Become an official UH Diver in Training
http://www.hawaii.edu/ehso/diver-in-training-process/

Are you a certified open water diver with DAN Insurance?

NO

Obtain open-water certification
https://hilo.hawaii.edu/rec/SCUBADiving.php
and DAN Insurance
http://www.diversalertnetwork.org/insurance/

YES

Complete Medical Exam
http://www.hawaii.edu/ehso/medical-exam-instructions/

Complete Dive Application
http://www.hawaii.edu/ehso/diving-safety-forms/

Submit Copies of SCUBA Certification Cards and DAN Insurance Cards

Do you have primary insurance provider in Hawaii?

NO

Go to:
- Hilo Urgent care for physical exam
- Hawaii Radiologic for chest x-ray
- Hawaii Clinical Laboratories for blood work
- UHH Health Center for respirometry

YES

Setup an appointment with Kaiser or your regular physician in order to have them conduct the physical exam and order all necessary tests

Have all personal SCUBA equipment inspected by UHH DSP staff

Once Dive Application, Medical Exam, and C-Cards have been submitted and processed then the following physical exams must be satisfactorily completed:

SWIM TEST:
- 400-yd swim in 10-minutes
- 25-yd underwater swim
- 10 minutes of treading water (8-min full body, 2-min with arms out of water)
- 25-yd tired diver surface tow

POOL EXAM:
- Basic SCUBA skills evaluation
- Air Sharing evaluation
- Diver Rescue evaluation

OPEN WATER CHECKOUT:
- Basic SCUBA skills evaluation
- Air Sharing evaluation
- Diver Rescue evaluation
- Compass Navigation evaluation

Once physical exams are all completed at a satisfactory level, the diver will become an official DIVER IN TRAINING. Review the diving manual for stipulations and regulations associated with this level of diver.
http://www.hawaii.edu/ehso/diving-safety/