

## **INTRO WRECK DIVER**

### **(WRECK DIVER 1)**

#### **Intention of this course**

This course is the basement for professional technical wreck diving. Intro wreck course gives serious wreck diver the right basic skills to dive save – with the proper equipment - into large UW wrecks.

This is none of the typical recreational specialty wreck courses, where – simply speaking – wreck divers are allowed to dive just in the wide, open areas of a sunken wreck, but not to penetrate. In fact, it is known that regardless to these demands, recreational wreck divers often penetrate without proper training and the right equipment. ProTec fulfils a demand of serious wreck divers, providing the right course to learn real wreck diving procedures for save penetration into large shipwrecks.

Instruction by ProTec Intro Wreck Instructor.

#### **Training environment**

Just ship wrecks with the following characteristics are suitable as training objects: The wreck should have the minimum size (about 50 meter long), which permits the diving through several areas and decks. It should be largely intact and stable (steel ship). It should not too deep to allow long bottom time without (or less) deco steps. Cable or other parts should not block the way. It is recommended to use EANx.

#### **Prerequisites**

- Advanced diving skills that should be proved to the instructor
- ProTec Speciality Wreck Diver (Intro Wreck may take place directly in connection with Speciality Wreck).

#### **Accomplishment**

The instructor may adapt the course program according to the local conditions. Only the faultless accomplishment of one module of the course program permitted the advance to the next course module.

The instructor is required not to allow any inadmissibility concerning also the equipment.

Even if there is no need (while exercises in less depth) for the complete (heavy) equipment, dive training with the full equipment is essential during this course.

Use of Nitrox is recommended.

## **Theoretical lessons**

### **Introduction / Repetition of the Overhead Environment**

- Air supply, air planning, (1/3)
- Equipment – spare equipment - redundancy
- Buddy situation
- Wreck diving in general  
The ProTec wreck diving program.

### **Kinds of Wrecks**

- Ship's types and to recognize the status of the wreck (Is it prepared for diving or not, stable or unstable).
- Formation and kinds of wrecks.
- To indicate wreck's sketches efficiently.
- The right search for interesting getting in places according to the wreck's type.
- To recognize the dangerous places in advance.

### **Equipments**

- Extended wreck diving equipments (reels, lamps).
- The use of reels, line traps, redundancy.
- The right equipments' installation  
(To avoid away – standing parts & hose slings)

### **Movement in and on the Wreck**

- Dangerous places in and on the wreck  
(Sharp broken edges, cable, prominent parts, unstable surfaces)
- To move without whirling up sediment (with and without fins), orientation and safely diving in the wreck, (first to explore the way back to safe places, then to dive further) behavior when jamming or hooking the wreck parts,.....

### **The Wreck Dive**

- The diving plan – air supply and decompression.
- To secure the getting in - out and the climbing up the boat.
- To get hooked and to avoid unstable establishments through recognizing them at the right time.
- Wreck diving = solo diving, buddy help in emergency, situation studies.
- Buoyancy control at buddy help cases (to search for stop points, to coordinate the movement).

<b>Practical lessons</b>
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#### **Equipment:**

Apart from/instead of the standard equipments the following are to be used/carried with:

- Two independant double – (50 bar) to be used as alternative.
- An octopus with 2m air - pressure hose.
- Apart from the primary light (30 – 50 Watt for min. 60 minutes), a spare lamp + position light.
- Thick neoprene hood or helmet.
- Spare knife (line cutter).
- Durable gloves against cut injuries
- Spare mask
- Writing board
- Guidance line for minimum 30 meter (reel)

The diver should be able to use all the equipments' articles together with the valves without any strange assistance.

#### **Generally applies**

- Max. penetrated depth about 30 meter.

- No deco – dives.
- To employ a reel per dive, but each student exercises alternatively with the reel.
- Line guidance as usual with groups)

### **Theory part for each UW practise module**

- Planning: To discuss the way with sketches, air management, to specify the tasks and positions of each particularly diver, to check abort – emergency plan.
- Briefing: (short before the dive/in front of the place): To repeat the important points inclusive an equipment check.
- Debriefing: To recognize the mistakes and improvement possibilities, to revise them.

### **Quality requirements**

- Best buoyancy: Sediment should not be whirled up and uncontrolled contact with environment should not be allowed.
- The divers should always completely control the dive without sign of stress or Nitrogen anaesthesia, so to act with self- assurance.
- The permission to the next difficult course module can just be given after the positive termination of the module before.
- After a negative result, the diver should be sent to the surface or a break off should be made.
- At wreck dives never course intentionally emergency situations (for example; to turn off cylinder valves). Just simulate.
- Never simulate an emergency situation without prior arrangement (briefing).

### **Module 1**

Draw to scale the wreck and recognize the entry point for further penetration without diving into the wreck.

### **Module 2**

The diver dives between rails and superstructures without touching them or whirling up sediment ( this can be connected with module 1).

### **Module 3**

- A big sized area would be searched (or bridges) for an easy getting in and out.

- The diver should recognize this area from within (to dive in rounds, to change the position) without whirling up sediment or touching.
- The best buoyancy & movement are demanded.

#### **Module 4**

Environment /difficulty degree like module 3, however with buddy breathing exercise (per octopus).

#### **Module 5**

- Penetrate 15 meter in the wreck in max. 2 persons team and an instructor.
- Each student should use a safety line (reel) although it is enough normally to use one reel per team.
- Max. 10 minutes in the wreck – the technique (movement) has bigger priority than time or reach. To always follow the instructor; if possible the divers take turns at the leading position.

#### **Module 6-7**

Like module 5, to try to make the techniques better and to penetrate further.

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

- Checklist
- Book: Complete Wreck Diving