

Name: _____ Date: _____

Chapter 6 - PLANNING AND RECORDING

Long Range Planning

1. Your first step in long-range planning is to determine the _____ of your dive.
2. When you select your location for your dive, you should also select an _____
3. It is vital that you prepare a _____ for arranging your dive.

Short Range Planning

4. Your list of items to buy for your dive should include _____ for your diving equipment.
5. One or two days before your trip, you should check the _____, _____, and _____.

Preparing to Dive

6. You should pack your dive gear in the _____ order in which you will use it.
7. You should not consume alcohol for at least _____ before diving, and _____ is even better.

Conducting Your Dive

8. When planning your dive, SEABAG stands for:

S _____

E _____

A _____

B _____

A _____

G _____

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9. When you reach your dive site, your first step is to _____ the _____.

Diving Your Plan

10. “_____ your dive, then dive your _____.”

11. Many benefits result when you are prepared to dive; accomplishing what you set out to do on a dive, and ending a dive exactly where you planned is very _____.

Contingency Planning

12. You should have a contingency plan for each step of your _____.

13. When you plan the direction of your dive, you should also plan an alternate _____ or _____.

Recording Your Dive

14. On a NAUI Logbook page, the Total box on the upper right side is used to keep track of your cumulative _____.

15. You should get in the good habit of recording the information from your dives at the _____.

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Chapter 7 - PROBLEM SOLVING

Diving Situations

1. The three general steps to resolving a problem are:

2. If you experience a _____, you should stretch and massage the affected muscle.
3. If you are affected by _____ (extreme dizziness) underwater, you should hold onto a solid object or hug yourself.
4. The best way to prevent excessive heat loss in the water is to _____.
5. You should recognize uncontrollable _____ as a signal to end your diving activities and rewarm yourself.
6. Two ways to avoid overheating before a dive are to _____ and to _____.

Assisting Other Divers

7. Most diving problems occur _____.
8. The three steps to assisting another diver are:

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9. True or False. Whenever possible, it is best to talk a distressed diver through solving their own minor difficulties. _____

Rescues

10. If your buddy loses consciousness under water, your primary concern is to get your buddy

11. If you encounter an unconscious diver at the surface, your primary concern should be to establish
_____ and
_____.

12. True or False. Maintaining in-water respiration is less important than speed of transport if the distance to the shore or boat is short. _____

Emergencies and First Aid

13. Every diver should have training in first aid and be prepared to administer _____.

14. To handle diving emergencies, you need training, emergency _____, emergency _____ and plans.

15. First aid for _____ and _____ includes laying the victim down on their back, monitoring their respiration and circulation, treating for shock, and administering oxygen.

16. Wounds with an injected toxin should be treated by _____ the wound in _____ for 20 minutes.

17. The name and telephone number of the international network that assists with diving emergencies is _____.

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18. Five major categories of injuries for which you must be prepared to administer first aid are:

Safety in Summary

19. Diving safety is primarily _____, _____, and _____.

20. You should dive regularly or _____ after a period of inactivity before diving again.

21. NAUI's motto is _____