

BSAC Extended Range Diving

AIM

- To promote more efficient, successful and safe deep diving techniques.
- To encourage a responsible and flexible approach to extended range diving.
- To identify the areas of potential problem, discuss the possibilities of management and resolution in practice. To provide a pool of information from which may be selected whatever is achievable and relevant to any specific extended range dive being considered.

DURATION

Three days – see Note 1

ENTRY GRADE

BSAC Sport Diver + 20 dives with BSAC Advanced Nitrox Diver qualification, or equivalent Nitrox qualification from another agency.

INSTRUCTORS

This course is run only by the BSAC Coaching Scheme or by selected BSAC Schools. This course must be lead by an Approved Extended Range Diving Instructor, assisted either by other Approved ERD Instructors or NQIs seeking such approval - see Note 3. The number of 'Assistant Instructors' must not exceed the number of Approved ERD Instructors. A register of Approved ERD Instructors is maintained by the Chief Examiner / BSAC HQ.

Ratio: One Instructor for every four students for Dives 1 and 2: one Instructor for every two students on Dive 3.

FACILITIES

Suitable classroom with teaching aids for formal presentations. Suitable shallow water dive site (10m maximum) for Dive 1. Dive site with 20m maximum for Dive 2. Suitable dive platform (boat) for Dive 3, with maximum depth to 50m. (dependant on students' abilities). Equipment and materials for classroom and practical sessions, as detailed in ERD Course Instructor Notes – see Note 2.

APPROVAL

Skill Development Course Approval Procedure applies.

QUALIFICATION

Course Certification will be issued by BSAC HQ after the event.

SYLLABUS

Instructor Briefing

Assemble, Introductions, Administration

1. Theory Lesson - **An Introduction to Extended Range Diving** - 15 minutes
 - What is ERD?
 - Why do it?
 - What does it require
 - The BSAC ERD Course
2. Theory Lesson - **Personal Preparation for Extended Range Diving** - 60 minutes
 - Awareness, responsibility, attitude
 - Training, self-reliance, physical and mental preparation

- Managing stress, coping with narcosis
- 3. Theory Lesson - **Decompression Diving** - 45 minutes
 - Tools – Tables, PC Software, Dive Computers >
 - Run Time Management
 - Rich Nitrox mixes, Oxygen Tracking
 - Good Decompression Practice
- 4. Group Practical - **Decompression Planning** - 30 minutes
- 5. Theory Lesson - **Personal Equipment** - 45 minutes
 - Bottom Gas Systems
 - Decompression Gas Systems
 - Combining systems
 - Configuring Regulators and Gauges
 - Buoyancy Compensators
 - Diving Suits
 - Support Equipment
 - Surface Survival
 - Equipment Rigging and Configuration
- 6. Group Practical - **Personal Equipment Preparation** - 45 minutes
- 7. Practical - **Dive 1** - 180 minutes

DAY 2

- 8. Theory Lesson - **Group Equipment** - 30 minutes
 - The Platform: Hard Boats, RIBs; Liaison with skipper
 - Decompression Systems
- 9. Theory Lesson - **Extended Range Dive Planning** - 30 minutes
 - Dive Team Agreements
 - Dive Planning
 - Support Divers
 - Emergency / Contingency Plans
- 10. Group Practical - **Practical Dive Planning** - 90 minutes
- 11. Practical - **Dive 2** - 240 minutes
- 12. **Dive Debrief, Open Forum** - 30 minutes

DAY 3

- 13. Practical - **Dive 3** - 8 hours
- 14. **Open Forum and Course Debrief** - 20 minutes
 - Issue Student Packs
 - Enter student details onto SDC / Report form

Disperse