

Scuba Exploration

Interest Project Award

Created by Senior Troop 2954 from Centreville, VA

Skill Builders #1* & #2* are required before doing any other Skill Builder activity.

- 1 *Check Safety-Wise requirements for scuba diving. Because all activities are done in a swimming pool, check the requirements for swimming pools. Make sure the pool meets the requirements and all requirements for scuba are met and followed.
- 2 *Before meeting at the pool to do the swimming portion of this IPP, familiarize yourself with the scuba equipment. Know what the equipment is and how it is used.
- 3 Be able to do any three of the following:
 - Locate and read the submersible pressure gauge while underwater
 - Find the proper weight
 - Perform the pre-dive safety check
 - Clear a snorkel from water using the blast method and resume breathing without lifting your face from the water.
 - Completely remove and replace and clear the mask of water while underwater.
 - Remove weights at surface with minimal assistance using the weight system's quick release mechanism.
- 4 Do any four of the following breathing exercises:
 - Learn the proper skill to breath properly
 - Inflate and deflate the BCD
 - Clear the regulator underwater
 - Using the purge button method, breath normally and clear a partially flooded mask
 - In shallow water, breathe underwater for at least 30 seconds using another air source provided by another diver
 - Swim a distance of at least 50 meters/yards at the surface while wearing scuba gear and breathing through a snorkel.
 - Breathe underwater for not less than one minute while not wearing a mask
 - Complete the following activities in shallow water:
 - Swim underwater with scuba equipment while maintaining control of direction and depth.
 - Properly equalize the ears and the mask to accumulate depth changes.
 - Demonstrate the techniques for a proper ascent
- 5 Complete two of the following swimming activities in deep water:
 - Demonstrate appropriate deep-water entries
 - Demonstrate a descent using appropriate five-step method
 - Remove the weights and scuba fins (if necessary) and exit using the most appropriate means
 - Orally inflate a BCD to at least half way full and the fully deflate
- 6 Be able to do the following signals:

- Signal for adequate or low air based on the gauge's caution zone
 - Recognize and demonstrate standard hand signals
 - React to air depletion by giving out-of-air signals
- 7 Find out how to clean and maintain scuba equipment.

Technology

- 1 Watch a video about learning to dive. Make a list of new things you learned or write a brief summary of the video.
- 2 Look on the Internet to find popular places to scuba dive. Find out what type of fish and coral you may encounter while diving.
- 3 Visit a scuba shop to see the different equipment available to purchase. Compare prices, brands and features of scuba equipment.
- 4 Compare scuba equipment today to the first scuba equipment made.

Service Projects

- 1 Create a brochure of popular scuba diving sites or create a Rolodex of scuba diving reference books. Share your findings with you troop or other Girl Scouts.
- 2 Research environmental effects scuba diving has had on the environment and present it to your troop, service unit or classmates.
- 3 Participate in a service project cleaning up a beach or lake where people scuba dive.
- 4 Volunteer to clean scuba equipment for a scuba shop following a scuba certification class.

Career Exploration

- 1 Research possible careers in scuba diving. Find out what experience and certification is required for these careers.
- 2 Research the requirements to become PADI certified.
- 3 Invite a certified scuba diver to talk to your group or troop about scuba diving. Find out what type of certification he/she holds and the different scuba dives he/she has participated.
- 4 Read about a well-known scuba diver. Find out how the scuba diving changed over the course of their career. Find out what his/her greatest career accomplishment and failure.