



First Name

Last Name

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## SSI Extended Range ("XR") Responsible Diver Code

Extended Range (XR)/Technical Diving - any diving activity where the participant uses compressed breathing gas beyond the limits of recreational scuba diving. This may include one or more of the following criteria: diving with additional cylinders or alternate equipment configurations, diving with semi-closed or closed-circuit rebreathers, diving to depths deeper than 40 meters/130 feet, exceeding the no-decompression limits of recreational diving, and/or diving in overhead environments.

XR diving is an adventure activity that requires the use of specialized life support equipment in an underwater environment where humans could not otherwise exist. As with other adventure activities, XR diving has elements of risk that cannot be totally eliminated regardless of the amount of training, care, caution or expertise. XR diving is exciting and challenging, however it involves greater risk than those associated with recreational scuba diving. SSI believes these risks may be reduced through the SSI Diver Diamond - development of proper Knowledge, Skills, Equipment and Experience. Ultimately, it is up to each individual diver to assume the inherent risks associated with XR diving and each diver's responsibility to minimize the risk through exercising good judgment, common sense, respect and personal awareness during all diving activities. SSI has developed a SSI Extended Range (XR) Responsible Diver Code to remind divers of your responsibilities for each dive.

As a XR Responsible Diver - I pledge to:

1. **DIVE COMPETENTLY** - I will always dive within my training, certification, experience, comfort and ability.
2. **MAINTAIN APPROPRIATE DIVER HEALTH** - Including an appropriate level of fitness, physical health, mental awareness, strength, range of motion and endurance to compensate for the increased weight of XR dive equipment, longer dive durations and strenuous conditions to dive.
3. **UTILIZE A DIVE PLAN** - I will always use formal planning procedures to manage decompression, gas consumption and gas toxicities. I will conduct slow progression and work-up dives. I will dive my plan with both my dive partner/team and crew support. I will listen to, and follow dive briefings and information provided by boat captains, dive guides and dive professionals.
4. **BE A RESPONSIBLE DIVE PARTNER** - I will ensure dive partner/team compatibility, I will monitor gas consumption rates, endurance, and I will stay within a reasonable distance of 3 meters from my dive partner/team from the start to the finish of my dive. I will review and confirm the procedures to reunite with my partner/team if separated underwater.
5. **INSPECT MY DIVE EQUIPMENT** - Before each dive, I will inspect my equipment and make sure everything is working properly. I will confirm each of my cylinder valves is in the proper position. I will analyze all my gases and know their limitations. I will establish proper weighting, and verify all my inflation and deflation valves are functioning properly. I will secure my submersible pressure gauges and dive computers where they are accessible, and know how to pre-set each dive computer.
  - a. **REBREATHING SPECIFIC EQUIPMENT** - I will obtain unit specific rebreather training and follow the manufacturer's manual for use, assembly, scrubber material packing, and pre-dive checks. I will ensure I remain within the manufacturer's recommended durations for scrubber material and I will calculate and carry sufficient bailout gas. I am aware that hypoxia, hyperoxia, and hypercapnia are extremely dangerous and may cause unconsciousness/drowning without warning.
  - b. **BATTERY POWERED EQUIPMENT** - When using battery powered equipment, such as lights, computers, or diver propulsion vehicles, I will be aware of and manage the limitations of battery life and need for contingency plans in event of failures.
6. **DIVER AWARENESS** - I will use appropriate cylinder markings and gas mixes with conservative computer settings. I am aware of the risks of Narcosis, Oxygen Toxicity and Decompression Illness appropriate to my level of training. I will adhere to the maximum operating depth of each gas, and remain within conservative oxygen partial pressure limits. I will monitor my gas volumes throughout the dive, will follow the correct procedures to make a safe gas switch and will plan for enough gas to fulfill all decompression obligations and emergency contingencies. I will monitor my depth, time, buoyancy and trim throughout the dive. I will adhere to the dive plan, perform an S-Drill at the start of each dive, perform controlled ascents, safety stops, decompression stops and monitor my dive partner/team.
7. **MAINTAIN PROFICIENT DIVING SKILLS AND MY XR DIVE EQUIPMENT** - I understand that diving skills and knowledge are perishable. If it has been more than six months since my last XR dive, I understand the importance of participating in an update dive with a XR Professional to review my diving skills and procedures. I will maintain my XR diving equipment as recommended by the manufacturer any time I have a question regarding its functionality. I will always have my XR diving equipment serviced by a qualified technician.
8. **RESPECT THE ENVIRONMENT** - I will be aware of environmental factors such as currents, waves, visibility, temperature, weather, boat traffic, slippery, uneven/unstable surfaces, overhead environments, entanglements, and hazardous marine life. I understand that boats are unsteady surfaces and I will always use one hand to stabilize myself. I understand the importance of participating in an orientation dive with a local professional when diving in unfamiliar environments. I will obey all diving and applicable regulations, statutes and codes.



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9. **PLAN FOR EMERGENCIES** - I understand that increased overhead penetration, depth, duration, gas load and decompression obligation increase the danger of XR diving. In addition to inspecting my complete XR diving equipment, I will verify my dive partner/team's equipment is functioning properly and configured appropriately. I will make sure that an alternative gas supply is easily accessible to my dive partner(s) in case of a low-gas or out-of-gas emergency. I will know and use agreed upon hand signals and know how to respond in case of an emergency. I will be competent in using surface markers for emergency communications. I will rehearse underwater communication for turning and aborting a dive with my dive partner/team, the use of redundant equipment and being a self-reliant partner. I will have an emergency action plan in case my dive partner/team or I have an emergency.
10. **ACCEPT RESPONSIBILITY** - Poor judgment and bad decisions are leading contributors to diving accidents. I am ultimately responsible for my safety during all diving activities. I am aware that any XR dive may be aborted by any team member at any time without question or retribution. Failure to comply with these responsibilities will increase my risk of serious injury or death. Accidents can happen even when all safety guidelines are followed, therefore I should obtain personal dive accident insurance.

I understand the importance of being a responsible diver and I pledge to abide by the SSI Extended Range (XR) Responsible Diver Code. I understand failure to abide by the SSI Extended Range (XR) Responsible Diver Code will jeopardize my safety and well-being.

Participant's Name (Print)

Participant's Signature

Date (DD/MM/YY)

Print Name of Parent/Guardian (When Applicable)

Signature of Parent/Guardian (When Applicable)

Date (DD/MM/YY)