



DRY SUIT COURSE

****CAUTION - Beware of overheating when out of the water****

OBJECTIVES To provide instruction on the use of the various patterns of Dry Suit now available to sports divers.

DURATION A One Day Course.

QUALIFICATION REQUIRED Minimum Elementary Diver standard.

QUALIFICATION AWARDED Qualification Book Certificate.

LECTURES

1 Advantages/disadvantages of neoprene, membrane, and standard N.A.T.O. pattern dry suits.

2 Dry suit control systems.

3 The effects of pressure.

4 Dry suit squeeze, Buoyant Ascent and Air Migration.

(TIME for 1. to 4. = 1 hour.)

BREAK for 15 mins.

5 a) Buoyancy aids: (ABLJ/lifejackets, stab jackets).

b) Buoyancy at depth.

c) Maintaining and correcting attitude.

d) Correct weighting - use of weight belt/ankle weights.

(TIME for 5. = ½ hour.)

POOL/TRAINING AREA - max. depth 4.5 metres (15')

6 a) Students, under supervision of Course instructors) to don allotted dry suit and vent using approved methods, fit ABLJ/life jacket/stab jacket and weightbelt.

b) Enter water - carry out full venting of suit.

c) Achieve neutral buoyancy.

d) Swim 15 metres breaststroke and 15 metres on back.

e) Carry out head and feet first diving techniques.

f) Orally inflate ABLJ/lifejacket/stab jacket or if applicable, dry suit. Follow by deflation.

g) Fit basic equipment.

h) Fin 30 metres on surface.

i) Fin 30 metres submerged

(TIME for 6. = 1½ hour.)

7 BRIEFING - Buoyancy changes/inversion.

(TIME for 7. = ½ hour.)

EQUIPMENT - DRY SUIT AND FULL DIVING EQUIPMENT

Demonstration of attitude control by Instructor.

(TIME for 8 = ½ hour.)

9. POOL DRILL FOR TRAINEES

- a. Don suit, fit diving equipment under direction of instructor.
- b. Vent suit prior to entering water.
- c. Enter water and fully vent suit, achieving correct buoyancy.
- d. Dive to 4 metres. Counteract loss of buoyancy by suit inflation to give neutral buoyancy. Vent suit and surface.
- e. REPEAT TO SATISFACTION OF INSTRUCTOR.
- f. Over inflate on surface. Regain attitude by the approved methods, as shown in demonstration.
- g. Achieve head-down attitude on surface. Correct by approved methods, as shown in demonstration. REPEAT TO SATISFACTION OF INSTRUCTOR.
- h. Share an aqualung in a HORIZONTAL and VERTICAL position whilst achieving neutral buoyancy control. REPEAT TO SATISFACTION OF INSTRUCTOR.

(TIME for 9 = 45 mins.)

10. DE-BRIEF

(TIME for 10 = 15 mins.)

OPEN WATER DIVE Equipment - Dry Suit and full S.C.U.B.A

11. Dive

(TIME for 11 = 1 hour.)

12. De-Brief Remove Dry Suit.

(TIME for 12 = 15 mins.)

LECTURES

13. Care and maintenance of Dry Suits and associated equipment.

(TIME for 13 = 20 mins.)

14. MULTIPLE CHOICE EXAM - Pass Mark must be 60%.

(TIME for 14 = 30 mins.)

15. Course Discussion.

(TIME for 15 = 20 mins.)

End of Course - Thank you for your interest and attendance.

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