



## SIGNAL

SIGNAL YOUR BUDDY OK TO ASCEND.



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## TIME

CHECK TIME, AIR, AND IF A SAFETY STOP IS NEEDED. IF REQUIRED, SPEND 3 MINUTES BETWEEN 15 AND 20 FEET. BE SURE ALL COMPUTER S CLEAR BEFORE ASCENDING.



## LOOK UP GO UP

SWIM UPWARDS SLOWLY AT A RATE NO FASTER THAN 60 FEET/MINUTE WHILE BREATHING NORMALLY, RIGHT HAND OVER YOUR HEAD TO PROTECT YOURSELF FROM ANY HAZARDS ABOVE.



## DEFLATE AS NEEDED

LEFT HAND ON THE BCD INFLATOR TO VENT AIR AS NEEDED, OR VENT DRY SUIT VALVE. DO NOT INFLATE TO ASCEND.



## ON THE SURFACE

INFLATE BCD COMPLETELY, SWITCH FROM REG TO SNORKEL WITH HEAD IN THE WATER, SIGNAL OK TO SHORE SUPPORT. DEPLOY SIGNALLING DEVICE IF NEEDED.

ANNIE CRAWLEY'S DIVE TEAM

# 5 POINT ASCENT

USE THESE STEPS WITH YOUR BUDDY ON EVERY DIVE

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