



C.M.A.S.

****Diver Training Programme**

REQUIRED EXERCISES FOR SNORKEL AND SCUBA TRAINING

SNORKEL:

- 1. Finning technique**
- 2. Snorkel clearing**
- 3. Mask clearing**
- 4. Five entries**
 - Silent entry**
 - Step entry**
 - Vertical entry**
 - Backward roll entry**
 - Forward roll entry**
- 5. Snorkel surface dives**
 - Head first surface dive**
 - Feet first surface dive**
- 6. Three forward rolls**
- 7. Three backward rolls.**
- 8. Fin underwater for 25 M**
- 9. Recover fins from pool bottom and refit before surfacing**
- 10. Recover mask and snorkel from pool bottom and refit before surfacing**
- 11. Snorkel at least 25 M with mask on forehead**
- 12. Fin underwater 25 M with and without mask**

SCUBA:

- 1. Mask clearing**
- 2. Demand valve (regulator) clearing**
- 3. Use of buoyancy device**
- 4. Sharing air (buddy breathing)**
- 5. Remove and replace SCUBA equipment while underwater**
- 6. Fin on surface wearing SCUBA and using snorkel**
- 7. Fin underwater for 25 M on SCUBA without mask**
- 8. Recover basic and SCUBA equipment from pool bottom and refit correctly before surfacing**
- 9. Tow an unconscious diver giving EAR**
- 10. Assembly and disassembly of SCUBA equipment**