



ADDENDUM TO SDI'S ADVANCED BUOYANCY CONTROL COURSE

The following outline is additional standards required to achieve certification for this course when taught by me, Kosta Koeman, SDI# Open Water Instructor #25110.

The minimum standards for this course is found [here](#). The following outline is to be added to section 5.9 Required Skill Performance and Graduation Requirements.

The maximum ratio of this course is 1:2.

The course begins with a briefing of the skills and performance requirements to be conducted in this course. This is followed by learning finning techniques on dry land. The finning techniques of frog kicks and back kicks are then practiced in the water on the back, but without scuba kits. As students become comfortable with frog kicks and backfinning, then the underwater portion of the dives are executed.

3. Open Water Dive 3

- a. Controlled descent to a depth of 40 feet, pausing for 30 seconds at every 10 feet, with a trim of 30 degrees or lower, staying within a 3-foot window and never being more than 2 feet in depth from the instructor and fellow student/dive buddy
- b. At 40 feet, mask removal and clear with depth remaining within a 3-foot window
- c. The following kick methods conducted for a distance of at least 25 yards with a trim of 30 degrees or lower
 - i. Frog kicks
 - ii. Modified frog kicks
 - iii. Flutter kicks
 - iv. Modified flutter kicks
- d. Back finning for 10 yards with a trim of 30 degrees or lower
- e. Three sets of helicopter turns in alternating directions with trim of 30 degrees or lower
- f. Controlled ascent
 - i. Start at 40 feet pausing every 10 feet for 30 seconds, staying within a 3-foot window, up to 10 feet, with a trim of 30 degrees or lower
 - ii. At 10 feet, after the safety stop is complete, drain cylinder to 600 psi, and drain BCD and/or dry suit to check for proper weighting. Add/remove weights if necessary. Distribute if possible weight in order to be horizontally trim.
 - iii. Finish controlled ascent to surface
 - iv. Record weight in dive log

4. Open Water Dive 4

- a. Controlled descent to a depth of 20 feet with a trim of 30 degrees or lower With BCD and dry suit completely empty, kick up to the surface
- b. Controlled descent to a depth of 40 feet, pausing for 30 seconds at every 10 feet, with a trim of 30 degrees or lower staying within a 3-foot window and never being more than 2 feet in depth from the instructor and fellow student/dive buddy
- c. Upside down hover at 30 minutes for 30 seconds, staying within a 3-foot window

- d. Mask removal and clear with depth remaining within a 3-foot window
- e. The following kick methods conducted for a distance of at least 25 yards with a trim of 30 degrees or lower
 - i. Frog kicks
 - ii. Modified frog kicks
 - iii. Flutter kicks
 - iv. Modified flutter kicks
- f. Back finning for 20 yards with a trim of 30 degrees or lower
- g. Three sets of helicopter turns in alternating directions with a trim of 30 degrees or lower
- h. Controlled ascent with DSMB
 - i. Deploy DSMB at 40 feet
 - ii. Start at 50 feet pausing every 10 feet for 30 seconds, staying within a 3-foot window, up to 10 feet
 - iii. At 10 feet, after the safety stop is complete, finish ascent to surface

5. Open Water Dive 5

- a. Controlled descent to a depth of 30 feet, pausing for 30 seconds at every 10 feet, with a trim of 30 degrees or lower staying within a 3-foot window and never being more than 2 feet in depth from the instructor and fellow student/dive buddy
- b. Upside down hover at 30 feet for 30 seconds, staying within a 3-foot window
- c. At 30 feet, mask removal and clear with depth remaining within a 3-foot window
- d. The following kick methods conducted for a distance of at least 50 yards with a trim of 30 degrees or lower
 - i. Frog kicks
 - ii. Modified frog kicks
 - iii. Flutter kicks
 - iv. Modified flutter kicks
- e. Back finning for 25 yards with a trim of 30 degrees or lower
- f. Five sets of helicopter turns in alternating directions with a trim of 30 degrees or lower
- g. Controlled ascent with DSMB while sharing air at 40 feet
 - i. Student 1 donates air to student 2
 - ii. Student 1 deploys DSMB

- iii. Start at 40 feet pausing every 10 feet for 30 seconds, staying within a 3-foot window, up to 10 feet.
- iv. At surface, student 1 assists student 2 with floatation while student 2 orally inflates.

6. Open Water Dive 6

- a. Controlled descent to a depth of 30 feet, pausing for 30 seconds at every 10 feet, with a trim of 30 degrees or lower staying within a 3-foot window and never being more than 2 feet in depth from the instructor and fellow student/dive buddy
- b. Upside down hover at 30 feet for 60 seconds, staying within a 3-foot window
- c. At 30 feet, mask removal and clear with depth remaining within a 3-foot window
- d. The following kick methods conducted for a distance of at least 50 yards with a trim of 30 degrees or lower
 - i. Frog kicks
 - ii. Modified frog kicks
 - iii. Flutter kicks
 - iv. Modified flutter kicks
- e. Back finning for 25 yards with a trim of 30 degrees or lower
- f. Five sets of helicopter turns in alternating directions with a trim of 30 degrees or lower
- g. Controlled ascent with DSMB while sharing air at 40 feet
 - i. Student 2 donates air to student 1
 - ii. Student 2 deploys DSMB
 - iii. Start at 40 feet pausing every 10 feet for 30 seconds, staying within a 3-foot window, up to 10 feet.
 - iv. At surface, student 2 assists student 1 with floatation while student 2 orally inflates.