

Obstacle Course Directions

Station #1 - ROPE RINGS (Buoyancy Check)

Crawl on the bottom in a head down position keeping your tank valve below the rope rings. The rope rings get progressively smaller. If you feel resistance on the rope rings, slowly back up. It is the job of the escort to free you without a struggle. Please replace the rope rings as they were found once you have finished.

Station #2 - SMALL BOAT (Entry/Exit)

Remove your equipment on the surface. Kick yourself into the boat. The escort drags your equipment to the other side. Exit the small boat and replace your equipment on the surface.

Station #3 - FISH NET (Entanglement/Buoyancy)

Achieve neutral buoyancy at the level of the opening through the net. Swim horizontally through both ends of the net. Try and stop midway through the net and maintain neutral buoyancy. Neutral buoyancy is critical before entering the obstacle. Only very small kicks will get you through this. Do not struggle. The escort's job is to release the diver if caught in the net.

Station #4 - THE HURDLES (Ultimate Buoyancy Test)

There are seven uprights that you will pass through. Within each of the uprights there are two horizontal pieces of pipe. The object is to fit between the two pieces while neutrally buoyant. Do not climb through the uprights. Stay off the bottom! Move slowly. The horizontal pieces will break free if too much force is applied. You cannot move slowly enough through this obstacle. The job of the escort is to help the diver avoid any struggles.

Station #5 - BUOYANCY CHAMBER (Buoyancy/Task Loading)

Stay off the bottom and enter through the vertical slit in the curtain. Do not climb through as the curtain will tear. Remember, if you spread the curtain out too far, it will shorten the vertical opening making it difficult to enter. Once inside the chamber, you will find a black mesh bag containing a PVC puzzle that will form the letter H once screwed together. [Both the diver and the escort will count the number of breaths the diver takes while the mesh bag is off the bottom. Indicate the numbers of breaths to each other before exiting the chamber.] You and your escort together must maintain neutral buoyancy while the escort hands individual pieces to you. The object is to task load the diver while trying to maintain neutral buoyancy in a confined area. Stay off the bottom and away from the surface. Disassemble the puzzle and exit neutrally through the other curtain.

Station #6 - CHAIN LOCKER (Confinement)

Enter the chain locker on the bottom, climb your way up the ladder being careful not to snag your tank valve on the bungee cords behind you. Once at the top, perform a head first surface dive climbing down the ladder on the opposite side. Remember if you feel resistance while climbing up through the chain locker or while flipping over the top, you are snagged. Do not struggle and back up immediately. It is the escort's duty to hold this obstacle in place as the diver goes through.

Station #7 - FUN HOUSE (Buoyancy/Confinement/Entanglement/Stress)

Enter the Fun House at YOUR OWN RISK! This is the most difficult obstacle in the course. IF YOU ARE NOT COMFORTABLE, DO NOT ENTER. Choose your pathway before entering neutrally buoyant. The object of the Fun House is to enter the first PVC section horizontally and neutral. Exit through the top of the second PVC section. Ascend over the top bar close to the surface without touching it and drop down head first through the top of the third PVC section. Exit horizontally and neutrally through the fourth PVC section. Try and stay off the bottom and avoid entanglement. At any time the diver feels stuck, signal to the escort for assistance. You will have to choose a pathway that will involve twists and turns and you may even be upside-down. At any time you should be able to stop inside this obstacle and be neutral. You may even want to remove your mask and fins to make this more challenging. Do not kick your fins forcefully inside the Fun House.

Station #8 - DEVIL'S TRIANGLE (Configuration/Confinement)

This is the most confining obstacle. You will feel tightly enclosed. This will also determine how streamline you are with your equipment. It is the escort's job to keep this obstacle on the slope while the diver is passing through. The tendency for the obstacle is to slide onto the flat part of the deep end. Keep the obstacle on the slope. It is natural for the diver to pull themselves up the hill through the puzzle and that is not the objective. The bungee cords must be pressed down ahead of you and you must reach behind you to free your equipment as it snags. Move very slowly and deliberately with small kicks to move you up the slope.

Station #9 - BUOYANCY RINGS (Buoyancy/Breathing/Movement)

Get yourself neutrally buoyant. Enter the rings horizontally and continue through each one until you have passed through all eight of them. The idea is to not touch any of the rings with any part of your body or gear. Keep your hands in front of you or to your side. Use only your breathing for buoyancy control through this puzzle. Hint - use very small kicks.

Station #10 - HOUDINI'S BOX (Entanglement/Confinement/Equipment Familiarization)

As we all know, Houdini was known as the greatest escape artist of all times. Most of Houdini's escapes involved a gimmick. The gimmick was that the escape was usually easier than it appeared. Approach this puzzle with the same mentality. Remove your scuba kit and place it inside the box through the center section on any side. Keep your regulator in your mouth while you slowly follow your equipment into the box. Avoid climbing into the box as though you were on land. While inside the box replace your equipment and exit slowly through one of the bungeed sections. Study your exit and you will find there is one especially easy way to exit the box.

Station #11 - ENGINE ROOM (Navigation/Orientation)

Enter the engine room with your mask placed backwards on your head. Keep your eyes closed as you pass through, under, over and around the simulated debris. The escort's job is to make it as difficult as possible by placing the simulated timbers to block the diver's path. The object of this puzzle is to try and drive the diver out of framework of the puzzle. Once through the engine room, replace your mask and clear it.

Station #12 - THE MISFIT (Orientation/Entanglement)

Enter between the bar and the bungee cord. Stay below the cords through the obstacle to avoid being snagged. Hint: you will have to change your body's position to get over the bars without being snagged. It is the escort's job to make sure the obstacle remains in place as it tends to move with the diver.

Station #13 - WRECK REEL (Navigation/Orientation)

Enter under the simulated ice and pick up the wreck reel and remove your mask and place it on your head backwards. While remaining neutral, keep your eyes closed and slowly roll the reel as it zigzags through the obstacle. The diver should follow the zigzag. Upon completion, replace your mask and clear it. The escort's job is to avoid entanglement on the reel and to roll out the line for the next diver.

Station #14 - WEED BED (Buoyancy/Entanglement)

Diving through thick weed beds is best performed away from the bottom where the roots are strongest. Stay as close to the surface as possible without touching the simulated ice above. Place your hands far out in front of you and with small sweeping motions slowly move the weeds to the sides as you follow through. Your kick must be very tight and slow. Small frog or cave kicks work the best. There is over 1000 feet of rope in this weed bed to entangle you. Swim through with your tank valve facing the surface and your gauges tucked to avoid being snagged. A skilled diver should be able to stop in the middle of the weed bed and maintain buoyancy.

Station #15 - THREE BARRELS (Confinement)

If your BC is weight integrated this obstacle may prove to be very difficult. Remove your scuba unit and push the unit through the barrels. Make sure your primary regulator hose is in position to be able to breathe as you move through the barrels. Once through the barrels you have successfully completed the course!!

Congratulations!!

You have successfully completed the World's Largest and Most Complicated Underwater Obstacle Course.