

ADCI DIVE SUPERVISOR CERTIFICATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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

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- 1. What record documents depth bottom time and events during the dive?**
 - A. Dive Record Card
 - B. Dive Log
 - C. Equipment Maintenance Log
 - D. Incident Report
- 2. Which statement about cold water and decompression stress is true?**
 - A. Cold water decreases decompression stress
 - B. Cold water has no effect on decompression stress
 - C. Cold water slightly reduces decompression risk
 - D. Cold water increases decompression stress
- 3. Which item is not typically included in a dive log?**
 - A. Dive plan, start/end times, depths, gas usage, hazards, and any incidents.
 - B. The date of the dive.
 - C. Weather forecast for the day.
 - D. The vessel's logbook number.
- 4. Which outcome is most consistent with adhering to ADCI standards?**
 - A. Promotion of safety and standardization in commercial diving
 - B. Unverified competency
 - C. Mixed quality of rescue procedures
 - D. Lack of defined roles
- 5. How can entanglement hazards be mitigated during a dive?**
 - A. Use clean, prepared lines, maintain line awareness, keep tools secured, wear entanglement-safe PPE, and avoid loose debris.
 - B. Use dirty, improvised lines to maximize flexibility.
 - C. Keep lines loose to avoid entanglement at all times.
 - D. Wear loose PPE to allow movement.
- 6. How often should surface-supplied diving equipment be inspected?**
 - A. Before each dive
 - B. After each dive
 - C. Before and after each dive
 - D. Once a week

- 7. What steps should be taken if a diver experiences a medical emergency while in the water?**
- A. Provide medical aid, transport to medical facility, notify the supervisor, and follow emergency medical protocol.
 - B. Ignore.
 - C. Wait until surface beacon.
 - D. Return to the nearest port.
- 8. Who is responsible for ensuring dive logs are accurate?**
- A. The Client Representative
 - B. The Diver
 - C. The Stand-By Crew
 - D. The Dive Supervisor
- 9. What is a 'Permit to Dive' and what elements must it contain?**
- A. A formal authorization to conduct a dive; includes dive profile, risk assessment, controls, permitted tasks, and emergency procedures.
 - B. A permit to bring equipment to site.
 - C. A license to operate a boat.
 - D. A permit to leave the site early.
- 10. In decompression risk management, which action is included?**
- A. Plan decompression stops, use appropriate breathing gas, and maintain controlled ascents.
 - B. Lift all decompression requirements
 - C. Increase ascent rate
 - D. Skip gas planning to save time

Answers

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

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Explanations

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1. What record documents depth bottom time and events during the dive?

- A. Dive Record Card
- B. Dive Log**
- C. Equipment Maintenance Log
- D. Incident Report

Depth, bottom time, and events are the key details that describe what happened on a dive. The Dive Log is the record that captures these specifics for each dive: the maximum depth reached, the total bottom time, and any events that occurred during the dive—such as equipment issues, gas checks or changes, deviations from the plan, or safety stops. Keeping a Dive Log gives you a personal history to review later, helps with planning future dives, and makes it easier to spot trends or address problems with procedures or gear. Other records serve different purposes: a Dive Record Card is typically used for certification or course tracking, an Equipment Maintenance Log tracks servicing of gear, and an Incident Report documents accidents or incidents. So, for documenting depth, bottom time, and events, the Dive Log is the appropriate record.

2. Which statement about cold water and decompression stress is true?

- A. Cold water decreases decompression stress
- B. Cold water has no effect on decompression stress
- C. Cold water slightly reduces decompression risk
- D. Cold water increases decompression stress**

Cold water raises decompression stress because cooler conditions change how nitrogen behaves in the body. Lower water and tissue temperatures increase nitrogen solubility, so more nitrogen dissolves into tissues during the dive. At the same time, cold-induced peripheral vasoconstriction reduces blood flow to the extremities, slowing the removal of that dissolved gas. When you ascend and pressure drops, the stored nitrogen has a greater tendency to come out of solution as bubbles, increasing the risk of decompression sickness. The added physiological strain of cold exposure, like shivering, can further contribute to overall stress on the body during ascent. So cold water actually raises, not lowers, decompression stress.

3. Which item is not typically included in a dive log?

- A. Dive plan, start/end times, depths, gas usage, hazards, and any incidents.
- B. The date of the dive.
- C. Weather forecast for the day.
- D. The vessel's logbook number.**

Documenting a dive focuses on what happened during that specific dive and the resources used, so the log should record the date, the planned dive and the actual start and end times, depths reached, gas usage, any hazards encountered, and any incidents. These details help with safety, training, and future planning by showing how the dive unfolded and what was consumed or encountered. The vessel's logbook number, however, is tied to the boat's overall operations and administrative records, not to a particular dive. It belongs in the vessel's own paperwork, not in the dive log. Weather forecasts might be consulted for planning, but they are not typically an entry in the dive log itself, which concentrates on actual dive details rather than forecast information.

4. Which outcome is most consistent with adhering to ADCI standards?

- A. Promotion of safety and standardization in commercial diving
- B. Unverified competency
- C. Mixed quality of rescue procedures
- D. Lack of defined roles

Following ADCI standards provides a framework that emphasizes safety and consistency in commercial diving operations. These standards lay out required training, documented competency, equipment and inspection protocols, standardized operating procedures, and rescue/evacuation planning. When teams follow them, practices become uniform, safety margins are clearer, and responses to emergencies are predictable across crews. That alignment is why the outcome described—promotion of safety and standardization—is the best fit for adhering to ADCI standards. The other possibilities reflect conditions that would occur if standards weren't followed, such as unverified competency, variable rescue procedures, or undefined roles.

5. How can entanglement hazards be mitigated during a dive?

- A. Use clean, prepared lines, maintain line awareness, keep tools secured, wear entanglement-safe PPE, and avoid loose debris.
- B. Use dirty, improvised lines to maximize flexibility.
- C. Keep lines loose to avoid entanglement at all times.
- D. Wear loose PPE to allow movement.

Entanglement hazards come from anything that can snag on gear, lines, or the environment as you move. Using clean, prepared lines gives you predictable, snag-free pathways so you're not surprised by unexpected catches. Maintaining line awareness means you're always mindful of where lines and tethers run relative to you and your buddy, reducing the chance of crossing or looping them around limbs or equipment. Securing tools and choosing entanglement-safe PPE minimizes dangling items that could snag on reef, structure, or gear. Keeping debris and loose gear out of the working area further lowers snag sources. Dirty or improvised lines, lines left loose, or loose PPE increase the risk of entanglement, so disciplined line management and proper stowage are essential for safer diving.

6. How often should surface-supplied diving equipment be inspected?

- A. Before each dive
- B. After each dive
- C. Before and after each dive
- D. Once a week

Inspecting surface-supplied diving gear both before and after each dive ensures readiness and catches issues that could affect safety. Before the dive, you confirm the gas supply is correct and uncontaminated, hoses and connections are secure, regulators and emergency devices function, the helmet or hood, suit, and communications are in good condition, and the umbilical is intact with no leaks. You also perform a quick functional test and leak check and verify that backup gas and emergency procedures are ready. After the dive, you look for any signs of damage, wear, corrosion, loose fittings, leaks, or contamination that may have occurred during use, and you document findings so equipment can be repaired or replaced before the next dive. This approach protects the diver by ensuring the gear is safe both for immediate use and for continued use, whereas inspecting only once a week or only before or after a dive could miss problems that arise during operation.

7. What steps should be taken if a diver experiences a medical emergency while in the water?

A. Provide medical aid, transport to medical facility, notify the supervisor, and follow emergency medical protocol.

B. Ignore.

C. Wait until surface beacon.

D. Return to the nearest port.

When a diver experiences a medical emergency in the water, the priority is to act quickly using the dive operation's emergency action plan: stabilize the diver, provide appropriate first aid, and get professional care as soon as possible while coordinating surface support. Begin medical aid immediately, monitor vital needs, manage airway, breathing, and circulation, and treat injuries as needed. Arrange transport to a medical facility so the diver can receive definitive care, whether that means a surface pickup, a boat transfer, or medevac arrangements as available. Notify the supervisor right away so on-site resources can be mobilized, the incident is coordinated, and proper documentation can be started. Follow the established emergency medical protocol to keep actions consistent with training and safety standards. Ignoring the emergency, waiting for a surface beacon before acting, or returning to port without activating the plan can waste critical time and put the diver at greater risk.

8. Who is responsible for ensuring dive logs are accurate?

A. The Client Representative

B. The Diver

C. The Stand-By Crew

D. The Dive Supervisor

Accurate dive logs provide a trustworthy record of what happened during the operation, including times, depths, gas usage, decompression, equipment status, safety checks, and any issues. The Dive Supervisor has the overall responsibility for the dive operation and for the documentation, which includes ensuring the logs truly reflect what occurred. They review entries for consistency with the dive plan and safety procedures, address any discrepancies, and sign off as the authorized person certifying the record. While the diver may contribute data and the standby crew supports safety, the client representative oversees contractual aspects, the duty to ensure the log's accuracy sits with the Dive Supervisor.

9. What is a 'Permit to Dive' and what elements must it contain?

- A. A formal authorization to conduct a dive; includes dive profile, risk assessment, controls, permitted tasks, and emergency procedures.**
- B. A permit to bring equipment to site.
- C. A license to operate a boat.
- D. A permit to leave the site early.

A Permit to Dive is the formal authorization that a dive may proceed, driven by careful planning and safety measures. It records the agreed plan so everyone involved knows what will be done, what hazards exist, and how they will be controlled. The key elements it must contain are the dive profile, the risk assessment, the controls, the permitted tasks, and the emergency procedures. The dive profile specifies the planned depth, bottom time, entry and exit points, and any ascent or decompression considerations. The risk assessment identifies hazards such as currents, visibility, entanglement, gas management, equipment failures, and environmental factors, along with the controls in place to mitigate them (engineering and administrative measures, standby personnel, communication methods, and contingency plans). The controls outline what must be in place to proceed safely, including equipment checks, gas plans, redundancies, and clear responsibilities. The permitted tasks define the exact scope of work allowed under the permit and any limitations or exclusions. The emergency procedures provide the action plan for potential incidents, including recall, rescue procedures, communication protocols, and emergency contacts. This combination ensures the dive is intentionally planned, hazards are managed, and everyone understands what is allowed and how to respond if something goes wrong. The other options describe unrelated permits and do not capture the purpose or required content of a Dive Permit.

10. In decompression risk management, which action is included?

- A. Plan decompression stops, use appropriate breathing gas, and maintain controlled ascents.**
- B. Lift all decompression requirements
- C. Increase ascent rate
- D. Skip gas planning to save time

Decompression risk management relies on giving your body time to offgas inert nitrogen as you ascend, which is achieved by three integrated actions: planning and executing decompression stops, using an appropriate breathing gas for the dive profile, and maintaining a slow, controlled ascent. Decompression stops provide scheduled pauses where offgassing can occur at safe depths, preventing rapid bubble formation. Choosing the right breathing gas ensures you stay within safe oxygen and inert gas partial pressures throughout the climb and deco phases, enabling effective offloading without oxygen toxicity or hypoxia. A controlled ascent rate prevents sudden pressure changes that could drive bubble growth and worsen decompression sickness risk. Skipping gas planning, ignoring decompression requirements, or ascending too quickly disrupts these safeguards and markedly increases the chance of decompression injuries.

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!

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