ADCI Dive Supervisor Certification Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here’s how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don’t just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. How should a Dive Supervisor handle a near-miss incident during the dive?

A. Ignore it to avoid delays

B. Investigate, document, update risk controls, but still maintain safety.

C. Blame management

D. Cancel all future dives

2. What are the preferred methods of surface-to-diver communication in a surface-supplied diving operation?

A. Morse code via surface flags.

B. Direct voice communication via helmet telephone or hard-wired comms, plus hand signals if needed; ensure redundancies.

C. Verbal commands shouted through the water from the surface only.

D. Rely on written notes exchanged between divers.

3. How should a Dive Supervisor respond to a potential gas leak at the gas supply manifold?

A. Isolate the leak, stop the dive if necessary, evacuate if required, and call for repairs by qualified personnel.

B. Ignore the leak and continue operations.

C. Increase gas pressure to seal the leak.

D. Only monitor from a safe distance.

4. In evaluating diving projects, which consideration aligns with ADCI standards?

A. Universal exemption from safety rules

B. Promotion of safety and standardization in commercial diving

C. Excluding medical readiness from planning

D. Relying solely on contractor discretion

5. What is a primary outcome of diving safety audits or inspections?

A. Verifying compliance and identifying opportunities for improvement.

B. Determining dive flavor

C. Training new divers only

D. Scheduling social events

6. What aspect of on-site documentation supports traceability and safety in operations?

A. Regular inspections, maintenance schedules, and certification by competent persons.

B. Stories from divers about prior experiences.

C. Marketing materials for the diving company.

D. Personal notes without official certification.

7. At approximately what depth does nitrogen narcosis become noticeable?

A. Around 60 feet

B. Around 100 feet

C. Around 30 feet

D. Around 150 feet

8. Which statement best describes the relationship between depth and nitrogen narcosis risk?

A. Narcosis risk is unaffected by depth.

B. Narcosis risk is minimized at depths around 200 feet.

C. Narcosis risk increases with depth.

D. Narcosis risk is only a concern when using air mixes.

9. What should be included in the dive log and why is it important?

A. Dive plan, start/end times, depths, gas usage, hazards, and any incidents; essential for regulatory compliance and incident investigation.

B. The diver's personal opinions about the dive.

C. Only the time.

D. Gas usage only.

10. Which body parts are most affected by barotrauma?

A. Heart and liver

B. Ears sinuses and lungs

C. Brain and spinal cord

D. Skin and muscles

Answers

1. B
2. B
3. A
4. B
5. A
6. C
7. B
8. C
9. A
10. B

Explanations

1. How should a Dive Supervisor handle a near-miss incident during the dive?

A. Ignore it to avoid delays

B. Investigate, document, update risk controls, but still maintain safety.

C. Blame management

D. Cancel all future dives

Near-misses reveal latent hazards that could lead to harm, so the strongest response is to treat them as safety signals and act systematically. The Dive Supervisor should ensure immediate safety during the dive, then review what happened after the dive to understand the factors involved. Investigating helps identify root causes—whether they're equipment issues, procedural gaps, training deficits, or environmental conditions. Documenting the incident creates a traceable record for trend analysis and accountability. Updating risk controls based on the findings reduces the chance of recurrence, which may involve revising procedures, adjusting checklists, improving maintenance, or providing targeted training. Sharing the lessons with the team reinforces safe practices and supports a culture that learns from near-misses rather than hiding them. Ignoring the event, blaming others, or canceling all future dives fails to address the risk and undermines safety and readiness. The aim is to keep the dive safe while using the incident to strengthen habits and protections.

2. What are the preferred methods of surface-to-diver communication in a surface-supplied diving operation?

A. Morse code via surface flags.

B. Direct voice communication via helmet telephone or hard-wired comms, plus hand signals if needed; ensure redundancies.

C. Verbal commands shouted through the water from the surface only.

D. Rely on written notes exchanged between divers.

Reliable two-way surface-to-diver communication is essential for safety in surface-supplied diving. The best approach is direct voice communication through helmet telephone or hard-wired comms, because it provides immediate, clear, and continuous dialogue between the surface supervisor and the diver, which is crucial for giving instructions, confirming status, and coordinating movements. Augmenting that with hand signals gives a robust backup that works even if the voice channel is degraded by noise, equipment fault, or limited underwater visibility. Introducing redundancies—multiple communication paths and backup signals—helps ensure contact is maintained even if one system fails. Relying on shouting through the water is unreliable due to sound propagation challenges, distance, ambient noise, and distortion, making urgent commands easy to miss. Written notes are impractical underwater for rapid exchanges and in dynamic operations. Morse code via surface flags is slow and requires additional coordination, making it unsuitable for routine or urgent communication. The combination of direct voice with hand signals and built-in redundancies offers the most reliable, versatile, and safety-focused approach for surface-to-diver communication.

3. How should a Dive Supervisor respond to a potential gas leak at the gas supply manifold?

A. Isolate the leak, stop the dive if necessary, evacuate if required, and call for repairs by qualified personnel.

B. Ignore the leak and continue operations.

C. Increase gas pressure to seal the leak.

D. Only monitor from a safe distance.

When there's a potential gas leak at the gas supply manifold, the priority is to contain the hazard and protect divers. Isolate the leak by shutting the gas supply or isolating the affected section of the manifold so no more gas escapes. If divers are underway, stop the dive if necessary to prevent exposure to compromised gas or a dangerous situation. If required, evacuate personnel to a safe area and secure access to the affected area. Then call for repairs by qualified personnel who have the training and equipment to safely diagnose and fix high-pressure gas systems. This approach minimizes exposure to potentially hazardous gas, prevents further escalation, and ensures proper repair work is performed. Simply ignoring the leak, increasing gas pressure, or just monitoring from a distance do not address the danger and could make the situation worse.

4. In evaluating diving projects, which consideration aligns with ADCI standards?

A. Universal exemption from safety rules

B. Promotion of safety and standardization in commercial diving

C. Excluding medical readiness from planning

D. Relying solely on contractor discretion

Safety culture and standardized procedures are what ADCI standards emphasize in evaluating diving projects. The idea is to ensure that every operation integrates structured safety management, consistent training and qualifications, equipment and procedures that meet agreed-upon standards, and medical readiness as part of planning and execution. When you assess a project, you're looking for clear commitments to safety practices, risk assessment, emergency planning, and adherence to established procedures that reduce risk and provide accountability. That alignment—prioritizing safety and standardization across the operation—is why this option fits best with ADCI expectations. Approaches that exempt safety rules, leave medical readiness out of planning, or rely solely on contractor discretion undermine safety, accountability, and consistent performance, which is not compatible with ADCI standards.

5. What is a primary outcome of diving safety audits or inspections?

A. Verifying compliance and identifying opportunities for improvement.

B. Determining dive flavor

C. Training new divers only

D. Scheduling social events

Diving safety audits and inspections focus on checking how the operation aligns with safety requirements and how well risk controls are working. The main idea is to confirm that procedures, equipment, documentation, and training meet established standards and to spot gaps that could lead to problems. By uncovering these gaps, the audit guides corrective actions and continuous improvement, helping the program raise its overall safety performance. This is why verifying compliance and identifying opportunities for improvement is the best answer. The other ideas aren't the primary aim: audits aren't about choosing a dive flavor, training new divers as the main purpose, or organizing social events. Those activities may happen in the broader operation, but the core outcome of a safety audit is evidence-based assurance plus actionable steps to enhance safety.

6. What aspect of on-site documentation supports traceability and safety in operations?

A. Regular inspections, maintenance schedules, and certification by competent persons.

B. Stories from divers about prior experiences.

C. Marketing materials for the diving company.

D. Personal notes without official certification.

Regular inspections, maintenance schedules, and certification by competent persons provide a verifiable record of equipment status and who performed each action and when. This creates a traceable history of readiness, repairs, and compliance with safety standards, which is essential for safe operations on site. Clear documentation allows quick verification during audits, incident analysis, and routine checks, ensuring gear is safe and procedures are followed. Personal stories or marketing materials lack verifiable data and authority, and personal notes without certification do not establish reliability or accountability; they do not support traceability or safety in the same way.

7. At approximately what depth does nitrogen narcosis become noticeable?

A. Around 60 feet

B. Around 100 feet

C. Around 30 feet

D. Around 150 feet

Nitrogen narcosis happens because the nitrogen you breathe becomes more narcotic as ambient pressure increases with depth. The deeper you go, the higher the partial pressure of nitrogen in your tissues, which can alter nerve function and lead to impaired judgment, slower thinking, or a sense of euphoria. For most divers, these narcotic effects become noticeable around the 100-foot (about 30-meter) mark. That depth serves as a practical benchmark in training because it's where narcosis commonly begins to affect performance, though the exact onset varies with individual sensitivity and gas mix. If symptoms appear, ascend to a shallower depth to reduce the nitrogen load, and don't push through impairment. Using gas with less nitrogen can lessen the risk, but does not eliminate it.

8. Which statement best describes the relationship between depth and nitrogen narcosis risk?

A. Narcosis risk is unaffected by depth.

B. Narcosis risk is minimized at depths around 200 feet.

C. Narcosis risk increases with depth.

D. Narcosis risk is only a concern when using air mixes.

Nitrogen narcosis is driven by the increasing partial pressure of nitrogen as you descend. As depth increases, more nitrogen dissolves into blood and tissues, affecting nerve function and altering perception, judgment, and coordination. That makes narcosis more likely the deeper you go. So the best description is that narcosis risk increases with depth. It's not constant regardless of depth, and there isn't a depth where it's minimized at 200 feet; risk actually rises the deeper you dive. While the breathing gas matters—air has a relatively high nitrogen fraction and is more likely to trigger narcosis at depth—narcosis is a result of pressure, not just the type of gas, and using gas mixes with less nitrogen can reduce the risk.

9. What should be included in the dive log and why is it important?

A. Dive plan, start/end times, depths, gas usage, hazards, and any incidents; essential for regulatory compliance and incident investigation.

B. The diver's personal opinions about the dive.

C. Only the time.

D. Gas usage only.

The main idea being tested is that a dive log should capture key dive details so safety, accountability, and learning can happen after each dive. Including the dive plan, start and end times, depths, gas usage, hazards, and any incidents creates a complete record of what was intended and what occurred. The dive plan communicates the planned parameters and gas management, so supervisors and when needed investigators can see whether procedures were followed and risk was controlled. Start and end times and depths give a verifiable record of bottom time and exposure, which are essential for evaluating decompression status, planning future dives, and reviewing how the dive actually unfolded. Gas usage shows how much air or breathing gas was consumed and helps determine whether reserves were adequate, which is crucial for ongoing safety on subsequent dives. Recording hazards and incidents captures environmental conditions, equipment issues, or near-misses, enabling thorough review, learning, and trend analysis to prevent repeats. This type of documentation is important for regulatory compliance, incident investigation, training verification, insurance considerations, and informed planning for future dives. A log that leaves out any of these elements misses critical data needed for safety and accountability.

10. Which body parts are most affected by barotrauma?

A. Heart and liver

B. Ears sinuses and lungs

C. Brain and spinal cord

D. Skin and muscles

Barotrauma happens when a diver's body can't equalize the pressure change with depth, so gas-filled spaces are the ones most at risk. The ears, sinuses, and lungs are the parts most affected because they contain air that expands or is compressed as ambient pressure changes. In the ears, the middle ear must balance with the surrounding water pressure through the Eustachian tube. If that tube is blocked, pressure builds, causing pain, possible bleeding, and damage to the eardrum. In the sinuses, similar pressure changes can trap air and irritate or injure sinus membranes. In the lungs, expanding gas during ascent can overinflate delicate lung tissue, potentially leading to pneumothorax or other gas-related injuries. Solid tissues like skin and muscles aren't air-filled, so they don't experience barotrauma in the same way. The heart, liver, brain, or spinal cord aren't the primary targets of barotrauma either, though extreme cases involving air in the bloodstream can occur, they are not the typical presentation.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://adcidivesupervisor.examzify.com

We wish you the very best on your exam journey. You've got this!