



Sidemount Diver I (Recreational, OW)



Diver's Profile:

This is an advanced open water diver with some basic experience, having beforehand obtained an Advanced Open Water Diving Certification who wants to further enhance his/her competence as well as his/her distance range by using 2 tanks in sidemount configuration instead of traditional back-mount configuration, but still in open water.

Another reason might be medical considerations (i.e. lumbar disc herniation)

Aims & Objectives of the course:

This course is designed to expose the advanced OW-diver to alternative cylinder and harness configurations when back-mounted cylinders are not appropriate or available or usable. Though considerably more complex than standard back-mount diving, side-mount has clear advantages. Only the side mount diver is truly self-reliant. But, the inherent gas management, trim and complexity of diving independent cylinders present a challenge to even the most experienced back-mount diver.

This course- and competence level is a mandatory prerequisite for Sidemount Diver II (OW).

Content:

Safety practices, procedures, conservation, gas management, equipment modification/philosophy, trim, streamlining, finning techniques, problem management, task loading, psychological aspects and how to build a "sidemount rig" , air-sharing.

Training is strictly limited to the OW environment!

Course Classification:

The Sidemount Diver I Course is a BASIC and purely RECreational specialty diving course.

Prerequisites and Requirements:

a) Prerequisites

Age:	16 years
OW-certificate:	CMAS 2star Diver or equivalent (fulfilling EN 14153-2)
Number of previous OW-dives:	25 of which 5 must have been made within 2 months prior to course
Other mandatory prerequisites:	valid medical attest (fitness for diving), not older than SCD rules or national legislation require (mostly <=1year)
Other <i>recommended</i> certificates:	CMAS Nitrox Diver or equivalent, Stage Tank Handling Course
Further requirements:	Equipment as requested under "Personal equipment"

b) Course duration and structure

Min. duration:	2.5 days (classroom and practical OW sessions may be separated up to 2 weeks to let students adapt and fine-tune their configuration and try some of the skill exercises for themselves first.)
Min classroom:	0.5 days (4 hrs)
Min. practical:	2.0 days.
Min. number of training dives:	4 dives at 2 different sites (different entries/exits); depth range 10-40m, related to OW diver level of participants



Sidemount Diver I (Recreational, OW)



c) Requirements for instructors and assistants

Min. level for instructor: SCD Sidemount Diving Instructor I
Min level for assistants: CMAS 3star Diver or equivalent (fulfilling EN 14153-3)
+ Sidemount Diver II (SCD or equivalent)
+ 25 logged sidemount dives since Sidemount Diver II certification

d) Student : instructor ratios

Max. student : instructor ratio
classroom: 10:1
Max. student : instructor ratio
open water: 4:1 under optimal conditions (visibility, current, temperature);
otherwise 2:1
1 assistant accounts for max. 2 more students (under good conditions, otherwise max. 1 additional student per 1 assistant), but a maximum of 2 assistants are allowed to form a diving class together with the instructor in charge

e) Evaluation

Theory exam : 20 questions (15 MC, 5 calculations); 80% passing score
Exam should be done preferably after OW session 1
Practical evaluation : Continuing and permanent evaluation based on standardized exercises. Min. passing score is C (on scale of A – E).

f) Training Environment/Gas

Environment for training: any suitable OW site, near shore!
Max. depth: according to certification level of participants; max depths:
CMAS 2star or equivalent: 30m nominal
CMAS 3star or equivalent: 40m nominal
Gas for training: air or any suitable Ntx mixture accord. to depth, if students are certified accordingly; no Tmx!
Max. O2 partial pressure: 1.40bar for bottom / 1.60bar for deco
Stage decompression required: no true stage decompression allowed; only simulated deco stops

g) Personal Equipment

Students

- any suitable OW-diving suit (wet or dry), boots, gloves, hood
- standard OW masks, fins, instruments
- special sidemount harness with some kind of BC (integrated or separate); min. lifting capacity (volume): 16 liters
- 2 completely independent regulator rigs with SPG and requested inflator hoses for BC and dry suit (if any)
- each tank must be equipped with a submersible pressure gauge (electronic or mechanical)
- 2 primary tanks with mono-outlet valves; DIN outlets only; min size: 2 x 7 liters / 200bar (steel, alu, steel-composite) or 2800 NL
- 2 SMB (orange and yellow) if requested by law or local diving regulations
- recommended: 1 long hose of approx. 1.5m length (5 ft) in bright color, to be carried on right tank



Sidemount Diver I (Recreational, OW)



Course fees

Refer to the yearly training course schedule overview on the Swiss Cave Diving website.

Course dates

By arrangement; course will be held with at least 2 participants.

All actual course dates: ref. to the yearly training course schedule overview on the Swiss Cave Diving website.

Certification

- SCD double-sided C-card
- Wall certificate in A4-format

Insurance

Is in the personal responsibility of each participant.

Training/instruction competencies

none

Quality Control

Compliance with SCD Standards and the relevant procedures.



Additional information: www.swiss-cave-diving.ch or Beat Müller: btmueller@bluewin.ch