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Please find details for the technical diver programmes.

## RECREATIONAL / TEK LITE TRAINING



### OC / CCR ESSENTIALS (Fundamentals) (\* Instructor Training available\*)

This course is ideal for entry Level divers seeking to prepare themselves for advanced diver training and also advanced divers that may want to extend their abilities. Unless you have already done the Essentials (or similar) programme, we guarantee that you will be a better diver after participating in this course. The techniques and knowledge learned during this class prepare ALL divers for more advanced diving. It is an excellent base programme for all levels of Open and Closed Circuit diving in open water and overhead (cave, wreck, ice) environments.

Along with buoyancy, trim and drag we will perfect your propulsion skills like frog kicking, reverse finning and helicopter turns. This course doesn't qualify divers for deeper dives, but it is strongly recommended for all divers wishing to increase skill competency.

This course can therefore be completed using a single tank (we will show you how to configure your rig using a 2 metre hose), standard twinset, sidemount or CCR. Whatever you dive; we will enhance your skills.

Completion of this programme *MAY* be used as credit on further training (on certain programmes) in terms of time (and cost) commitment. This course can be combined with any other technical diver programme offered.

The course focuses on 4 key areas plus in water development:

1. Mental & Physical.
2. Gear Configuration, Buoyancy & Swimming Techniques.
3. Understanding Anatomy & Physiology.
4. Mental Skills Development for Enhanced Dive Safety.

### What do I need to start?

- Open Water Diver or an entry level CCR qualification if using CCR.
- Minimum age 15

### Course Duration

- 3 days

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## **SELF SUFFICIENT DIVER (solo - twinset program)(\* Instructor Training available\*)**

One of the most popular courses, the solo diver program teaches experienced recreational divers how to safely dive independently of a dive buddy or strengthen your buddy team skills. The course stresses on proper dive planning, personal limitations, accident prevention as well as the benefits, hazards, and proper procedures for diving solo.

You will also learn the additional equipment that is required for solo diving including its proper usage and assembly. This is the perfect course for underwater photography and underwater video divers.

### **What do I need to start?**

- Advanced Open Water, Deep Diver and Nitrox Diver (or equivalent)
- Minimum age 18
- 25 logged open water dives

### **Course Duration**

- 2 days



## **OPEN WATER SIDEMOUNT DIVER (\* Instructor Training available\*)**

The purpose of this course is too:

Familiarize the diver with the techniques, equipment and mindset required for Sidemount diving.  
Enable divers to proficiently assemble and use Sidemount equipment.  
Teach divers the proper techniques to safely conduct dives that warrant the use of Sidemount equipment.

### **What do I need to start?**

- Must be qualified as an Open Water Diver or equivalent
- Minimum age 18

### **Course Duration**

- 2 days



## **OPEN WATER TECHNICAL DPV DIVER**

The course trains the diver in the safe operation of diver propulsion vehicles, firstly in the open water to develop skills then in the cave environment to put the learnt skills in to practice. The course covers emergency procedures including DPV failure, diver tows and gas shares whilst using DPV's

### **What do I need to start?**

- Advanced Nitrox Diver
- 25 logged open water dives
- Minimum age 18

### **Course Duration**

- 2 days



## **ADVANCED NITROX 42m (entry level tec) (\* Instructor Training available\*)**

This course teaches divers to use EAN nitrox 21% to 40% for the bottom phase of the dive and up to 100% for the decompression phase. This course deals with planning, kit configuration and execution of decompression dives to a max depth of 42 metres with max 15 minutes accelerated decompression.

### **What do I need to start?**

- Advanced Open Water, Deep Diver and Nitrox Diver (or equivalent)
- Minimum age 15
- 30 logged open water dives

### **Course Duration**

- 4 days



## **ADVANCED RECREATIONAL TRIMIX 51m (entry level tec) (\* Instructor Training available\*)**

This is the new alternative to advanced nitrox (and decompression procedures). The course teaches the safe use of air, nitrox, oxygen and trimix. Trimix is a specific mix of Oxygen, Helium and Nitrogen. When used correctly it removes the narcotic effect put on a diver when breathing air at depth. This is a massive bonus for a technical diver. Trimix use is limited to an O2 content of at least 25%, with a Narcotic Depth no greater than 24 metres and high Nitrox mixes for decompression.

This course deals with planning, kit configuration and execution of decompression dives to a max depth of 51 metres with max 15 minutes accelerated decompression.

### **What do I need to start?**

- Advanced Open Water, Deep Diver and Nitrox Diver (or equivalent)
- Minimum age 15
- 30 logged open water dives

### **Course Duration**

- 4 days

## **OPEN CIRCUIT TECHNICAL TRAINING**



## **NORMOXIC TRIMIX DIVER 60m / NORMOXIC TRIMIX DIVER PLUS 70m (mid level tec)**

The normoxic Trimix programme allows the use of trimix with a minimum content of 18% Oxygen to 60 metres, or 70m (plus). Up to two decompression gasses can be utilised for staged decompression.

### **What do I need to start?**

- Advanced Nitrox with Decompression Procedures or Advanced Recreational Trimix Certification (or equivalent)
- Minimum age 18
- Rescue Diver
- 100 logged dives

### **Course Duration**

- 4 days (60m) - 5 days (70m)
- 2 days (60m to 70m upgrade)

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## **TRIMIX DIVER 100m (advanced level tec)**

This course provides the training required to competently and safely complete extreme depth (maximum 100 metres) dives using hypoxic (lower than 18%) trimix and accelerated decompression. Up to 3 decompression stages containing various mixes of Trimix, Triox, Nitrox and Oxygen can be used.

### **What do I need to start?**

- Technical/Normoxic Trimix Diver or equivalent
- Minimum age 18
- 200 logged open water dives

### **Course Duration**

- 5 days

## **OVERHEAD ENVIRONMENT TRAINING**



### **OC CAVERN DIVER / LIMITED MINE DIVER (entry level overhead)**

This course teaches the basic principles for diving in the overhead environment. Basic light, line and buoyancy skills are taught

### **What do I need to start?**

- Advanced Open Water or equivalent
- Minimum age 15
- 10 logged open water dives

### **Course Duration**

- 3 days



### **OC / CCR INTRO CAVE DIVER / INTRO MINE DIVER (mid level overhead)**

For Sport Divers looking for an introduction to the world of cave diving, the Intro Cave Diver program is the perfect place to start.

The Intro Cave Diver program is designed to develop the divers' skills to allow diving beyond the cavern zone of cave overhead environment. It introduces the diver to self sufficiency skills utilising isolation manifold twin sets and dual outlet cylinders, line following, line laying and emergency procedures. The program can be run as a continuous course in conjunction with the Cavern Diver program.

Intro Cave Divers are qualified to dive on the main line of caves within the safe limits of their gas supply. Divers trained in the use of doubles are qualified to use them within the cave environment providing the rule of 1/6ths is strictly adhered to.

### **What do I need to start?**

- Cavern Diver or equivalent
- Minimum age 15
- 40 logged open water dives

### **Course Duration**

- 3 days

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### **OC CAVE / MINE DIVER (advanced level overhead)**

The Full Cave Diver program is designed to take the diver through all training necessary to plan and conduct dives in the cave diving environment.

Throughout the program, the emphasis is placed on developing the diver's equipment configuration, buoyancy control and propulsion techniques to enable safe and efficient cave dives to be made. Line following, line laying and use of reels are covered extensively as are safety skills such as isolation manifold use, gas shares and light failure drills. A major part of the course is the development of team diving procedures and communication.

#### **What do I need to start?**

- Intro Cave Diver or equivalent (this can be combined)
- Minimum age 18
- 100 logged open water dives

#### **Course Duration**

- 4 days



### **CCR CAVE / MINE DIVER (advanced level overhead)**

The CCR Cave Diver program follows the Full Cave Diver program but adapted to the specific needs of the qualified CCR diver. The program trains the diver in the procedures and techniques required to plan and execute safe cave dives using a Closed Circuit Rebreather.

The program is designed to take the diver through all training necessary to plan and conduct dives in the cave diving environment using a closed circuit rebreather. The emphasis is placed on developing the diver's equipment configuration, buoyancy control and propulsion techniques to enable safe and efficient cave dives to be made.

Line following, line laying and use of reels are covered extensively as are safety skills such as CCR failure management, light failure and lost line drills. A major part of the course is the development of team diving procedures and communication.

#### **What do I need to start?**

- CCR Diver MOD1
- Minimum age 18
- 100 logged open water dives

#### **Course Duration**

- 4 days



### **OC / CCR ADVANCED CAVE DIVER (advanced level overhead)**

The pinnacle of cave diver training. The Advanced Cave diver program consists of distinct modules which can be conducted back to back, or individually...

- Multiple Stage Diving - The course extends the cave divers cave penetration capabilities by the use of staging multiple cylinders throughout the planned inward swim. The emphasis is on gas management planning and emergency procedures.

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- DPV Diver - The course trains the diver in the safe operation of diver propulsion vehicles, firstly in the open water to develop skills then in the cave environment to put the learnt skills in to practice. The course covers emergency procedures including DPV failure, diver tows and gas shares whilst using DPV's

The DPV Diver course may be run as a module of the IANTD Advanced Cave program in the cave environment or in the Open water environment as a standalone course.

### What do I need to start?

- Full Cave Diver or equivalent
- Minimum age 18
- 25+ logged cave dives

### Course Duration

- 3 days

## CLOSED CIRCUIT REBREATHER TRAINING



### CLOSED CIRCUIT REBREATHER MOD 1

This programme trains divers to safely use Closed Circuit Rebreathers to a maximum depth of 42 metres if using air as Diluent or to 51 metres if using Trimix (IANTD Programmes only) as diluent with 15 minutes maximum decompression.

Training involves all aspects of diving the rebreather safely including understanding rebreather design, oxygen management and control.

Divers will also manage basic rebreather failures, buoyancy, propulsion, trim, drag, bailout scenarios and basic rescue techniques.

This course is aimed at specific units only. It is not a generic CCR programme. We do offer cross over programs for divers already qualified to use a CCR

### What do I need to start

- Advanced Nitrox Diver or equivalent

### Course Duration

- 5 days



### CLOSED CIRCUIT REBREATHER MOD 2

The IANTD Normoxic Trimix CCR Diver program takes the diver to the next step in their closed circuit training to cover decompression diving in the extended range using a normoxic trimix diluent.

Building on the closed circuit procedures learnt in the IANTD CCR Diver program, you will gain the skills and knowledge to extend your closed circuit diving safely. A significant part of the course covers the bailout equipment and procedures necessary to take the diver into the extended range environment whilst using closed circuit equipment.

The knowledge and skills taught in the IANTD Normoxic Trimix CCR Diver program qualify divers to perform closed circuit trimix dives to a maximum depth of 60m or 70m (plus).

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### **What do I need to start**

- CCR MOD1
- 25 CCR Dives, 50 CCR Hours

### **Course Duration**

- 4 days (60m) - 5 days (70m)
- 2 days (60m to 70m upgrade)



### **CLOSED CIRCUIT REBREATHER MOD 3**

The IANTD Trimix Closed Circuit Rebreather Diver program trains experienced divers to use a closed circuit rebreather in the full trimix depth range. The program concentrates on the bailout requirements and planning to dive safely in this environment.

The knowledge and skills taught in the IANTD Trimix CCR Diver program qualify divers to perform closed circuit trimix dives to a maximum depth of 100m.

### **What do I need to start**

- CCR MOD2
- 100 CCR Dives

### **Course Duration**

- 5 days



**Please note that prices and general information is subject to change without prior notice.  
Please confirm all details with Ian France Technical prior to enrolling on your programme.**

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