

PADI Freediver Quick Review

Name _____ Date _____

Choose the best answer from among those provided.

1. Descending on a freedive, I should equalize
 - before I feel discomfort.
 - when I feel some pain.
 - forcefully.
 - for an extended period.
2. The *biggest* risk of using hyperventilation to increase breathhold time is suppressing the urge to breathe leading to
 - shallow water blackout.
 - impaired oxygen uptake.
 - increased heart rate.
 - extremity tingling.
3. The primary cause of LMC (Loss of Motor Control) and blackout is exceeding limits and holding the breath until there's insufficient oxygen to support normal body function.
 - True
 - False
4. A diver who blacked out underwater or who may have inhaled water, but who appears fully recovered, may resume diving and requires no further care.
 - True
 - False
5. In *all* cases, if I'm properly weighted for *open water* freediving, I am
 - neutrally buoyant at 3 metres/10 feet.
 - negatively buoyant at 5 metres/15 feet.
 - positively buoyant at 1/3rd my planned depth.
 - able to float comfortably at the surface after exhaling.
6. I ascend from a freedive, reach the surface and begin breathing. As part of this process, I should
 - exhale at depth before starting my ascent.
 - exhale forcefully & inhale slowly/shallowly at the surface.
 - exhale gently & inhale quickly/deeply as I reach the surface.
 - exhale at depth and inhale very slowly at the surface.
7. I'm buddying a diver during static apnea. The diver doesn't respond to my tap/squeeze even after I repeat it. I should
 - immediately end the dive.
 - tap/squeeze a third time.
 - check the ears for cyanosis.
 - do whatever we agreed.
8. Upon surfacing from *any* freedive, I should use surface support (pool edge, lane marker, float).
 - True
 - False
9. I'm planning a freediving session and my assessment finds the surface conditions very rough, causing me significant concern, so I should cancel the dive if I can't find a place with better conditions.
 - True
 - False
10. One of the most important safety practices in freediving is to always dive with a buddy, and to never freedive alone.
 - True
 - False

Student Statement: Any questions I answered incorrectly I've had explained to me and I understand what I missed.

Signature _____

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