



Critical Skills Diver Course Objectives

Critical Skills Diver training prepares Public Safety Divers (PSDs) to appreciate repetitive skills training as a means to improve in-water comfort and competence. PSDs gain muscle memory, stress survival responses, and achieve resistance against many stressors faced while diving. Proper response to key underwater emergencies are examined and practiced. Student skill level evolves through repetition of familiar and unfamiliar challenges. Simply, this course introduces the knowledge and skills that help PSDs to develop the ability to prevent and/or survive a diving emergency.

Key training topics and the associated objectives include:

DIVER LIMITS

- Define diver limits
- Identify diver skills

STRESS

- Define the different stages of diver stress
- Describe the various scuba diving related stressors
- Explain the different signs of stress a diver can exhibit
- Describe the physiological effects of stress

PANIC

- Define the panic reaction and the physiological and behavioral symptoms that accompany it
- Discuss what factors can lead to diver panic

STRESS MANAGEMENT TECHNIQUES

- Examine diver fatality profiles
- Examine human cognitive Systems
- Examine human physiological systems
- Fitness, Confidence, and Competence training
- Scene evaluation

STRESS INOCULATION

- In-water stress inoculation training

BE SURE TO BRING

Participants are encouraged to use 'mission ready' dive rescue gear appropriate to their team or AHJ including: Exposure Protection, Full Face Mask, Buoyancy Control Device, Regulator, Depth Gauge, SPG, Alternate Air Source, Compass, 2 Cutting tools, Weight System, and Fins.

Each student must have access to one full scuba cylinder per pool session.



Critical Skills Diver Schedule

DAY 1

8:00-8:30	Welcome and Registration, Introduction of Instructors & Students, Course Overview and Objectives
8:30-10:30	Academic Presentation - Literature Review; Diver Limits; Stress & Anxiety; Human Systems; Training Techniques - Confidence, Competence, and Fitness; Scene Management; Specific stressors - Air, Entanglement, and Workload
10:30-11:30	Break
11:30-4:00	Pool Session # 1 Scuba skills review Increasing basic skill challenges allowing divers to practice proper stress response techniques, control mind set, and breathing.

DAY 2

8:00-11:00	Pool Session # 2 Increasing basic skill challenges allowing divers to practice proper stress response techniques, control mind set, and breathing. Addition of black out masks. Buddy Team exercises with increasing cardiovascular and skill demands
11:00-12:00	Break
12:00-4:00	Pool Session # 3 Continuous Buddy Team exercises Confidence Course and Obstacle Mitigation

Schedule is subject to change

PREREQUISITES

All students must be a member of a public safety agency and at least 18 years of age. Students must read and complete a RSTC medical statement prior to attending class. Any diver answering yes to any contraindication must have the form signed by a physician. Diving students must have proof of open water certification.

This program is designed for personnel who are physically fit. Participants are encouraged to participate after successfully completing the IADRS Watermanship Test or testing to a fitness level of 13 MET (Metabolic Equivalents) or greater. Participants with aerobic fitness questions or concerns should consult their physician prior to in-water training.