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.