



California State Universities - Ocean Studies Institute Required Water Skills and Equipment



Swim Test Requirements

There will be a swim evaluation at the beginning of this course. This evaluation will include:

- 400 meter swim, within 12 minutes
- Tread water continuously for 10 minutes, or 2 minutes without the use of hands.
- Underwater swim for a distance of 25 meters, without surfacing
- Surface dive to 10' to recover an unresponsive swimmer on the bottom, and transport on the surface 25 meters

Please Note: *Anyone who does not successfully complete all components of the swim test will not be permitted to participate in Scientific Diving beyond the Diver in Training level.*

Required Equipment Check List

- Swimsuit, towel, sunscreen and hat
- Pen, paper, etc. for taking notes
- Mask, fins, snorkel
- Booties
- Wetsuit (6-7mm or 1/4", with hood, is recommended)
- Gloves
- Weight belt, and/or integrated weights
- Regulator
- Buoyancy Control Device
- Submersible Air-Pressure Gauge (tank pressure)
- Depth Gauge or computer
- Timing Device (Dive Watch, Computer, etc.)
- Dive Knife or other cutting device (e.g., scissors)
- Surface Marker Buoy (SMB) and reel
- Whistle or other surface, sound-signaling device
- Underwater Compass
- Underwater Slate
- Dive Tables (whichever you are accustomed to using)
- Gear Bag (for carrying dive gear to and from sites, and possible storage at Catalina)

Please Note: *A visual inspection of all dive equipment will be conducted on the first day. Equipment deemed "unsafe" or NOT in good working order, will not be allowed for use in the course.*