

Prerequisite Diving Skills For NAUI Advanced Scuba Rescue Diver Course

- **Swimming Skills (no equipment)**
 - swim 225 yards (207 m) non-stop, any stroke, in six minutes or less
 - survival swim for 15 minutes
 - recover 10 pound (4.5 kg) weight from about 10 feet (3 m) of water

- **Skin Diving Skills**
 - swim 450 yards (412 m) non-stop, breathing from snorkel
 - bring another diver simulating unconsciousness to the surface from about 10 feet (3 m) of water
 - perform, using proper techniques:
 - water entries and exits
 - surface dives
 - surface swimming
 - clearing the snorkel
 - ditching the weight belt
 - buoyancy control
 - underwater swimming and surfacing

- **Scuba Skills**
 - assemble equipment, make adjustments, don equipment and perform pre-dive equipment inspections
 - in turn, at the surface, remove and replace mask, snorkel, fins, weight belt and scuba unit
 - in turn, underwater, remove, replace and clear mask and regulator, comfortably breathe from a regulator without wearing mask for 2 minutes, buddy breathe, and share air using an alternate air source
 - demonstrate surface use of the BC and the ability to hover underwater
 - perform a Scuba Lifesaving Transport of another scuba diver 100 yards (91 m) within 4 minutes. (The diver being transported may not assist. Breathing from the regulator is not permitted. The airway of the diver being transported should be maintained clear and protected at all times)