

Controlled Emergency Swimming Ascent

Perform a controlled emergency swimming ascent from a depth of 20 feet and establish positive buoyancy at the surface.

PERFORMING THE DRILL

1. At depth of 20 ft, take one last breath
2. Hold up low pressure inflator and right arm looking up towards the surface
3. **KICK** towards surface, continually exhaling making an “aaaaaaah” sound
4. Orally inflate BCD at surface

The instructor will be holding on to you for the ascent

RESUME normal breathing if you have any difficulty

DONT'S

DO NOT take the regulator out

DO NOT hold your breath

DO NOT drop your weights