



Deep Diver

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

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Course Type: Deep Diver

Course Tuition: \$175.00 **Required Text:** [Deep Diver Specialty Manual](#)

Session One

Session Type: Orientation **Session Location:** Alki Beach

Session Date: Saturday, October 30, 2010 **Session Time:** 8:00 AM

Specifics: We'll meet at the Alki Crab & Fish Company to complete the necessary paperwork and go over the knowledge reviews, which include the following topics: reasons why people deep dive, deep diving objectives, the definition of recreational deep diving, optimal depth limits for recreational divers, important information and decisions about deep diving personal depth limits; proper equipment for the demands of deep diving, essential specialized deep diving equipment, surface support stations, and important guidelines for using dive computers; buddy contact and neutral buoyancy deep diving techniques, proper deep diving descents and ascents, deep diving breathing techniques, deep diving low or out-of-air situations, maintaining stop depth with and without a reference, required safety stops and emergency decompression, and deep drift and wall dives; deep diving narcosis, symptoms and signs of narcosis, factors affecting the onset and intensity of narcosis, the prevention of and dealing with narcosis at depth; and, the definition of decompression sickness; symptoms, signs and predisposing factors toward decompression sickness, avoiding decompression sickness, and emergency care for a diver suspected of having decompression sickness.

We'll then head to the beach and gear up for our dives of the day.

Session Two

Session Type: Open Water Dive **Session Location:** Cove Two, Alki Beach

Session Date: Saturday, October 30, 2010 **Session Time:** After Interval

Specifics: We'll brief, conduct and debrief our first dive of the day emphasizing the following topics: execute a descent using a reference as a tactile or visual guide (line, wall or sloping bottom); compare the amount of time needed to complete a task on the surface and at depth; compare your own depth gauge to your instructor's and/or other student diver's depth gauges; use a depth gauge and timing device (or a decompression computer with an ascent-rate indicator) to measure an ascent rate not to exceed 60 feet per minute; and perform a 3-minute safety stop at 15 feet before surfacing.

The maximum depth for this dive will be 100 feet.

Session Three

Session Type: Open Water Dive **Session Location:** Cove Two, Alki Beach

Session Date: Saturday, October 30, 2010 **Session Time:** After Interval

We'll take a minimum surface interval during which we'll swap out tanks and enjoy a warm snack.

Specifics:

We'll then brief, conduct and debrief our second and last dive of the day emphasizing the following topics: execute a "free" descent using a reference line, wall or sloping bottom as a visual guide only; describe and record the changes that occur to three pressure-sensitive items while at depth; perform a navigation swim with a compass away from, and back to, the anchor of the reference line (one diver navigates away from, the other navigates back to, the reference line for a distance of between 10 and 20 kick cycles, depending on visibility); perform an ascent using a reference line, wall or sloping bottom as a visual guide only; use depth gauge and timing device (or decompression computer with ascent-rate indicator) to measure an ascent rate not to exceed 60 feet per minute; and, perform a 3-minute safety stop at 15 feet before surfacing without physically holding on to a reference line for positioning.

The maximum depth for this dive will be 80 feet.

Session Four

Session Type: Open Water Dive **Session Location:** Cove Two, Alki Beach

Session Date: Sunday, October 31, 2010 **Session Time:** 8:00 AM

We meet back at the beach the next day for our final two dives.

Specifics:

We will brief, conduct and debrief our first dive of the day, and the **deepest of the class**, which emphasizes the following topics: execute a descent using a reference as a tactile or visual guide (line, wall or sloping bottom); describe and record changes of colors at depth; perform an ascent using a reference as a tactile or visual guide (line, wall or sloping bottom); use a depth gauge and timing device (or decompression computer with ascent-rate indicator) to measure an ascent rate not to exceed 60 feet per minute; and, perform an 8-minute simulated emergency decompression stop at 15 feet before surfacing, while breathing from an emergency air source for at least one minute of the total time. We'll take crushable items down with us to directly view the effects of pressure (see Notes).

The maximum depth for this dive will be 130 feet.

Session Five

Session Type: Open Water Dive **Session Location:** Cove Two, Alki Beach

Session Date: Sunday, October 31, 2010 **Session Time:** 8:00 AM

Specifics:

We'll take a minimum surface interval during which we'll swap out tanks and enjoy a warm snack.

We'll then brief, conduct and debrief our second and last dive of the day, and final dive of the class, emphasizing the following topics: execute a descent using a reference as a tactile or visual guide (line, wall or sloping bottom); complete an underwater tour of the area; perform an ascent using a reference as a tactile or

visual guide (line, wall or sloping bottom); use your depth gauge and timing device (or decompression computer; with ascent-rate indicator) to measure an ascent rate not to exceed 60 feet per minute; and perform a 3-minute safety stop at 15 feet before surfacing.

The maximum depth for this dive will be 80 feet.

Final Session

Session Type: Snack

Session Location: Alki Beach

Session Date: Sunday, October 31, 2010

Session Time: After Interval

Specifics: After everyone is packed up, we'll meet back at the Alki Fish & Crab Company for a snack (optional) and to complete your certification paperwork.

Congratulations, you are now a certified Deep Diver!

Equipment Required for this Course

Item 1: Exposure Suit

Item 2: Snorkeling gear

Item 3: 2 Tanks

Item 4: Regulator

Item 5: BCD

Item 6: Weights

Item 7: Dive Light

Item 8: Compass

Equipment Recommended for this Course

Item 1: Dan Insurance

Item 2: Dive Computer

Item 3: Stuff to Crush

NOTES:



This course is a good next step after Advanced Open Water and certifies you to the maximum recreational depth of 130 feet. This class will make you a safer and more confident diver, and speed you along your way toward becoming a Master Scuba Diver and beyond. **Don't forget to bring stuff to crush at depth on dive three such tennis/ping pong balls, soda bottles, foam animals, etc.**

A natural follow-on to this class is my Enriched Air Nitrox or DSAT Technical Diving class. Or, you may also wish to consider my Multilevel Diver Class, which will teach you how to plan and execute multilevel dives using the eRDP/ML and/or a dive computer.