Terminology:
- Buddy Breathing: Breathing while both bottles are operating with air
- Shared Air: Breathing while 1 bottle is operational
- Trans Fill: Equaling pressures

Alternate Breathing Techniques:
- Kominsky tube
- Regulator
- Mask

Emergency Procedures Overview

Demonstrations:
- Maneuvering through a stud space
  - Backstroke
  - Superman
- Doffing the pack through confined area
- Maneuvering through entanglement hazards

Breathing Techniques:
- Triangular Breathing Technique
  - Inhale for 4 sec.-Hold for 4 sec.-Exhale for 4 sec.
- Square Breathing Technique
  - Inhale for 4 sec.-Hold for 4 sec.-Exhale for 4 sec.-Hold for 4 sec.
Exhale

Each at 4 sec.

Inhale

Hold

Each at 4 sec.

Exhale

Hold

Hold