

Name _____

20____Year

**WATER RESCUE (UNDERWATER)
ANNUAL TRAINING CHECKLIST**

MINIMUM SKILLS								Date	Hours
OPERATIONAL									
PRE-DIVE EQUIPMENT AND SAFETY CHECK *									
Dive Tables *									
Dive Log Book *									
Dive Maladies (review)									
Dive Laws (review)									
Dive Safety (review) *									
Entries									
Hazards and Considerations *									
Rear seated *									
Giant Stride *									
Boat Entries *									
Doff and Don SCUBA Complete									
Annual Service									
Regulator, BC, Computer *									
Visual Tank Inspection *									
EXO *									

* Required Annually

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ANNUAL TRAINING CHECKLIST**

MINIMUM SKILLS								Date	HRS
Buddy Breathing Stationary *									
Demo Neutral Buoyancy *									
Simulate Free Flow *									
Demo Controlled Emergency Ascent 20' *									
Demo 100 yd Surface Swim (without fins) *									
Demo 25 yd Underwater Swim (Breath hold) *									
Free Dive (With mask, fins & snorkel)									
SEARCH PATTERNS									
Grid patterns									
Navigation and kick cycles									
Full circle sweep									
ATTENDANCE									
Team Drills 8 Minimum *									
Team Response									

* Required Annually

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20 ____ Year

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ANNUAL TRAINING CHECKLIST

MINIMUM SKILLS								Date	Hours
Water Entries									
Helo Inserts 10 x 10 shortHaul									
EXO Entries Seated *									
EXO Communication Mask *									
400 Yard swim, no fins (NoTime) Required for entry on Team									
25 Yard Swim (timed) *									
Spare Air (Optional)									
Night Dive (2 Minimum) *									
Deep Dive (60'+) (2Minimum) *									
Altitude Dive (1000'+) (1 Minimum) *									
Limited Visibility (2Minimum) *									
Attendance									
Quarterly Rescue Drills (2 Minimum) *									
PWC Drills (1 Minimum) *									
Helo Aquatic Rescue Drills (See Air Ops. Std.) *									

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WATER RESCUE (UNDERWATER)

ANNUAL TRAINING CHECKLIST

MINIMUM SKILLS								Date	HRS
Boat Handling (Inflatable/PWC)									
Navigation (Boat)									
Boat Safety Equipment									
River Hazards (Review)									
Personal Water Craft Training									
Slalom Course *									
Towed Stokes *									
Rescue Diver Skills									
Tired Diver Tow(25 Yards)									
Demo Rescue Breathing *									
Demo Locate Lost Diver (Surface) *									
Rescue Ascent									

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**WATER RESCUE (UNDERWATER)
ANNUAL TRAINING CHECKLIST**

MINIMUM SKILL								Date	HRS
Equipment Use									
Dive Planes									
Underwater Scooters									
Water filled lift bags									
Communication Equipment (EXO)									
Line Tending									
Power Extrication Equipment									
Evidence Recovery									
Inflated Hose									

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