**Diving Skills**

Cut out the terms and definitions and arrange in your book in the correct order. Leave a space on the right of you page to stick in a diagram or draw a picture displaying the skills in action.

|  |  |
| --- | --- |
| Duck-Diving | Kicking your legs in a large slow movements in order to propel you through the water, whilst wearing a set of fins |
| Mask-Clearing | A safe way to enter the water from a variety of locations. Including: giant-stride, backward roll, seated entry and shore entry. |
| Finning | Swimming horizontally on the surface and then lifting legs into the air vertically to descend underwater. |
| Streamlining | Remove all equipment once out of the water, rinse thoroughly under **fresh** water to remove salt. Allow to dry and put away. Includes: fins, snorkel, mask, wetsuit. |
| Use of Hand Signals | Removing water and fog from mask without removing mask from head. Tilt head back, lift bottom of mask and exhale out through nose. |
| Water Entries | Having at least 1 other person with you when you dive. Looking out for that person and ensuring their safety throughout the dive. |
| Caring For Equipment | Communicating non-verbally under or on top of the water. |
| Buddying | Swimming through or on top of the water in a way that **drag** is minimised. Similar to the way a seal propels itself through the water. |