



VA Beach Technical Diving Group

Fundamental Diving Skills
Technical Divers
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Fundamental Diving Skills

- Buddy Team & Team Work
- Buoyancy Control
- Trim & Body Position
- Finning & Kicks
- Drills: Mask, Safety & Value
- Stage Deployment
- Stage Removal and Replacement
- Line Drills: Running, Tie Off & Pickup
- Lift Bag or Marker Deployment
- Drift Decompression



Objectives & Skills Review (1)

- **Buddy Team & Team Work**
 - Wing on wing
 - Communications (pre-dive, dive, post dive) & Signaling with lights
 - Know & watch your buddy during skills & dive
- **Buoyancy Control**
 - Static components
 - Dynamic Components
 - Ballast & Placement
 - Weighting System
- **Trim & Body Position**
 - Back Plate & D-Ring Locations
 - Horizontal
 - Legs bent



Objectives & Skills Review (2)

- **Finning & Kicks**
 - Flutter and Modified Flutter Kick
 - Frog and Modified Frog Kick
 - Hovering or swimming without use of hands
- **Mask Drills**
 - Partially flood & clear mask
 - Remove mask with eyes closed
 - Sense pressure changes with ears
 - Maintain depth
 - Replace mask after 30 – 60 seconds
- **Valve Drills**
 - Right post off, switch to backup regulator, & right post on
 - Isolator off and on
 - Left post off, switch to primary regulator, & left post on



Objectives & Skills Review (3)

■ Safety Drills (S-Drills)

- Donate Long Hose (Ensure it is clear of routing path)
- Check SPG and show to needer
- Decision to ascend or return to exit point
- Swim, prefer needer on right side
- Stow regulator

■ Stage Deployment

- Check tank marking to ensure it is the correct one
- Deploy the regulator, follow it back to the tank, & validate correct tank
- Turn on the tank, watch the SPG, & validate correct tank
- Purge to ensure that there is no water in the regulator
- Route hose around neck, switch to stage regulator, purge, ensure first several breathe are guard again water

■ Stage removal & replace

- Unclip waist D-ring, Unclip chest D-ring, Stage is clear
- Clip top clip to waist D-ring, swim, stop remove stage
- Clip top clip to chest D-ring, clip lower clip to waist D-ring



Objectives & Skills Review (4)

■ Line running and pickup (as buddy team)

- Tie off line, deploy and wrap on several vertical objects
- Tie off reel
- Retrieve reel
- Recover deployed line. Partner (s) leader reel manager

■ Lift Bag/Marker Buoy Deployment

- From a depth greater than 40 feet
- Maintain buoyancy, retrieve bag/marker & reel or spool
- Connect spool/reel to bag/marker
- Check to ensure the way above is clear and you/gear clear of bag/reel
- Place enough air in bag/marker to make it buoyant
- Check that the way is clear above and release

■ Drift Decompression

- Maintaining buoyancy control, ascend to 40 feet, pause for 30 – 60 seconds
- Maintaining buoyancy control, ascend to 30 feet, pause for 30 – 60 seconds
- Maintaining buoyancy control, ascend to 20 feet, pause for 30 – 60 seconds
- Maintaining buoyancy control, ascend to surface
- Stow reel/spool, wrap up bag/marker for return to exit the water point