



D I V E H E A R T . o r g®

Imagine The Possibilities



Hello Instructor!

This is the answer key to the exams found at the end of Diveheart's eLearning courses. These tests build on each other. An Advanced Buddy will answer all of the questions from the buddy exam plus the Advanced Buddy questions, and an Adaptive Scuba Instructor will answer every single question in this document.

If the question is not a True/False or "All/None of the above" question, the answers available to the student will shuffle in the online version. The answer indicated here is correct, but it may not be the same letter that is indicated in this document.

All eLearning students have the ability review their exams in Digital Chalk:

>Login to account at Digital Chalk:

<https://diveheart.digitalchalk.com/auth/login>

>On the main landing screen in the middle left side, there is a tab named "Completed Courses" Click it.

> It will now show the student the courses they have completed. To review anything in a course, they need to click the NAME of the course. It is actually a hyperlink, and will allow them to review all elements and exams in that course.

If you have any questions, please email training@diveheart.org for assistance!

All the best,

The Diveheart Training Team

ADAPTIVE DIVE BUDDY TEST

1) What is Diveheart's mission and vision for individuals with disabilities?

- a) Build confidence, independence, and self-esteem.
- b) Grow the adaptive dive community around the world.
- c) Create powerful life-changing experiences through scuba diving.
- d) **All of the above.**

(Mission statement, pg. 1)

2) Diveheart is a for profit organization.

- a) True.
- b) **False. Diveheart is a nonprofit tax-exempt 501(c)(3) organization**

3) Which is correct?

- a) Dive Heart
- b) DiveHeart
- c) **Diveheart**
- d) dive heart

4) What is Diveheart's mantra?

- a) Adapt and Overcome
- b) **Imagine The Possibilities**
- c) Hope, Healing, and Health
- d) Just Do It

5) While taking Diveheart training what can a buddy or instructor student expect to learn?

- a) How to teach an open water scuba diving course.
- b) How scuba diving affects your body.
- c) **How to apply special modifications and techniques that assist adaptive divers with performing scuba skills.**
- d) How to identify aquatic life.

(Philosophy, Program Description and Goals, pg. 4)

6) Ways of getting to know the Adaptive Diver include:

- a) Schedule and meet with the adaptive diver's doctor.
- b) **Review that adaptive diver's profile by requesting their Adaptive Diver Registry (ADR) form.**
- c) Request a background check.
- d) Conduct an internet search.

(Protocols for Getting to Know the Adaptive Diver (AD), pg. 4)

7) If you are going to be the buddy for an adaptive diver that has already started their training, how can you find out what skills they need help performing?

- a) Have the adaptive diver do the skills.
- b) Assume the adaptive diver needs help with everything.
- c) **Request to review the adaptive diver's Needed Scuba Assistance (NSA) evaluation.**
- d) All of the above.

(Protocols for Getting to Know the Adaptive Diver (AD), pg. 4)

8) Diveheart's program recognizes the Recreational Scuba Training Council (RSTC) performance standards, and additionally recognizes that assistance provided by specially trained divers to help the adaptive diver execute scuba skills is an acceptable and reasonably safe practice.

- a) **True**
- b) False

(Diveheart Standards and Procedures, pg. 8)

9) When talking about an individual with a disability, what is the name of the practice that allows you to speak about the individual so they are not defined by their disability?

- a) Disability Before Person Language
- b) **People First Language**
- c) People Before Disability Language
- d) Ability Before Disability Language

(Choosing People First Language, pg. 9)

10) Which of the following would be considered an example of People First Language?

- a) Jim suffers from paraplegia.
 - b) Jim is wheelchair-bound.
 - c) **Jim uses a wheelchair.**
 - d) Jim suffers from a mobility handicap.
- (Choosing People First Language, pg. 10)

11) When working with individuals who have not fully accepted or adjusted to their disability it is necessary to use:

- a) Psychological testing and therapy.
- b) **Patience, understanding, and compassion.**
- c) Arrange for a family intervention.
- d) Advise them to come to terms with their feelings or quit diving.

(Anger, pg. 11)

12) An individual who suffers from paraplegia will likely need help with which of the following:

- a) Help clearing their mask.
- b) Help recovering their regulator.
- c) **Help with transfers.**
- d) Help with navigation.

(Paraplegia; Quadriplegia or Tetraplegia, pg. 13)

13) What is autonomic dysreflexia?

- a) A potentially life-threatening medical emergency that affects people with spinal cord injuries.
- b) A condition in which one's involuntary nervous system overreacts to external or bodily stimuli.
- c) A condition that can be triggered by something as small as bending a toe the wrong way in a bootie.
- d) **All of the Above**

(Autonomic Dysreflexia, pg. 14)

14) If you suspect an adaptive diver is experiencing autonomic dysreflexia, you should:

- a) Notify Emergency Medical Services.
- b) Sit the diver up, or raise his head, and lower his legs.
- c) Provide appropriate assistance to remove potentially triggering stimuli.
- d) **All of the above.**

(Autonomic Dysreflexia, pg. 15)

15) The following are important considerations when working with individuals with visual impairments:

- a) **Be confident and consistent when communicating.**
- b) Assume the individual can't hear you, so talk loudly.
- c) Approach every individual as though they are totally blind.
- d) Pet their dog.

(Visual Impairments, pg. 17)

16) Individuals with amputations and/or spinal cord injuries (above T6) may experience problems with regulating their body temperature. What kind of issue is this?

- a) Thermalation
- b) Hyposensitivity
- c) Hypersensitivity
- d) **Thermoregulation**

(Thermoregulation, pg. 13)

17) How can you communicate most effectively underwater with a diver who is deaf?

- a) Bang on your tank to get the diver's attention.
- b) **Make sure you have the diver's attention and use normal dive signals.**
- c) Hold on to the diver at all times.
- d) Give up if the diver is not understanding your signals .

(Hearing Impairments, pg. 18)

18) Since individuals with cognitive impairments may be non-verbal, it is important to confirm that the Adaptive Diver understands safe scuba diving standards and practices. Is this possible?

- a) No. Non-verbal individuals cannot dive.
- b) **Yes. We can use the help of the diver's family, doctor, or other individuals closest to him to determine if he understands safe diving practices.**
- c) No. There is not a way to make sure that non-verbal individuals understand safe diving practices.
- d) Yes. As long as we have a note from their doctor saying they are medically fit to dive, we can take them underwater.

(Cognitive Impairments, pg. 19-20)

19) If an individual is unable to understand the importance of not holding his breath, he may still be a candidate for scuba diving.

- a) True
- b) **False**

(Cognitive Impairments, pg. 19-20)

20) What is Diveheart's Needed Scuba Assistance (NSA) evaluation?

- a) **An assessment tool that focuses on whether the adaptive diver can independently, or with assistance, perform required scuba skills.**
- b) A test to determine if new scuba assistants are qualified to serve on an Adaptive Dive Team.
- c) An exam to determine if adaptive dive buddies are physically fit to perform transfers.
- d) A test that an adaptive diver has to pass before diving.

(NSA, pg. 22)

21) What does the Needed Scuba Assistance (NSA) evaluation determine?

- a) The nature and extent of the diver's needs.
- b) The qualifications of the adaptive dive team members for that adaptive diver.
- c) The adaptive diver's eligibility for the different types of Diveheart Adaptive Scuba Team certifications.
- d) **All of the above.**

(NSA, pg. 22)

22) A Needed Scuba Assistance (NSA) score between 25 and 50 will generally mean that the diver will not require greater assistance or a more experienced Adaptive Dive Team.

- a) True
- b) **False**

(NSA, pg. 21)

23) Which of the below is a Key Scuba Skill?

- a) **Controlled ascents and descents.**
- b) Navigation.
- c) Mask cleaning.
- d) Regulator Recovery.

(Key Scuba Skill, pg. 22)

24) Why does Diveheart advocate the practice of assembling a more experienced dive team for divers who need assistance with Key Scuba Skills?

- a) Because these particular skills prevent adaptive divers from diving in the ocean.
- b) Because this decreases the margin of safety needed while diving.
- c) **Because these particular skills require greater communication, coordination, and synchronization among the dive team.**
- d) Because we do not want to task load the adaptive dive team.

(An Emphasis on Key Scuba Skills for Safety, pg. 22)

25) What does the information from the Adaptive Diver Registry (ADR) and the Needed Scuba Assistance (NSA) evaluation create?

- a) It creates an overall score that allows Diveheart to accept or reject adaptive diver candidates.
- b) It creates an equal opportunity for all adaptive divers to join Diveheart programs.
- c) It creates a profile that Diveheart uses to determine which adaptive divers are candidates for advanced certifications.
- d) **It creates a specific and personalized profile of the Adaptive Diver that identifies their unique scuba diving needs.**

(NSA, pg. 22)

26) Which protocol does Diveheart advocate?

- a) **Dives are conducted with a minimum three-person Adaptive Dive Team- the Adaptive Diver and two certified Adaptive Diver Buddies and/or Adaptive Scuba Instructors.**
- b) Dive planning does not require a mandatory pre-dive briefing that covers all the information concerning the Adaptive Diver's unique profile.
- c) Adaptive divers do not need to know how to perform all skills if they need help with any of them.
- d) Only adaptive divers with instructors on their teams can dive in the ocean.

(The Adaptive Dive Team, pg. 24)

27) After an Adaptive Diver is certified, how do they communicate with the Adaptive Dive Team about how they can all work together to help him perform scuba diving skills?

- a) They don't need to communicate, they will just sign to each other underwater.
- b) If one of the members has been diving with this adaptive diver before, they are fine and can just start their dive.
- c) **The entire adaptive dive team needs to use Diveheart's Adaptive Diver Profile Slate to guide a pre-dive briefing before going diving.**
- d) Once the adaptive diver is certified, they don't need an adaptive dive team to go diving.

(The Adaptive Dive Team, pg. 24)

28) The diver with the lowest level of certification or experience should serve as the leader of the Adaptive Dive Team (ADT).

- a) True
- b) **False**

(The Adaptive Dive Team, pg. 25)

29) A good and effective pre-dive briefing must cover the following topics:

- a) Conditions on the Adaptive Diver Certification Card and scuba skills that require assistance.
- b) Medical conditions that relate to diving activities and how/who will provide assistance with scuba skills.
- c) Adaptive gear, review of any special hand signals, and special precautions in view of the diver's medical conditions.
- d) **All of the above.**

(The Adaptive Dive Team, pg. 25)

30) The Adaptive Diver Profile Slate serves as a checklist to help organize and guide the pre-dive briefing to ensure that all aspects of the dive are covered and everyone is in agreement on the dive plan.

- a) **True**
- b) False

(The Adaptive Dive Team, pg. 26)

31) When is the "extra dive buddy" rule recommended?

- a) When the team needs someone in the water to take photos.
- b) When the team needs a designated navigator.

- c) **When it adds a margin of safety to an adaptive dive team working with an adaptive diver who needs help with key scuba skills by evening up the buddy pairs in the event of an emergency.**
- d) When it adds a margin of safety to an adaptive dive team so everyone has a buddy.

(The Adaptive Dive Team, pg. 25)

32) The general approach to assisting an Adaptive Diver with modifying skills is similar to how the US Marine Corps face challenging situations--"Improvise, Adapt, Overcome, and Conquer".

- a) **True**
- b) False

(Scuba Skills with Adaptations, pg. 27)

33) Are the guidelines, protocols, and procedures described in Diveheart's training manual for adapting dive skills to a wide range of disabilities the only way to accomplish modifying a skill for an adaptive diver?

- a) Yes. You must use the techniques or you will be breaking standards.
- b) Yes. These techniques have been rigorously tested and proven to be the best option for every adaptive diver.
- c) **No. Each suggestion may not always be appropriate for every adaptive diver's unique needs.**
- d) No. They are just suggestions and ideas based on musings.

(Scuba Skills with Adaptations, pg. 27)

34) There are specific standards on how to modify the techniques used to perform scuba skills, which must be followed regardless of the diver's unique set of abilities.

- a) True
- b) **False**

(Scuba Skills with Adaptations, pg. 27)

35) Regardless of any physical or cognitive impairment, it is always the diver's responsibility to know how to perform scuba skills, with or without modifications, or with or without assistance.

- a) **True**
- b) False

(The Adaptive Dive Team, pg. 24)

36) Before assisting an Adaptive Diver with wearing and assembling a full face mask, what is the adaptive dive team required to do?

- a) It is not necessary to do anything special, just put it on and breathe!
- b) **The team must be familiar with and review the specific features for the brand and model of the mask before using it.**
- c) Adjust the mask to your face so you know it will work when the adaptive diver uses it.
- d) Defog the full face mask before placing it on the adaptive diver.

(Guidelines for Assembly of Full Face Mask, pg. 28)

37) What techniques may assist a blind diver with finding and assembling his equipment:

- a) **He must know his equipment by touch and be able to describe his equipment by color, make, model etc.**

- b) His buddies can just assemble his gear for him.
- c) It is not possible for a blind diver to set up their own gear correctly.
- d) His buddies should not question or check his gear because he'll feel bad.

(Visual Impairments, pg. 28)

38) Why is it necessary for an Adaptive Diver to conduct, oversee, or supervise equipment inspections?

- a) It is not necessary because the other members of the Adaptive Dive Team will do that for the adaptive diver.
- b) The adaptive diver needs to be able to identify where his team put his equipment.
- c) The adaptive diver needs his buddies to perform all the checks, so he doesn't need to watch if there is nothing wrong with his gear.
- d) **The adaptive dive team is there to assist the adaptive diver, not replace him.**

(Equipment Inspection, pg. 29)

39) To transfer an Adaptive Diver to a dive platform for donning his gear, the following items should be considered:

- a) Which transfer technique is the easiest?
- b) Is the adaptive diver going to have a good view while donning his gear?
- c) Do you have to help, or can the adaptive diver do everything themselves?
- d) **What is the diver's preferred transfer method? Is it safe for this environment?**

(Mobility Impairments, pg. 34)

40) What is the most dangerous repercussion if the adaptive diver has paraplegia and their toe is bent and entrapped while the adaptive dive team helps the adaptive diver don his wetsuit?

- a) **Triggering an autonomic dysreflexia episode due to the adaptive diver's body reacting to the bent toe that the adaptive diver cannot feel.**
- b) The adaptive diver will not be able to dive.
- c) The adaptive diver will cry in pain.
- d) Nothing, the adaptive diver will just move their toe and fix the problem themselves.

(Sensory Impairment, pg. 35)

41) If a diver has thermal regulation impairments when is the best time to help them don their wetsuit?

- a) If they have thermal regulation issues, they do not need a wetsuit.
- b) It may be best to don the wetsuit in the water at the dive site.
- c) **Find out if the diver is prone to overheating or chilling and use that to adapt to the specific dive scenario of the day.**
- d) Do it when it is easiest logistically.

(Thermal Impairment, pg. 36)

42) Which of the following is one of the 4 techniques that may be used by a diver with mobility impairments who needs assistance with water entries:

- a) **Seated front roll.**
- b) Giant stride with gear on.
- c) Back roll entry.
- d) Negative entry.

(Mobility Impairment / Entries, pg. 37-38)

43) For a diver with mobility impairments, which is considered the best practice for water exits onto a platform?

- a) One person to take the adaptive diver's gear off in the water, and then the adaptive diver will be able to do the rest.
- b) Two qualified people- one in the water who can press 300lbs at the local gym and one on the platform who is equally strong.
- c) Three qualified people – two in the water and one on the dive platform who will provide guidance and some lift.
- d) **Four qualified people- two in-water team members who will lift the diver onto the platform and two on the dive platform who provide guidance and some lift.**

(Mobility Impairments / Exits, pg. 39)

44) If the diver has sensory impairments what extra steps should the adaptive dive team take when deciding on their entry and exit points before diving?

- a) They do not need to do anything; the adaptive diver will be able to feel if anything is wrong.
- b) They do not need to do anything; the adaptive diver is in charge of completing the entry and exit skills on their own.
- c) **They should survey the entry point for anything which may present a risk of injury as the diver's capacity to feel pressure, sharp objects, pain, or hot and cold surfaces may be diminished.**
- d) They should remove any unwanted trash so they have prettier photos.

(Sensory Impairment, pg. 40)

45) Why is proper weighting an important skill to understand and perform?

- a) Adaptive divers need a lot of weight to stay down, so buddies need to be able to attach it to any place on the adaptive diver.
- b) **Adaptive divers tend to tip or roll. By trimming and adjusting the weight distribution, it creates a safer, more comfortable diving experience.**
- c) Adaptive dive buddies are in charge of carrying all the weights for adaptive divers.
- d) Adaptive dive buddies need to know where the weight on the adaptive diver goes so they can take it off when they need extra for themselves.

(A General Approach to Proper Weighting, pg. 41)

46) In the event a diver with upper mobility impairments needs assistance to remove weights, the Adaptive Dive Buddies should:

- a) Be familiar with the weight system of the Adaptive Diver's equipment.
- b) Control the buoyancy of the Adaptive Diver to prevent out of control ascents.
- c) Provide necessary swimming assistance.
- d) **All of the above.**

(Mobility Impairments, pg. 44)

47) For divers at risk for autonomic dysreflexia, it is important to overly tighten the weight belt or ankle straps.

- a) True
- b) **False**

(Sensory Impairments, pg. 43)

48) When a diver with visually impairments needs to dump all or some of his weight, the Adaptive Dive Team should be prepared to (best answer):

- a) **Give an agreed upon hand signal to remove weights.**
- b) Recover the dropped weights.
- c) Timely respond to audible ascent rate alarms.
- d) Figure out who is going to recover the dumped weight.

(Visual Impairments, pg. 44-45)

49) What is Diveheart's solution for any Adaptive Diver who is not capable of keeping a regulator's mouth piece in place in order to safely breathe underwater?

- a) Diveheart does not have a solution, this individual is no longer a candidate for scuba diving.
- b) Diveheart recommends using a regulator necklace to hold the regulator in the adaptive diver's mouth.
- c) **Diveheart requires the use of a full-face mask during all dive training activities and will place a condition on the Adaptive Diver's certification card requiring the use of such equipment.**
- d) Diveheart recommends the most highly trained member of the adaptive dive team swim with the adaptive diver and hold the regulator in their mouth for them.

(Diveheart's Mandatory Rule for Full Face Mask Use, pg. 46)

50) For divers with mobility impairments the Adaptive Dive Team should decide who is best suited to provide surface and/or underwater swimming assistance considering the following factors:

- a) Who has the best air consumption rate?
- b) The Adaptive Dive Buddy who has the best power fins.
- c) The Adaptive Dive Buddy with the most training and experience using an underwater propulsion device.
- d) **The Adaptive Dive Buddy who is most proficient in controlling his own and the Adaptive Diver's buoyancy.**

(Selection of Primary Swimming Assistance, pg. 47)

51) When an Adaptive Dive Buddy is providing primary assistance with underwater swimming, surface swimming, buoyancy control, controlled descent/ascent, or safety/deco stops, he will generally maintain what position?

- a) The forward position
- b) **The rearward position**
- c) The navigation position
- d) The observation position

(Adaptive Buddy—Position, pg. 48)

52) If an Adaptive Diver has a total mobility impairment, how should the adaptive dive team prepare to communicate before the dive?

- a) The Adaptive Dive Team should review, practice, agree on, and understand all underwater signals in the water at the surface.
- b) Adaptive divers with total mobility impairment are unable to communicate.
- c) **The Adaptive Dive Team should review, practice, agree on, and understand all underwater signals during the pre-dive briefing.**
- d) As long as the Adaptive Dive Team lead and the adaptive diver understand the underwater signals, the rest of the team will be able to follow along easily.

(Emergency Out of Air Signaling, pg. 50)

53) Which of the following hand signals for divers with visually impairments is incorrect?

- a) OK?: squeeze diver's hand once.
- b) Dump air: pull index finger.
- c) Air pressure: hold and squeeze diver's wrist, trace a circle in the palm of the diver's hand, and for each 1,000 psi squeeze the thumb, for each 100psi squeeze the index finger.
- d) **Descend: multiple squeezes to the diver's hand.**

(Hand Signals for Visually Impaired Divers, pg. 52)

54) If an adaptive dive buddy wanted to communicate to an adaptive diver with visually impairments that they are at a depth of 26 feet, how would they signal this?

- a) **Hold and squeeze diver's wrist, trace a circle in the palm of the diver's hand. Apply pressure to the back of the diver's hand and palm at the same time in a pinching motion. Squeeze the thumb for each 10ft and the index finger for each additional foot.**
- b) Squeeze the thumb for each 10ft and the index finger for each additional foot. So, squeeze the thumb twice and the index finger six times.
- c) Hold and squeeze diver's wrist, trace a circle in the palm of the diver's hand. Squeeze the diver's wrist again. Squeeze the thumb for every ten feet and the index finger for each additional foot.
- d) Hold and squeeze diver's wrist, trace a circle in the palm of the diver's hand. Apply a small circular motion over the diver's right wrist with their palm facing down. Squeeze the thumb for every ten feet and the index finger for each additional foot.

55) During the pre-dive briefing the adaptive dive team discusses a navigation plan for open water dives. Can the adaptive diver be in charge of underwater navigation?

- a) No. Adaptive divers have impairments that impair their ability to dive alone, so it would be too much task loading to put them in charge of navigating.
- b) Maybe. as long as the adaptive diver is not visually challenged, they should be able to navigate using their compass.
- c) **Maybe. It depends on the specific adaptive diver's abilities.**
- d) Yes. Adaptive divers know everything, so they will always be the best navigator in the water.

(Underwater Navigation, pg. 53)

56) The following guidelines and adaptations may be used for Adaptive Divers needing assistance with regulator recovery:

- a) Regulator necklace holder.
- b) Have diver improvise regulator recovery based on his ability.
- c) Switch regulator hose to low pressure port on opposite side of 1st stage regulator.
- d) **All of the above.**

(Regulator Recovery/Retrieval, pg. 55-56)

57) What technique should the Adaptive Dive Team use to address muscular spasticity in an adaptive diver?

- a) Hold the adaptive diver down and wait for the spasm to pass.
- b) **There are no special adaptive techniques for addressing this problem. The team should learn from the adaptive diver what reactions and solutions are typical for him.**
- c) Leave the adaptive diver alone and let them work through the spasm at their own pace.
- d) None of the above.

(Cramp/Spasm Removal, pg. 57)

58) For an Adaptive Diver who cannot independently control his rate of descent/ascent, risk of barotraumas and decompression sickness is higher.

- a) **True**
- b) False

(Controlled Descents and Ascents – KEY Scuba Skill, pg. 59)

59) How can an Adaptive Dive Team add a margin of safety when working with Adaptive Divers who take more time to descend?

- a) These individuals are not candidates for scuba diving.
- b) **Use a descent line.**
- c) Add more weight to the adaptive diver so they don't have to work as hard to get down.
- d) Add more weight to the buddies so they can help pull the adaptive diver down.

(Descent Lines for Controlled Descent, pg. 61)

60) To avoid injuries and complications, the Adaptive Dive Buddies providing assistance with equalization should exercise the following protocols:

- a) Monitor the Adaptive Diver by maintaining continuous and direct eye contact.
- b) Be familiar with equalization features of the Adaptive Diver's mask or full-face mask.
- c) Practice with the adaptive diver before descending.
- d) **All of the above**

(Equalization - KEY Scuba Skill, pg. 62)

61) If you are acting as buddy in an Adaptive Dive Team and you are unable to equalize your ears, what action should you take?

- a) Just stay at that depth, you have to make sure this adaptive diver gets to dive, just deal with the pain.
- b) You do not need to worry about your ears, only the Adaptive Diver's ears.
- c) Leave the Adaptive Diver with the other buddy and return to the boat/shore. They can just go as a buddy pair.
- d) **End the dive. Everyone goes back to the boat/shore.**

(Equalization - KEY Scuba Skill, pg. 62)

62) Out-of-air emergencies are generally managed by coordinating alternative air source sharing techniques utilizing the following equipment:

- a) Octopus regulators.
- b) Quick disconnect alternate air source hoses compatible with the adaptive diver's full face mask.
- c) Inflator hoses to buoy the adaptive diver to the surface.
- d) **A. and B. only**

(Out-of-Air Emergencies – KEY Scuba Skills - Alternate air source sharing, pg. 62)

63) If Adaptive Divers have trouble maintaining a regulator in their mouths, or are incapable of independently recovering and clearing their regulators, can they scuba dive?

- a) **Yes! They need a full face mask though.**
- b) Yes! They just have to hold their breath.
- c) No, but they could snorkel!
- d) No, they should not get in the water at all.

(Full-Face Mask, pg. 66)

64) What kind of special dive gear should adaptive divers use?

- a) They need to shop at special stores and buy more expensive gear that is easier to manipulate.
- b) **The vast majority of adaptive divers can use traditional dive gear.**
- c) They need to get gear that identifies them as an adaptive diver.
- d) They should buy their dive gear directly from Diveheart to guarantee it is the most suitable for them.

(Adaptive Equipment, pg. 65-70)

65) Why does Diveheart advocate against using back inflate BCDs for adaptive divers?

- a) Diveheart does not advocate for or against any particular BCDs as it depends on the adaptive diver's needs.
- b) Back inflation BCDs make the adaptive diver too buoyant.
- c) Back inflation BCDs are more expensive than traditional jacket style BCDs.
- d) **Back inflation BCDs tend to push the adaptive diver forward or face first in the water, making it difficult or impossible for that adaptive diver to turn over in the water safely.**

(Adaptive Equipment, pg. 67-68)

66) An adaptive diver consistently lists to one side underwater. How can his buddies help him?

- a) This is a problem the adaptive diver will be able to solve on their own over time with more practice diving.
- b) **Use clip weights to trim the adaptive diver's weights and counterbalance the list.**
- c) The adaptive diver likely needs stiffer fins to help them control which direction they are swimming in underwater.
- d) Have one of the buddies function as the adaptive diver's motor so that they can manage the listing issue at all times.

(Adaptive Equipment, pg. 68)

67) Never use blank weight belts to secure a wheelchair to a boat.

- a) True
- b) **False**

(Adaptive Equipment, pg. 69)

68) What piece of equipment helps Adaptive Dive Teams control rates of descent/ascent, prevents them from drifting while attending to equalization, and allows them to maintain a constant depth for safety stops?

- a) BCDs
- b) **Descent Line**
- c) Belts and lashes
- d) All of the above

(Adaptive Equipment, pg. 70)

69) What is Diveheart's training program principally designed to develop?

- a) **Insight and empathy for the challenges and abilities of adaptive divers.**
- b) A better open water course.
- c) A sense of how little adaptive divers can do on their own.
- d) A money-making business successfully run by adaptive divers.

(Adaptive Dive Training, pg. 71)

70) Diveheart's "getting to know the Adaptive Diver" protocol requires the following:

- a) A conference with the Adaptive Diver's physician.
- b) A review of the Adaptive Diver's school records.
- c) **A review of Adaptive Diver Registry and Needed Scuba Assistance evaluation and using the Adaptive Diver Profile Slate during pre-dive briefing.**
- d) All of the above.

(Adaptive Dive Training, pg. 74)

71) You do not need to be a certified open water diver to take Diveheart's Adaptive Dive Buddy courses.

- a) True
- b) **False**

(Adaptive Dive Training, pg. 79)

72) Why will students train as a buddy and simulate multiple types of Adaptive Divers during Diveheart's Adaptive Dive Buddy Training?

- a) To gain a better understanding of the adaptive diver's point of view when looking at marine life.
- b) To develop empathy and understanding for how these types of adaptive divers may feel while diving and completing certain skills.
- c) To understand what skills these adaptive divers are capable of completing on their own, and which skills they may need assistance accomplishing.
- d) **All of the Above**

73) When simulating the blind diver scenarios, the buddy diver will simply speak commands to the adaptive diver underwater to help them complete their skills.

- a) True; blind divers are perfectly capable of hearing and speaking.
- b) False; blind divers cannot hear unless you yell at them.
- c) True; blind divers have increased hearing capabilities and are capable of understanding you speaking through your regulator underwater.
- d) **False; blind divers communicate with their buddies underwater through a predetermined set of tactile signals.**

74) Do Paraplegic divers always need to have a buddy function as their motor?

- a) Yes, it is too tiring for them to swim with just their arms.
- b) Yes, it is not possible for them to swim independently.
- c) No, their arms are stronger than the average human because they use them so much more.
- d) **No, some are able to swim independently using webbed gloves.**

75) Can amputee Adaptive Divers be weighted the same way as their buddy divers?

- a) Yes: We want them to feel normal and like other divers.
- b) **No: Due to their missing limb(s) they will be unbalanced and in need of careful weight placement to trim them out and make them comfortable underwater.**
- c) Yes: This will keep everyone's weights consistent and easy to remember.
- d) No: They need twice as much weight to keep them underwater.

76) All quadriplegic divers must use a Full Face Mask.

- a) True
- b) **False**

77) There is no open water portion for Adaptive Dive Buddy candidate in Diveheart's training program.

- a) True
- b) **False**

(Adaptive Dive Training, pg. 82)

78) After completing the Diveheart Adaptive Dive Buddy Course, will the student will be allowed to work with Adaptive Divers immediately?

- a) **Yes. As soon as they have finished all their paperwork.**
- b) No. They need to have 30 experiences working with Adaptive Divers.

79) To upgrade from an Adaptive Dive Buddy to an Advanced Adaptive Dive Buddy, the student will have to pay the full price of the next eLearning course.

- a) True, the student pays the entire course price.
- b) **False, the student will only have to pay the difference between the two eLearning courses.**

80) What is the purpose of Diveheart?

- a) To provide and support educational scuba diving programs that are open to any child, adult, or veteran with a disability, with the hope of providing both physical and psychological therapeutic value to that person.
- b) To help individuals "Imagine The Possibilities" in their lives.
- c) To provide a safe and fun way for people of all abilities to enjoy the underwater world.
- d) **All of the Above.**

Advanced Adaptive Dive Buddy Test

81) Why does the Advanced Adaptive Dive Buddy course involve more training and experience focused on executing Key Scuba Skills?

- a) **Since Key Scuba Skills require more communication, multi-tasking, and coordination among the entire Adaptive Dive Team, Advanced Adaptive Dive Buddies are capable of being the team lead.**
- b) Since these skills require the advanced buddy to do everything for the adaptive diver.
- c) Since Key Scuba Skills are extremely difficult to execute with a perfect NSA score.
- d) Since the Advanced Adaptive Dive Buddy is super special.

(AADB Training, pg. 83)

82) Advanced Adaptive Dive Buddies at a minimum must have the following certifications and experience:

- a) Certified as an open water diver with 20 logged dives and been diving in the past two years.
- b) **Certified as a Rescue Diver and have current CPR/First Aid/ AED training and 30 experience thresholds with an adaptive diver.**
- c) Advanced Open Water certification with a minimum of 30 logged dives with an adaptive diver.
- d) Advanced Open Water with current CPR/First Aid/AED training.

(AADB Training, pg. 83)

83) If an Advanced Adaptive Dive Buddy candidate finishes all of their training but does not have all thirty dive experiences with adaptive divers (a minimum of 15 having occurred in the open water), they will not receive a Diveheart certification.

- a) True. This is a prerequisite and the student is in the wrong course.
- b) True. This student does not qualify for a Diveheart certification.
- c) False. This is just a recommendation; they will still get their Advanced Adaptive Dive Buddy certification.
- d) **False. They will receive an Adaptive Dive Buddy certification until they complete their thirty experiences. They will then submit their logs and be upgraded to a fully-fledged Advanced Adaptive Dive Buddy at no additional cost.**

84) Since the Advanced Adaptive Dive Buddy will most likely conduct the pre-dive briefing, he must prepare the Adaptive Diver Profile Slate by reviewing the following documents:

- a) The adaptive diver's medical and therapy records.
- b) **The adaptive diver's Needed Scuba Assistance evaluation and Adaptive Diver Registry.**
- c) The adaptive diver's release forms.
- d) All of the above.

(AADB Training, pg. 84)

85) At the conclusion of the pre-dive briefing, the last question presented by the Advanced Adaptive Dive Buddy to the Adaptive Diver is:

- a) **Are you comfortable and in total agreement with the dive plan as discussed during this briefing?**
- b) Would you prefer using a Full-face Mask?
- c) Would you like a descent line?
- d) How much bottom time would you like to have?

(AADB Training, pg. 85)

86) An assessment to determine whether a full-face mask may be required or recommended considers which of the following:

- a) Can the Adaptive Diver maintain proper placement of the second stage regulator?
- b) Will a Full-face Mask with radio transmission facilitate underwater communications?
- c) Will a Full-face Mask reduce additional risk that would otherwise be present?
- d) **All of the above.**

(AADB Training, pg. 85-86)

87) Special considerations for selection of a Full-face Mask among different brands and models includes:

- a) Choosing the prettiest color.
- b) **Proper fit and alternative air capability without full-face mask removal.**
- c) Selecting the one with the most underwater communication abilities for the adaptive dive buddies.
- d) All of the above.

(AADB Training, pg. 86)

88) After the pre-dive briefing, it is not necessary for the Adaptive Dive Team to test whether the Adaptive Diver can effectively perform the Valsalva maneuver with the Full-face Mask.

- a) True
- b) **False**

(AADB Training, pg. 87)

89) If the Adaptive Diver cannot physically signal, how can the Adaptive Dive Team communicate effectively?

- a) The team must provide the adaptive diver with cue cards that represent questions concerning needs for assistance.
- b) **The team must develop special signals that represent questions concerning needs for assistance which allow the Adaptive Diver to communicate using a "yes" or "no" signal.**
- c) It is too dangerous for the team to take this diver underwater.
- d) The team does not need the adaptive diver to be able to communicate.

(AADB Training, pg. 87-88)

90) Why is Full Face Mask air vent management critically important for Adaptive Divers who are not capable of independently opening their own air vent?

- a) Because if the team does not pay attention, little fish will swim in through the air vent and clog it.
- b) Because if the team does not properly manage when the air vent is open and closed the adaptive diver will not be able to feel a breeze and could get overheated.
- c) **Because there is an additional risk of the adaptive diver suffocating if the air vent and the tank valve are both closed, or if the air tank is empty.**
- d) Because if the team does not open the air vent every time the adaptive diver exhales, there will be a buildup of carbon dioxide in his mask, which will cause him to pass out.

(AADB Training, pg. 88)

Adaptive Scuba Instructor

91) Adaptive Scuba Instructors use Diveheart's Open Water course materials to train Adaptive Divers on the basic knowledge and skills required for scuba certification.

- a) True
- b) **False**

(ASI Training, pg. 90)

92) Adaptive Scuba Instructors receive more training and experience performing:

- a) **Needed Scuba Assistance evaluations and pre-dive briefings.**
- b) Teaching basic scuba diving skills.
- c) Deciding if individuals are allowed to be adaptive divers.
- d) Filling out paperwork for their instructor.

(ASI Training, pg. 90)

93) An Adaptive Scuba Instructor should follow the "Challenge by choice philosophy" because:

- a) It's an effective teaching method to challenge and pressure Adaptive Divers to perform scuba skills.
- b) The Adaptive Scuba Instructor is the best one to decide if the Adaptive Diver candidate must perform the skill.
- c) For divers who are reluctant to try a skill it's best to constantly challenge them.
- d) **None of the above.**

(ASI Training, pg. 91)

94) To process Adaptive Diver certification cards, the Adaptive Scuba Instructor must submit the following documentation to training@diveheart.org:

- a) Adaptive Diver Registry and final Needed Scuba Assistance evaluation.
- b) Student Certification Request Form.
- c) Photo of student.
- d) **All of the above.**

(ASI Training, pg. 92)

95) An Adaptive Scuba Instructor must have the following scuba gear to effectively teach a buddy or advanced buddy course:

- a) Hula hoops to make sure the team of buddies has good buoyancy.
- b) **Full-face mask and needed hoses for out of air scenarios.**
- c) Compasses so the buddies can practice navigating as part of the team.
- d) Cameras so buddies can learn to balance photography with caring for the adaptive diver.

(ASI Training, pg. 92)

96) What happens if an adaptive diver who may have a cognitive impairment or learning disability is unable to take the written final exam for their initial knowledge development section via their instructor's certifying agency (i.e. PADI, SDI, NAUI, etc)?

- a) This adaptive diver will not be able to continue taking their course if they are unable to understand and take their final exam as a written test.
- b) The instructor will have to coach the adaptive diver through answering each of the exam questions.
- c) The adaptive diver does not have to take a written exam to pass their initial knowledge development section via their instructor's certifying agency (i.e. PADI, SDI, NAUI, etc)
- d) **The instructor has discretion to use special accommodations and provisions to assist the Adaptive Diver during the final exam to objectively verify his understanding.**

(Skill Modifications, pg. 27)

97) If an Adaptive Scuba Instructor believes an adaptive diver's special needs are too challenging for him to serve as the instructor, he should advise the Adaptive Diver candidate to drop out of the course.

- a) True. This individual is not a candidate for an adaptive diver certification, this is the end of their possibilities as an adaptive diver.
- b) False. You are not allowed to turn away a student.
- c) True. You don't have to do anything you don't feel comfortable with.
- d) **False. You should seek help from another, more experienced instructor, or turn the student over completely to the more experienced instructor.**

(ASI Training, pg. 93)

98) Parents, siblings, spouses, or guardians can be a valuable source of information to uncover ways to work with Adaptive Diver candidates with cognitive impairments.

- a) **True**
- b) False

(ASI Training, pg. 93)

99) What is one of the methods to supplement training Adaptive Dive Buddies/Advanced Adaptive Dive Buddies?

- a) Attend seminars focused on how individuals with disabilities should not participate in sports.
- b) Go to conferences to scout out the competition.
- c) **Have someone with a disability join some of the course sessions to add valuable insight when discussing a specific disability type; such as cerebral palsy or spinal cord injuries.**
- d) All of the above.

(ASI Training, pg. 95)

100) Who is responsible for verifying the student's Adaptive Diver Registry is entirely completed and filed with Diveheart?

- a) Adaptive Diver candidate
- b) **Adaptive Scuba Instructor**
- c) Advanced Adaptive Dive Buddy
- d) Event Supervisor

(ASI Training, pg. 96)

101) When is the Adaptive Scuba Instructor required to conduct Needed Scuba Assistance evaluations?

- a) **Prior to the first confined water session and after all course requirements have been completed.**
- b) The adaptive diver conducts the NSA evaluation with their guardian prior to the training.
- c) Whenever the adaptive diver gets in the water.
- d) At the end of the course.

(ASI Training, pg. 96)

102) What does the Needed Scuba Assistance evaluation score assess?

- a) Whether or not the adaptive diver will be able to scuba dive.
- b) How much weight the adaptive diver will need.
- c) **The assistance an Adaptive Diver may need when performing basic and Key Scuba Skills, and the type of certification they will receive at the end of the course.**
- d) How good the adaptive dive team is at performing underwater tours.

(ASI Training, pg. 99)

103) The Needed Scuba Assistance score ranges from 0-50. A score of zero indicates the diver requires a maximum level of assistance whereas a score of 50 indicates the diver requires no assistance.

- a) True
- b) **False**

(ASI Training, pg. 99)

104) An adaptive diver receives a final Needed Scuba Assistance score of 27. What does this mean?

- a) The adaptive diver does not need a lot of help and can dive with just two certified Diveheart Adaptive Dive Buddies.
- b) **The adaptive diver needs a fair amount of assistance, so they will receive an Advanced Adaptive Dive Team certification, where they need a minimum of one certified Advance Adaptive Dive Buddy and one certified Adaptive Dive Buddy.**
- c) The adaptive diver does not need a lot of assistance, so they will receive an Adaptive Dive Team certification that requires they dive with two certified adaptive dive buddies.
- d) They have a cognitive disability.

(ASI Training, pg. 99)

105) The Adaptive Scuba Instructor should be able to explain and underscore the rationale behind using the Adaptive Diver Profile Slate. How can its purpose be clearly stated to the students?

- a) The Adaptive Diver Profile Slate allows the team to get to know the adaptive diver through family observations and medical history.
- b) **The Adaptive Diver Profile Slate serves as a checklist for all topics, equipment, roles, and responsibilities that should be covered during the pre-dive briefing.**
- c) The Adaptive Diver Profile Slate provides a detailed record of which skills the adaptive diver needs assistance with, and gives their abilities a total score.
- d) The Adaptive Diver Profile Slate provides the team with character references, and personal details, such as height, gender, and disability, for each specific adaptive diver.

(ASI Training, pg. 99)

106) When a Diveheart Adaptive Scuba Instructor trained through a standard training agency conducts any Diveheart training or Diveheart Scuba Experience program, which agency's standards and protocols are they required to follow?

- a) It is not necessary for Adaptive Scuba Instructors to follow Diveheart's guidelines and protocols, including those related to Adaptive Diver Registry, Needed Scuba Assistance, and Adaptive Diver Profile Slate.
- b) It is not necessary for the Adaptive Scuba Instructor to follow his standard agency's guidelines and protocols, including those defining confined water, the safety gear they need to be wearing, and the order skills must be performed in.
- c) **The Adaptive Scuba Instructor must follow all the standards and protocols laid out by his standard agency and Diveheart, choosing the more conservative option when guidelines do not match up exactly.**
- d) The Adaptive Scuba Instructor must follow his standard agency's protocols when teaching courses and Diveheart protocols when conducting Diveheart Scuba Experience programs.

(ASI Training, pg. 99)

107) The basic strategy for developing an adaptive dive program requires the Adaptive Scuba Instructors to first certify Adaptive Dive Buddies and Advanced Adaptive Dive Buddies to establish a team for future adaptive dive activities. Once the Adaptive Scuba Instructor has an adequate number of certified dive buddies he will then be ready to train individuals with disabilities to scuba dive.

- a) **True**
- b) False

(ASI Training, pg. 100)

108) Which Diveheart certification denotes that the adaptive diver has a Needed Scuba Assistance score greater than 25 and requires an Adaptive Scuba Instructor as part of the team?

- a) Adaptive Diver
- b) Adaptive Dive Team
- c) Advanced Adaptive Dive Team
- d) **Advanced Adaptive Dive Team Plus**

(ASI Training, pg. 101-102)

109) The Advanced Adaptive Dive Team Plus Certification enables the Adaptive Scuba Instructor to certify Adaptive Divers who:

- a) Are unable to, or do not wish to, complete the entire open water course, but want to complete one of the limited entry level scuba certifications.
- b) Needed Scuba Assistance score greater than 25 and/or needs assistance with Key Scuba Skills, and requires some other significant adaptation or procedure.
- c) Meets all other course requirements but an Adaptive Scuba Instructor must be a member of the Adaptive Dive Team.
- d) **All of the above.**

(ASI Training, pg. 102)

110) For Advanced Adaptive Dive Buddies or Adaptive Scuba Instructor candidates, how many of the pre-requisite dive experiences with adaptive divers need to be completed in open water?

- a) **Minimum of 15**
- b) All 30
- c) Only 15
- d) Minimum of 10

(ASI Training, pg.)

111) What materials does a Diveheart Scuba Instructor use to teach the basic open water scuba diving knowledge?

- a) Diveheart provides materials for teaching a basic open water course.
- b) **The instructor uses his standard agency materials.**
- c) The instructor must use both Diveheart and PADI materials
- d) We are not required to teach adaptive divers basic scuba diving theory because all their buddies will do the work for them when it comes to dive planning.

(ASI Training, pg.)

112) Whose materials and standards does the adaptive instructor follow to teach the pool and open water skills?

- a) Diveheart provides slates for teaching a basic open water course to an adaptive diver.
- b) **The instructor must use both Diveheart and his standard agency's materials.**
- c) The instructor uses only his standard agency materials and teaches the course following those standards.
- d) The adaptive diver does not learn how to do any skills themselves, they just practice letting the buddies dive with them as a team.

(ASI Training, pg.)

113) When a Diveheart instructor finishes teaching an adaptive diver and the adaptive diver will be receiving only an Adaptive Dive Team certification, where are the certification request forms submitted?

- a) His standard agency
- b) **Diveheart**
- c) His standard agency and Diveheart
- d) Directly to the adaptive diver

(ASI Training, pg.)

114) When a Diveheart Instructor, who teaches recreationally, is teaching an adaptive diver candidate their basic open water course, whose liability paperwork is he responsible for having his student complete?

- a) **Both Diveheart and his standard agency**
- b) Only his standard agency
- c) Only Diveheart
- d) None of the Above

(ASI Training, pg.)