



## **Advanced Scuba Diver Program**

### Overview

This program combines the NAUI Advanced Scuba Diver, NAUI Deep Diver specialty, and NAUI Nitrox Diver courses. This program is run in a mentorship style, with a series of screening and evaluation dives to begin the program, gradually increasing in skill and difficulty throughout the program. Divers will be introduced to a variety of environments and diving styles including night diving, boat diving and deep (between 100 and 130 feet) diving.

### Qualifications of Graduates

Upon successful completion of this program, graduates will have acquired the skills and knowledge needed to become advanced scuba divers, and to plan and conduct dives using air or nitrox (up to 40% oxygen) to depths not exceeding 130 feet, providing the diving activities and areas dives approximate those of training.

### Prerequisites For Entering The Course

- Minimum age of 15 (minimum age of 18 to receive the Deep Diving Specialty)
- Minimum certification NAUI Scuba Diver or equivalent certification from any recognized agency.

### Course Duration

- Classroom hours – 15 are estimated
- Open water dives – 8 minimum (12-16 estimated)
- No dives will exceed 130 fsw (40 msw)

### Equipment Requirements

- Standard SCUBA equipment (including snorkel, alternate air source/octopus, timing device)
- Lights for night dives (1 minimum, 2 strongly recommended)
- Knife/cutting tool (1 minimum, 2 recommended)
- Compass for navigation dives
- Dive tables and/or dive computer (preferably nitrox capable)

### Skill Requirements (not a complete list)

- Mask clearing or removal/replacement
- Regulator clearing and recovery
- Buoyancy skills
- Selected rescue skills
- Equipment handling
- Dive planning including contingency planning and nitrox dive planning
- Gas management (SAC rate calculations)
- Compass and natural navigation
- Select the best mix for nitrox dive
- Analyze and label nitrox cylinders
- Simulated decompression
- Underwater communications
- All dives must be recorded in diver's logbook

### Academic Topics (not a complete list)

- Fitness, stress, individual limitations, fatigue, exposure and diving adaptations
- Rough water, limited visibility and dive/abort decision making
- Weight use, suit compression compensation, breathing patterns as related to buoyancy control, descent and ascent control
- Dive planning (including dive tables use and dive computers), equipment preparation and care
- Buddy diving (each diver is to assume a leadership role in at least 1 dive)
- Communications, instrument use and navigation
- Environmental aspects and diving skills that minimally impact the environment
- Rescues and assists (self and buddy), emergency systems and actions are to be reviewed and practiced
- Purpose, problems, hazards and special considerations for dives to depths greater than 100 feet.
- Introduction to helium use in diving gas mixtures
- Decompression sickness and nitrogen narcosis
- Nitrox overview – history, advantages, disadvantages, risks, making nitrox
- Partial pressure, physiology of oxygen and nitrogen
- Equivalent Air Depth concept
- Gas analysis