

DIVER STRESS and RESCUE



Get The **SSI/Edge!**
Because
The Proper
Stress & Rescue
Training Can
Prevent
Accidents

signs of stress, know how to deal with stress in the water and how to prevent it. Must know the proper equipment to perform a water rescue both on the surface and underwater with SCUBA.

Cost of the class includes: STRESS & RESCUE certification, c-card, diploma, patch, two theory classes, 2-pool sessions and 2-open water dives, tanks-air fills.

Purchase seperatly: **SSI DIVER STRESS AND RESCUE KIT w/DVD**

Of all the specialty classes that we teach this is the one that **every diver should take!** You will learn what stress is and how to recognize it in yourself as well as your dive buddy. Once detected you will learn how to deal with stress so it is reduced or eliminated. The rescue side of the class deals accident management , skills needed to deal with panicked divers and rescues. The class is taught in six modules, with plenty of practical hands on confidence building techniques that develop self control. You will not want to miss this class.

DIVER STRESS AND RESCUE

As the diversity among divers grows, so must our teaching practices. The keys to being a safe and competent diver are the proper use of equipment, comfortable performance of basic skills, and experience. Comfort and competence come with experience, and safety can be further ensured by learning how to take precautions against certain dive-related anxieties and the accidents that could possibly result from them.

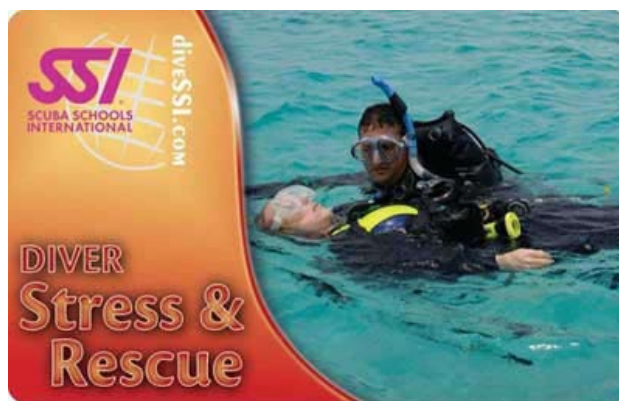
During this class we will first analyze what causes stress, and then what causes diver stress in particular. We will also discuss how a normal dive may turn into a rescue situation, and more important, how to prevent that from happening in the first place. This class is a prerequisite for the DIVECON (DIVE CONTROL SPECIALIST) program. STRESS and RESCUE is very rewarding no matter what experience level you are at.

Requirements for STRESS & RESCUE class: candidate must be 15 years old, have SCUBA certification from any recognized training agency, have current CPR card, complete manual and work book assignments, theory, pool and open water classes. Candidate should be able to identify 12 ways stress can be created in divers, be able to recognize 5

COST:
STRESS & RESCUE CLASS \$230.00
DEPOSIT \$50.00
PURCHASE SEPERATELY
Student kit w/ dvd 54.95

Dates:
August 28STRESS THEORY
August 28 RESCUE THEORY
September 11POOL OBSERVATION,
September 11POOL PRACTICE
September 18.OPEN WATER OBSERVATION
September 18OPEN WATER RESCUE DIVES

INSTRUCTOR: _____



DONOVAN'S

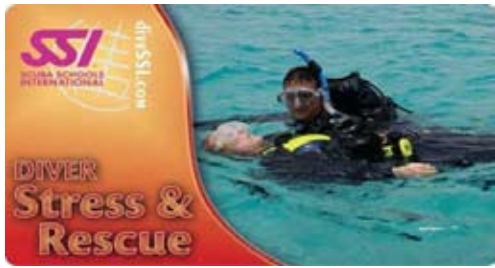
HOBBY AND SCUBA CENTER

3813 S Western Ave

Sioux Falls, SD 57105

800-279-6945, 605-338-6945

www.donovanshsc.com



STRESS and RESCUE

CLASS PREPARATION

Step one: preregister for class, pay deposit \$50, purchase student kit and dvd \$54.95.

Total class cost \$230.00 + 54.95 student kit = \$284.95

Stress Theory: August 28, 9:00 AM to 12:00 noon, Donovan's Hobby & SCUBA

Preparation for class: watch stress portion of DVD, read chapters 1-3 and complete chapter review questions, transfer answers to answer sheets. Lecture covers recognition, causes of stress as well as ways to reduce or eliminate stress.

Rescue Theory: August 28, 1:00 to 3:00 PM Donovan's Hobby & SCUBA

Preparation for class watch rescue portion of DVD, read chapters 4-6 and complete chapter review questions, transfer answers to answer sheets. Lecture covers rescue material, scene evaluation, causes of accidents as well as ways to reduce or eliminate accidents.

Third class: September 11, 3:15-7: PM, YWCA

Observation of new students in first pool class for signs of stress and possible rescues. Review of stress class materials, in pool self aid skills, buddy aid skills, stress skills, buddy aid & assistance skills

Fourth class: September 11, 3:15-7: PM, YWCA

Review of rescue class materials. In pool rescue skills: self rescue SCUBA skills update, buddy skills review, underwater, surface and unconscious diver rescues

Fifth class: September 18, Lake Francis Case, Pickstown, SD

Observation of new entry level scuba class, looking for signs of stress and possible rescues. Open water practice of all skills previously covered in pool classes. Additional materials will be the use of surface communication equipment to aid diver in searching for lost buddy or objects to be recovered.

Equipment that you will need to supply: insulation to suit you, for pool class 84 degree water, for open water 58 degree water, buoyancy compensator, regulator with octopus, tank pressure gauge, depth gauge or computer, compass, (we will supply tanks and air fills, NITROX fills are extra, weights, mask, fins, snorkel, line reel or dive flag rope or reel with at least 150' of line. Log book, dive tables, neuro exam table and pen. (Not required but a good things to have, DAN Insurance and an Oxygen kit).