



## SCUBA DIVING COURSE - INITIATION

### 1. AIM :

Provide knowledge and practical experience in safe air scuba diving to 40 msw allowing, access to the professional diver courses.

### 2. LEVEL REQUIREMENTS :

- n Age : over 18 and under than 40 years old.
- n Diving medical fitness.

#### Theoretical level

- n Basic knowledge (Elementary Technical Education).

#### Practical level

- n Swimming
  - 1000 meters under 30 minutes,
- Equipment : Normal scuba without cylinders.
- n Apnea
  - Three times 20 seconds without moving and normal breath 10 seconds between two apneas,
  - One apnea to 7 msw,
    - Breath one minute with snorkel and without mask and face in the water.

Note : Any exercise failed twice causes the exclusion of the candidate.

### 3. COURSE CONTENTS : Duration : 3 weeks

#### Physical preparation

- n Swimming daily.

#### Theory

- n Physiology,
- n Physics,
- n Equipment,
- n Regulation :
  - n Scuba diving procedures,
  - n Safety and emergency procedures.

#### Practical

- n Scuba diving progress to 40 msw with improved safety exercises.

Valuation : Competence assessment - Final examination tests.

### 4. DELIVERED DOCUMENTS

- n Manual,
- n Course Attendance Certificate.



# INSTITUT NATIONAL DE PLONGEE PROFESSIONNELLE

## CLASSE I AND II MENTION A INSHORE AND OFFSHORE AIR COMMERCIAL DIVING SURFACE SUPPLIED TOP-UP COURSE

### 1. AIM :

To train divers to work competently to 40 msw (Classe I) 60 msw (Classe II) using scuba surface supplied wet bell air procedures.

### 2. LEVEL REQUIREMENTS :

- n Being more than 18 and less than 40 years old,
- n Having successfully completed the initiation course or holder air diving 40 msw qualification,
- n First Aid Certificate,
- n Diving medical fitness.

#### Theory

- n Basic knowledge (Primary Technical Education),
- n Knowledge of diving physics and physiology.

#### Underwater tests

- n Swimming
  - 500 meters in 14' 30" (diving suit without bottle)/ 100 meters with dry suit without fin,
- n Apnea
  - Three times 20 seconds with displacement and time interval of 10 seconds,
- n Diving
  - Depth : 20 meters descent with mask in hand, interpretation of signs, exchanging equipment, rescue, ascent without breathing equipment.

Note : Any exercise unsucceeded after two trials is eliminatory.

### 3. COURSE CONTENT : Duration : 8 weeks – Number of trainees : 12.

#### Theory

- n Intervention procedures with scuba air diving, surface demand and wet bell diving,
- n Specific procedures (altitude or environment presenting a different density) Decompression surface,
- n Emergency procedures - diving accidents - use of the therapeutic chamber,
- n Individual and collective diving equipment,
- n Maintenance and servicing of individual equipment,
- n Underwater tools (pneumatic - hydraulic SPIT - GUN),
- n Underwater works (cutting, welding, lifting, etc.),
- n Research and metrology methods,
- n Safety - Legislation and rules - Safety manual,
- n First aid - Physiology.

#### Practical

- n Scuba, surface demand, open bell air diving intervention in harbour and at sea following procedures and carrying out jobs.

#### Miscellaneous

During the training courses, preparation for the attainment of (student charge) :

- n Maritime Radio Operator (VHF) and Navigation Licence,
- n First Aid.

#### Theoretical exams

- n Continuous tests and competence assessments,
- n Final examination.

### 4. DELIVERED DOCUMENTS

- n Manual,
- n Air Commercial Diver Certificate Classe II Mention A,
  - Only for the Classe II : Equivalent to surface supplied air diver Top up + tools assessments HSE UK (01.04.1998),
  - Accepted and Recognised by IMCA April 1998 - Code of Practice for offshore diving - Surface supplied diver certificates,
- n Professional Diver Log-Book.