

## **SIDEMOUNT DIVER**

(Speciality sidemount diving & technical sidemount)

### **Intention of this course**

The Intention of this course is to train the diver use a alternative method of mounting scuba cylinders (standard mount is on back)

Instruction by ProTec scuba instructor with speciality sidemount diving.

### **Training environment**

Any open water, safe for scuba diving.

### **Prerequisites**

- A good diving skill (theory and sufficient practice) that should be proved to the instructor.
- Scuba diver 2\*\* certification
- Minimum age is 18 years.

### **Accomplishment**

After a check of the general diving knowledge (see prerequisites), the students shall get the theoretical basics before practicing the conversion and extension of the attained knowledge. It is important that the diver is untroubled and cool-headed while solving problems UW and do have the necessary apnoea skills.

Best skills in adv. navigation and equipment maintenance are essentail so this speciality brevets have to be pre-requisite.

### **Theoretical lessons**

- Why sidemount? Discuss
  - advantages
  - disadvantages
- Equipment for sidemount diving
- How to mount

- Buoyancy control with sidemount
- Movement aspects with sidemount - anything different?
  - out of water
  - on the surface
  - UW, ascending & descending
- 2 kind of sidemount levels
  - recreational sidemount
  - technical sidemount

### **AddOn part for technical sidemount only**

where skills direct related to sidemount situation should be included - all other technical diving skills belongs to the relevant technical diving course (like Trimix, Cave, Wreck,...)

- Special use of technical sidemount
  - deep diving - (deep diving course needed)
  - cave diving - (cave course needed)
  - wreck diving - (wreck course needed)
- Extended equipment for technical sidemount
- Special mounting technics for technical sidemount

<b>Practical training</b>
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- Check Scuba skills
- Check apnoea skills
- Gear on and off - dry run
- Gear on and off in water on surface
- Check equipment UW
- Dive sidemount - check buoyancy
- Descending and ascending procedures
- Problem solving - self help procedures
- Controlled emergency ascent from max. 15msw - check possibility before! (Always hand-held regulator - ready for use)

### **AddOn part for technical sidemount only**



## INSTRUCTOR MANUAL DIVING PROGRAM

- Use extended equipment
- Show best buoyancy control
- Gear on and off UW at 5-10 msw depth
- Simple works UW , simulate problems and solve it.
- Manage more difficult tasks UW.

<b>Courseware</b>
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Visit ProTec members area for any material / price list.

- Checklist