



Sidemount Diver

Course Instructor: Al Schumer, Northwest Diving Institute (www.nwscuba.org)

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Course Type: Sidemount Diver

Course Tuition: \$295.00 **Required Text:** None

Session One

Session Type: Classroom **Session Location:** Dive Center

Session Date: Friday, October 15, 2010 **Session Time:** 6:00 PM

Specifics: We'll start in the classroom going over required paperwork and discussing the theoretical aspects of sidemount diving along with its benefits and drawbacks. After going over the course's dive schedule, we'll then head to the pool deck for a practical application in equipment setup and Training Dive One.

Session Two

Session Type: Beach or Pool **Session Location:** Dive Center

Session Date: Friday, October 15, 2010 **Session Time:** After Interval

Specifics: We'll meet at the beach or pool deck with all our sidemount gear and review proper sidemount rigging. Then, working in teams, you will assemble your gear in the appropriate configuration and present them for instructor review.

We'll then suit up and enter the shallow area ready to begin Training Dive One.

Session Three

Session Type: Open Water **Session Location:** Dive Center

Session Date: Friday, October 15, 2010 **Session Time:** After Interval

Specifics: Training Dive One is conducted in up to 30' of water using air or enriched air and comprises the following skills:

- Shallow water entry

- Proper donning of cylinders
- Pre-dive safety check (sidemount-specific BWRAF)
- Proper weighting
- Descent and bubble checks
- Neutral buoyancy hovering
- Regulator free-flow – valve shutdown
- Out of gas – long hose receiver
- Out of gas – long hose donor
- Shallow water exit

We'll then break for the night and meet back the next day at the beach for Training Dives Two and Three.

Session Four

Session Type: Open Water **Session Location:** Alki Beach

Session Date: Saturday, October 16, 2010 **Session Time:** 6:00 PM

Specifics: Training Dive Two is conducted in up to 100' of water using air or enriched air and comprises the following skills:

- Shore-based water entry
- Proper donning of cylinders
- Pre-dive safety check (sidemount-specific BWRAF)
- Proper weighting
- Descent and bubble checks
- Neutral buoyancy hovering
- Regulator free-flow – valve shutdown
- Out of gas – long hose receiver
- Out of gas – long hose donor
- Shore-based water exit

We'll then break and debrief before moving on to training Dive Three.

Session Five

Session Type: Open Water **Session Location:** Alki Beach

Session Date: Saturday, October 16, 2010 **Session Time:** After Interval

Specifics: Training Dive Three is conducted in up to 100' of water using air or enriched air and comprises the following skills:

- Boat-based water entry

- Proper donning of cylinders
- Pre-dive safety check (sidemount-specific BWRAF)
- Proper weighting
- Descent and bubble checks
- Neutral buoyancy hovering
- Regulator free-flow – valve shutdown
- Out of gas – long hose receiver
- Out of gas – long hose donor
- Adjusting cam bands to improve trim
- Proper cylinder position for cave and wreck diving
- Shore-based water exit

We'll then debrief and break for the night meeting back the next day at the beach for Training Dive Four.

Session Six

Session Type: Open Water **Session Location:** Alki Beach

Session Date: Sunday, October 17, 2010 **Session Time:** 6:00 PM

Specifics: Training Dive Four is conducted in up to 100' of water using air or enriched air and comprises the following skills:

- Live-boat based water entry
- Proper donning of cylinders
- Proper donning of deco/stage cylinders (tec students only)
- Pre-dive safety check (sidemount-specific BWRAF)
- Proper weighting
- Descent and bubble checks
- Neutral buoyancy hovering
- Regulator free-flow – valve shutdown
- Out of gas – long hose receiver
- Out of gas – long hose donor
- Donning and removing deco/stage cylinders (tec students only).
- Live-boat based water exit

We'll then break down our gear and grab a snack while doing certifications.

Final Session

Session Type: Certification **Session Location:** Alki Beach

Session Date: Sunday, October 17, 2010 **Session Time:** After Interval

Specifics: Congratulations! You are now a certified Sidemount Diver. We'll do log books and certification paperwork over some food and discuss future dive plans.

Equipment Required for this Course

Item 1: [See Detailed List](#)

Equipment Recommended for this Course

Item 1: [DAN Insurance](#) Item 2: [Dive Computer](#) Item 3: [Dive Light](#)

NOTES: This course teaches an alternative method of equipment configuration primarily for technical divers doing deep wreck and cave penetrations, but also recreational divers seeking the safety of redundant air systems, lower out-of-water equipment weight, and faster trim times. All sidemount manufacturer configurations are supported. Please contact Al Schumer prior to making any significant purchases for help and advice.

