Perform the following skills while maintaining their position in the water column (plus/minus 3 feet from where they start) and maintaining a relatively horizontal position for most of the skill:**
  1. **Mask flood and clear;**
  2. **Regulator recovery;**
  3. **S-drill (air share); and**
  4. **Deploy and "shoot" an SMB.**

A. Briefing for Non-silting Kicks confined water session (Session One).
   1. Review objectives and sequence of skills.
   2. Coach divers through assembly and gear-up as needed.
   3. Evaluate student equipment for adequacy.
   4. Identify potential problems and offer suggestions.

B. Enter shallow water with scuba gear
C. Demonstrate the Modified flutter kick

1. Show how it is different from the regular flutter kick while pushing against the side of the pool

2. Have the students demonstrate the bending at the knee and use of ankle movement for the modified flutter kick

3. Have the students then swim around in shallow water using the modified flutter kick.

D. Demonstrate the Frog Kick

1. Have the students demonstrate the bending at the knee, turn of the ankle, “clapping” the fins together, loosening the ankles, extending the legs and gliding and slowly pulling the legs back to repeat

2. Have the students swim around in shallow water using the frog kick.

E. Demonstrate the Helicopter Turn

1. Have the students demonstrate the turn both to the left and to the right

F. Demonstrate the Back Kick

1. Have the students take their scuba unit and fins off and then, individually, hold their feet and model the kick while they hold onto the edge of the pool and them watch as they practice.

2. Have the students practice the back kick without scuba or fins and have them “swim laps” backwards.

3. Have them put their gear back on and attempt the back kick while underwater.

G. Debrief student divers.

A. Briefing for Fundamental Skills confined water session (Session Two):
1. Review objectives and sequence of skills.
2. Coach divers through assembly and gear-up as needed.
3. Evaluate student equipment for adequacy.
4. Identify potential problems and offer suggestions.

B. Enter shallow water with scuba gear

C. Demonstrate the Mask Flood and Clear while neutral in the water column

1. Ensure the student is neutral and hovering and maintaining eye contact with his teammate

2. Have the student flood and clear his mask while maintaining eye contact with his teammate and staying within plus/minus 3 feet of this starting point in the water column and keeping a relatively horizontal position.

D. Demonstrate the Regulator Recovery while neutral in the water column

1. Ensure the student is neutral and hovering and maintaining eye contact with his teammate

2. Have the student “lose” and recover his regulator while maintaining eye contact with his teammate and staying within plus/minus 3 feet of this starting point in the water column and keeping a relatively horizontal position.

E. Demonstrate the S-Drill while neutral in the water column

1. Ensure the student is neutral and hovering and maintaining eye contact with his teammate

2. Have the student do an S-drill with his teammate while both stay within plus/minus 3 feet of this starting point in the water column and keeping a relatively horizontal position.

F. Demonstrate the SMB Deployment while neutral in the water column

1. Ensure the student is neutral and hovering and maintaining eye contact with his teammate

2. Have the student obtain and deploy his SMB while maintaining eye contact with his teammate and staying within plus/minus 3 feet of this starting point in the water column and keeping a relatively horizontal position.

# Section Four:

## Open Water Dives

### General Open Water Considerations

1. Involve student divers in dive-planning activities. Give special attention to student diver anxiety and stress levels, in addition to student diver equipment preparedness.
2. Conduct a thorough briefing. The better the briefing, the more smoothly the dive will proceed. Assign buddy teams according to ability (weak with strong) and establish a check-in/check-out procedure.
3. Assign logistical duties to staff and review emergency protocols.
4. Remind divers to familiarize themselves with their buddy's equipment.
5. Evaluate diver's thermal protection for appropriateness for the dive site and expected conditions.
5. Make yourself available to answer questions during equipment assembly, safety checks and gear-up.

# Performance Requirements

**By the end of the open water dives, student divers will be able to:**

**1. Adequately perform the following non-silting kicks:**
- **a. Modified Flutter;**
- **b. Frog; and**
- **c. Helicopter Turn.**

**2. Demonstrate an understanding of how to perform a back kick.**

**3. Do the following Fundamental Tasks while maintaining their place in the water column (plus/minus 3 feet) all while in a relatively horizontal position:**
- **a. Mask flood and clear;**
- **b. Regulator recovery;**
- **c. S-Drill; and**
- **d. SMB Deployment**

# Dive One

**• Buoyancy Check**
**• Each student must demonstrate the ability to perform each of the 3 non-silting kicks while maintaining team and situational awareness.**

A. Briefing
1. Evaluation of conditions
2. Facilities at dive site
3. Entry technique to be used – location dependent
4. Exit technique to be used – location dependent
5. Bottom composition and topography around training site
6. Depth range on bottom
7. Ending tank pressure – when to terminate the dive
8. Interesting and helpful facts about the dive site
9. **Sequence of training dive – review Dive 1 skills**
    a. **Suiting up**
    b. **Predive Safety check**
    c. **Buoyancy check at the surface**
    d. **Modified flutter around the course as outlined on the bottom**
    e. **Frog kick around the course as outline on the bottom**
    f. **Helicopter turn over a fixed point**
    g. **Dive for fun and pleasure using non-silting kicks**
    h. **Ascent**

B. Predive procedures
C. Descent
D. Dive 1 skills
E. Post-dive procedures
F. Debriefing
G. Log dive (instructor signs logbook)

# Dive Two

**• Buoyancy Check**
**• Mask flood and clear while maintaining position and team awareness**
- **Regulator Recovery while maintaining position and team awareness**
- **S-Drill while maintaining position and team awareness**
- **Deployment of SMB while maintaining position and team awareness**

A. Briefing
1. Evaluation of conditions
2. Facilities at dive site
3. Entry technique to be used – location dependent
4. Exit technique to be used – location dependent
5. Bottom composition and topography around training site
6. Depth range on bottom
7. Ending tank pressure – when to terminate the dive
8. Interesting and helpful facts about the dive site
9. **Sequence of training dive – review Dive 2 skills**
    a. **Suiting up**
    b. **Predive Safety check**
    c. **Buoyancy check at the surface**

**d. Mask Flood and Clear**
**e. Regulator Recovery**
**f. S-Drill**
**g. SMB Deployment**
**h. Dive for fun and pleasure using non-silting kicks**
**i. Ascent on SMB line**

B. Predive procedures
C. Descent
D. Dive 2 skills
E. Post-dive procedures
F. Debriefing
G. Log dive (instructor signs logbook)

# Dive Three

**• Buoyancy Check**
**• Dive Three is typically a repeat of Dive 2 and used to confirm the ability to maintain horizontal position in the water column while doing the various skills. IF appropriate, the various skills will be integrated into the "Tour" portion of the dive to ensure the skills can be used "for real" and to work on team situational awareness**

- **Mask flood and clear while maintaining position and team awareness**
- **Regulator Recovery while maintaining position and team awareness**
- **S-Drill while maintaining position and team awareness**
- **Deployment of SMB while maintaining position and team awareness**

A. Briefing
1. Evaluation of conditions
2. Facilities at dive site
3. Entry technique to be used – location dependent
4. Exit technique to be used – location dependent
5. Bottom composition and topography around training site
6. Depth range on bottom
7. Ending tank pressure – when to terminate the dive
8. Interesting and helpful facts about the dive site
9. **Sequence of training dive – review Dive 3 skills**
    **a. Suiting up**
    **b. Predive Safety check**
    **c. Buoyancy check at the surface**
    **d. Mask Flood and Clear**
    **e. Regulator Recovery**
    **f. S-Drill**
    **g. SMB Deployment**
    **h. Dive for fun and pleasure and integrating the above skills into the tour**
    **i. Ascent on SMB line**

B. Predive procedures
C. Descent
D. Dive 3 skills
E. Post-dive procedures
F. Debriefing
G. Log dive (instructor signs logbook)

# Dive Four

- **Buoyancy Check**
- **A "TecReational Dive" to be planned and executed by the Team.**

A. Briefing
   1. Evaluation of conditions
   2. Facilities at dive site
   3. Entry technique to be used – location dependent
   4. Exit technique to be used – location dependent
   5. Bottom composition and topography around training site
   6. Depth range on bottom
   7. Ending tank pressure – when to terminate the dive
   8. Interesting and helpful facts about the dive site
   9. **Sequence of training dive**
      - **a. Plan the dive, including team roles, gas consumption, MGR, SMB deployment, gas use strategy, etc.**
      - **b. Suiting up**
      - **c. Predive Safety check**
      - **d. Execute experience dive using non-silting kicks**
      - **e. Ascent on SMB line**

B. Predive procedures
C. Descent
D. Dive 4 skills
E. Post-dive procedures
F. Debriefing
G. Log dive (instructor signs logbook)