

NSS-CDS Skills Assessment Worksheet

<u>Dive 1</u>	<u>Dive 2</u>	<u>Dive 3</u>	<u>Dive 4</u>	<u>Dive 5</u>	<u>Dive 6</u>	<u>Dive 7</u>	<u>Dive 8</u>
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Trim and Bouyancy **Yes or No**

- Ability to maintain 20 degrees of trim stationary
- Ability to perform tasks while stationary
- Ability to perform 360 degree turn while in trim
- Ability to deploy all safety equipment while in trim

Awareness **Grade 1-5**

- Awareness of self and team members
- Awareness of lines, markers, and cave formations
- Awareness and responsiveness of all signals
- Awareness and monitoring of gas pressures

Tasks **Grade 1-5**

- Reel deployment and retrieval
- Neutral Gas Sharing drill while maintaining trim
- Valve manipulation
- Frog Kick
- Flutter Kick
- Helicopter Turn
- Back Kick
- Bubble Check 360 neutral

Equipment **Yes or No**

- Team equipment check
- All gas analyzed and marked
- All equipment above the plane of the divers body
- Exposure protection adequate

Date
Diver Initial

*For skills not applicable to given dive mark N/A. All graded skills must be at least an average of 3 to pass a given level.

All yes or no criteria must be affirmative by the end of training to receive a pass.

Debrief shall be required using this form for all dives during all courses with this form being given as a copy to the student, the instructor maintaining original .