

## STANDARDIZED EQUIPMENT PROGRAM OFF-DUTY PROFICIENCY DIVE SKILLS CHECKLIST

Divers must complete at least two (2) of the dive skills listed below during proficiency dives.  
Completion of the skills must be verified in writing at the bottom of page by the diver's buddy.

### DIVE SKILLS

- Ditch and don buoyancy compensation device (BCD)
- Disconnect and reconnect inflators (BCD/dry suit)
- Demonstrate dry suit roll outs and venting
- Demonstrate buddy breathing
- Demonstrate air sharing
- Deploy and use reserve air supply system (RASS)
- Recover unconscious diver from water
- Remove, replace, and clear mask
- Remove and replace weight belt
- Remove and recover regulator
- Maintain neutral buoyancy for two minutes
- Control descent/ascent rate
- Demonstrate under water communication (i.e., hand signals)
- Demonstrate under water navigation and orientation

NAME of DIVER PERFORMING SKILLS

DIVER SIGNATURE

DATE

I affirm that the named diver completed the skills checked above.

NAME of DIVE BUDDY (of the DIVER NAMED ABOVE)

DIVE BUDDY SIGNATURE

DATE