

PUBLIC SAFETY DIVER SURVIVAL



LAKEWOOD, COLORADO
WITH WEST METRO FIRE RESCUE

DECEMBER 9 - 10, 2018

WHAT YOU NEED TO KNOW

- OBJECTIVE** • This course prepares public safety divers to face their next life threatening dive situation by inoculating them against stress. In classroom and pool sessions divers learn appropriate automatic responses to stressors in the dive environment.
- JUSTIFICATION** • This training readies agency personnel to cope well with the multiple stressors they may face in dive situations. Participants learn techniques to minimize the negative effects of emotional and psychological stress which can lead to panic and death.
- CERTIFICATION** • Public Safety Diver Survival Specialist
- RECOMMENDED FOR** • All public safety divers.
- DURATION** • 2 Days / 16 training hours
- TUITION** • \$365.00 (US Funds) per student.
- BE SURE TO BRING** • Sport SCUBA equipment with conventional mask, regulator, and snorkel. Pen and paper for note-taking and sketching.



TOPICS

- Causes and characteristics of stress
- Pre-dive and dive stress
- Behavioral and psychological signs of stress
- Controlling anxiety
- The stages of stress
- Coping with stress
- Stress management techniques
- Factors leading to panic
- Coping styles for panic
- Intervention
- Stress inoculation

SCHEDULE

DAY 1 of 2

- 8:00-8:30 Registration
- 8:30-12:00 Classroom
- 12:00-1:00 Lunch
- 1:00-5:00 Pool Exercises

DAY 2 of 2

- 8:00-12:00 Classroom
- 12:00-1:00 Lunch
- 1:00-5:00 Pool Exercises



LOCATION OF CLASS

West Metro

Fire Training Center

3535 S. Kipling St.
Lakewood, CO 80235

CLASS BEGINS AT 0800

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L A K E W O O D , C O L O R A D O
D E C E M B E R 9 - 1 0 , 2 0 1 8

MAKING IT HAPPEN

- PREREQUISITES**
- At least 18 years of age
 - Member of a public safety agency
 - RSTC Medical Evaluation
 - Proof of open water certification
 - A high level of cardiovascular fitness is suggested (13 MET or greater)
- TRAVEL**
- Check with Dive Rescue International and confirm class before making airline reservations.
- CANCELLATION**
- Prior to 3 weeks: Full Refund
 - 8-21 days prior: 50% Refund
 - 0-7 days prior: No refund

SUGGESTED ACCOMMODATIONS

Holiday Inn
7390 W Hampden Ave
Lakewood, CO 80232
5 MIN BY CAR / 2.2 MILES

AIRPORT

Denver International
49 MINUTES / 36 MILES

TO REGISTER

ONLINE
www.DiveRescueIntl.com

IN PERSON OR BY POSTAL SERVICE
201 N Link Ln
Fort Collins, CO 80524

BY PHONE
(800) 248 - 3483 X. 18

FAX THIS FORM
(970) 482 - 0893



PLEASE REGISTER ME

First Name _____ Last Name _____
Mailing Address _____
Best Phone _____ E-mail _____
Department _____ Department Phone _____

Payment Information (Credit Cards will be charged or Invoices will be sent 2 weeks before class)

☐ Personal Card

☐ Department Card

Credit Card Number _____ Exp _____ CVC _____
Billing Address _____
Name on Card _____ Phone Number _____

☐ Invoice my Department by Postal Service ☐ Invoice by E-mail

PO Number _____ **Please provide Dive Rescue International a copy of the PO**
Finance Department Phone Number _____
Finance Department Billing Address _____
Finance Department E-mail Address _____