# PADI ReActivate<sup>TM</sup>

Qu	ick Review Name	Date
Dire	ctions: Choose the best answer from t	the choices provided.
1. W	<ul><li>Always perform a predive safety check.</li><li>Establish positive buoyancy and relax when at the surface.</li></ul>	<ul> <li>7. During a dive, I begin to shiver. At first it comes and goes, but then I begin to shiver uncontrollably. The appropriate action would be to</li> <li>plan to wear more exposure protection on the next dive.</li> <li>swim faster or exercise to warm up.</li> </ul>
	ouring a descent, I begin to feel pressure on my ears. I hould	<ul><li>end the dive immediately, dry off and seek warmth.</li><li>keep my arms at my sides and hands clasped.</li></ul>
	go down as quickly as I can. blow air into my mask through my nose.	8. My buddy and I are headed to the boat's mooring line, where we plan to ascend, make a safety stop and exit the water. However, before we get there I reach the pressure at which we planned to head up (ascent pressure). Under most circumstances, the correct action
3. D	seasickness. difficulty equalizing.	<ul> <li>would be to</li> <li>use my reserve to reach the mooring line.</li> <li>signal my buddy to begin our ascent where we are.</li> <li>hold my breath or breathe shallow until reaching the line.</li> </ul>
si d 	stop and equalize for a prolonged period continue slightly deeper and try again	<ul> <li>share air with my buddy to reach the line.</li> <li>Diving with two buddies, I notice that one isn't in sight. I signal to the other. At that point, the general rule is to</li> <li>surface together, wait a minute and then go back down together if our buddy doesn't come up.</li> <li>search together underwater for a minute and reunite on the surface if not found.</li> </ul>
В	orally inflate my BCD. kick harder.	<ul> <li>split up and search for five minutes.</li> <li>continue the dive and wait for our buddy to find us.</li> <li>My buddy and I observe a mild current at the dive site.</li> <li>Generally, when we start our dive we should swim</li> <li>with the current.</li> <li>across the current.</li> <li>into the current.</li> </ul>
s\ a	My buddy swims faster than me and I find myself wimming too hard to keep up. I begin breathing hard nd feel like I can't get enough air. I should get my uddy's attention, then  a scend to the surface.  a stop and rest, holding on to something if possible.  a signal my buddy to share air.	<ul> <li>at an angle to the current.</li> <li>11. Most injuries caused by aquatic creatures result because the animal</li> <li>is trying to protect itself.</li> <li>is aggressive.</li> <li>mistakes a diver for a rival mate.</li> </ul>
	press the purge button on my regulator.	mistakes a diver for food.



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	<ul> <li>and I</li> <li>have our cylinders filled with 100 percent oxygen.</li> <li>almost (but not quite) hold every other breath.</li> <li>make a safety stop at 5 metres/15 feet at the end of each dive.</li> <li>ascend to a shallower depth if feeling intoxicated or confused.</li> <li>Diver Statement: Any questions I answered incorrections.</li> </ul>	diving at 30 metres/100 feet. I feel a bit "drunk" and have trouble reading my dive computer. It's likely that I'm experiencing  oxygen toxicity. decompression sickness. lung overexpansion. gas narcosis.
16.	<ul> <li>uses equipment that is not working properly.</li> <li>uses dive tables instead of a computer.</li> </ul> To reduce the risk of decompression sickness, my buddy and leads.	instructions.  make a normal ascent.  21. As Advanced Open Water Divers, my buddy and I are diving at 30 metres/100 feet. I feel a bit "drupt" and
15.	<ul> <li>The risk of decompression sickness (DCS) is thought to be higher if a diver</li> <li>□ dives in poor visibility, strong moving water and rough seas.</li> <li>□ is tired, cold, sick, thirsty or overweight.</li> </ul>	<ul> <li>Overstaying our time to look for it was a bad decision, but now we should</li> <li>surface immediately, breathe oxygen and report ou condition to the diversater.</li> <li>make a safety stop for three minutes at 5 m/15 ft.</li> <li>decompress according to the computers'</li> </ul>
	<ul> <li>provide my alternate air source, then ascend together in a controlled manner.</li> <li>signal for my buddy to make a controlled emergency swimming ascent (CESA – swim up to the surface saying the "ahhh" sound).</li> <li>drop my buddy's weights and ascend together.</li> <li>watch to see what my buddy does next.</li> </ul>	surface.  hit the computer sharply with my palm. press the computer's reset button.  20. Just before we're supposed to ascend, my buddy's dive watch falls off. After locating it, we find we've accidentally exceeded our computers' no stop limits.
14.	My buddy is within arm's reach and gives me the out-of-air signal. I should	The correct action is to  ☐ continue the dive based on my buddy's computer. ☐ ascend immediately, make a safety stop and
13.	While boat diving, I'm at the surface waiting for my buddy to enter. Unexpectedly, my fin comes off my foot, making it difficult for me to maintain my position. My first response should be to  establish positive buoyancy.  descend to chase it.  take my mask off.  climb the boat ladder.	<ul> <li>□ 48 hours</li> <li>□ 24 hours</li> <li>□ 18 hours</li> <li>□ 12 hours</li> </ul> 19. My buddy and I are swimming at 18 metres/60 feet. I check my dive computer and discover that it is completely dead, and I'm not using a backup computer.
	<ul> <li>Descend and try to swim against the current near the bottom.</li> <li>Make ourselves buoyant and swim against the current.</li> <li>Swim back to the boat, against the current, just below the surface.</li> </ul>	<ul> <li>switch it to fresh or salt water.</li> <li>18. I am headed out of town on a commercial flight, but I want to make two dives. Based on the current recommendations, what is the minimum time that I should allow after the second dive before getting on the plane?</li> </ul>
12.	Surfacing from a dive, my buddy and I find a moderate current carrying us away from the boat. We miss the trail line. What should we do?  Make ourselves buoyant, signal for help, rest and wait for the boat to pick us up.	<ul> <li>17. I've just invested in a new dive computer. The first thing I should do with it is</li> <li>set the date and time.</li> <li>read the manufacturer's instructions.</li> <li>take it on a test dive.</li> </ul>

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# **Quick Review ANSWER KEY**

1.	<ul> <li>What is the most important rule in scuba diving?</li> <li>Never dive alone.</li> <li>Always perform a predive safety check.</li> <li>Establish positive buoyancy and relax when at the surface.</li> </ul>	7.	During a dive, I begin to shiver. At first it comes and goes, but then I begin to shiver uncontrollably. The appropriate action would be to  ☐ plan to wear more exposure protection on the next dive.  ☐ □ in first it comes and goes are diversely as a first in the ship of the ship o
2.	Breathe continuously and never hold your breath.  During a descent, I begin to feel pressure on my ears. I		<ul> <li>swim faster or exercise to warm up.</li> <li>end the dive immediately, dry off and seek warmth.</li> <li>keep my arms at my sides and hands clasped.</li> </ul>
	should  equalize early and often.  go down as quickly as I can.  blow air into my mask through my nose.  always descend head first.	8.	My buddy and I are headed to the boat's mooring line, where we plan to ascend, make a safety stop and exit the water. However, before we get there I reach the pressure at which we planned to head up (ascent pressure). Under most circumstances, the correct action
3.	<ul> <li>Diving when I have a cold or allergies may cause</li> <li>unconsciousness without warning.</li> <li>seasickness.</li> <li>difficulty equalizing.</li> <li>rapid air use.</li> </ul>		<ul> <li>would be to</li> <li>use my reserve to reach the mooring line.</li> <li>signal my buddy to begin our ascent where we are.</li> <li>hold my breath or breathe shallow until reaching the line.</li> <li>share air with my buddy to reach the line.</li> </ul>
4.	As I descend, I have trouble equalizing my ears. After signaling my buddy, I should If that doesn't work, I should abort the dive.  stop and equalize forcefully  stop and equalize for a prolonged period  continue slightly deeper and try again  stop, ascend slightly and try again	9.	<ul> <li>Diving with two buddies, I notice that one isn't in sight. I signal to the other. At that point, the general rule is to</li> <li>□ surface together, wait a minute and then go back down together if our buddy doesn't come up.</li> <li>■ search together underwater for a minute and reunite on the surface if not found.</li> <li>□ split up and search for five minutes.</li> </ul>
5.	I need to make myself buoyant on the surface, but my BCD doesn't seem to hold air. The correct response would be to  ■ quickly release my weights. □ orally inflate my BCD. □ kick harder. □ climb onto my buddy.	10.	<ul> <li>continue the dive and wait for our buddy to find us.</li> <li>My buddy and I observe a mild current at the dive site.</li> <li>Generally, when we start our dive we should swim</li> <li>with the current.</li> <li>across the current.</li> <li>into the current.</li> <li>at an angle to the current.</li> </ul>
6.	My buddy swims faster than me and I find myself swimming too hard to keep up. I begin breathing hard and feel like I can't get enough air. I should get my buddy's attention, then  □ ascend to the surface. □ stop and rest, holding on to something if possible. □ signal my buddy to share air. □ press the purge button on my regulator.	11.	Most injuries caused by aquatic creatures result because the animal  ■ is trying to protect itself.  □ is aggressive.  □ mistakes a diver for a rival mate.  □ mistakes a diver for food.



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12. Surfacing from a dive, my buddy and I find a moderate 17. I've just invested in a new dive computer. The first thing current carrying us away from the boat. We miss the I should do with it is trail line. What should we do? □ set the date and time. ■ Make ourselves buoyant, signal for help, rest and read the manufacturer's instructions. wait for the boat to pick us up. □ take it on a test dive. Descend and try to swim against the current near ■ switch it to fresh or salt water. the bottom. 18. I am headed out of town on a commercial flight, ☐ Make ourselves buoyant and swim against the but I want to make two dives. Based on the current recommendations, what is the minimum time that I ☐ Swim back to the boat, against the current, just should allow after the second dive before getting on the below the surface. plane? 13. While boat diving, I'm at the surface waiting for my □ 48 hours buddy to enter. Unexpectedly, my fin comes off my foot, □ 24 hours making it difficult for me to maintain my position. My ■ 18 hours first response should be to □ 12 hours establish positive buoyancy. 19. My buddy and I are swimming at 18 metres/60 feet. descend to chase it. I check my dive computer and discover that it is ☐ take my mask off. completely dead, and I'm not using a backup computer. ☐ climb the boat ladder. The correct action is to 14. My buddy is within arm's reach and gives me the out-of-☐ continue the dive based on my buddy's computer. air signal. I should ascend immediately, make a safety stop and provide my alternate air source, then ascend surface. together in a controlled manner. ☐ hit the computer sharply with my palm. ☐ signal for my buddy to make a controlled press the computer's reset button. emergency swimming ascent (CESA – swim up to the surface saying the "ahhh" sound). 20. Just before we're supposed to ascend, my buddy's dive watch falls off. After locating it, we find we've drop my buddy's weights and ascend together. accidentally exceeded our computers' no stop limits. □ watch to see what my buddy does next. Overstaying our time to look for it was a bad decision, 15. The risk of decompression sickness (DCS) is thought to but now we should be higher if a diver □ surface immediately, breathe oxygen and report our dives in poor visibility, strong moving water and condition to the divemaster. rough seas. ☐ make a safety stop for three minutes at 5 metres/15 is tired, cold, sick, thirsty or overweight. uses equipment that is not working properly. decompress according to the computers' instructions. uses dive tables instead of a computer. ☐ make a normal ascent. 16. To reduce the risk of decompression sickness, my buddy and I 21. As Advanced Open Water Divers, my buddy and I are diving at 30 metres/100 feet. I feel a bit "drunk" and have our cylinders filled with 100 percent oxygen. have trouble reading my dive computer. It's likely that □ almost (but not guite) hold every other breath. I'm experiencing ■ make a safety stop at 5 metres/15 feet at the end of oxygen toxicity. decompression sickness. ☐ ascend to a shallower depth if feeling intoxicated or ☐ lung overexpansion. confused. gas narcosis.