



## Drysuit Endorsement Training Schedule

### INTRODUCTION

Training may be carried out by a Branch Instructor who holds the drysuit endorsement. Assessment may not be carried out by the person who provided instruction.

### PREREQUISITES

Candidates for the drysuit endorsement should;

- Hold current membership of the Scottish Sub-Aqua Club.
- Hold a current medical certificate.
- Have completed Sport Diver aqualung training, or as a minimum, have completed the Sport Diver rescue and air share exercise in open water.
- Attend a lecture entitled "The use, operation and care of dry suits".

### POOL TRAINING

- Fit all equipment, including undersuit if worn.
- Demonstrate correct adjustment of buoyancy at the surface i.e. with zero buoyancy in the candidate's suit and BC, demonstrate that the candidate is no more than 3kg negatively buoyant on the surface.
- Demonstrate the correct operation of inflation and deflation valves by providing good positive buoyancy, then deflating the suit ready to dive.
- Where the simulated dive has not been carried out then a full simulated dive is to be carried out and is to include recovery from a buoyant, feet up position. Where the diver has progressed past the simulated dive then an exercise is to be carried out which includes the demonstration of depth and buoyancy control, air sharing, life saving and a recovery from the buoyant feet up position.
- The Assessor is to flood the subject's dry suit by opening the zip approximately 30cm. The suit is to be allowed to flood as much as possible. The candidate is then to return to the surface in a controlled manner. The weight belt may be removed if necessary.

### OPEN WATER TRAINING

Open water training shall only be carried out on successful completion of the pool assessment.

- Fit all normally used diving equipment.
- Demonstrate correct adjustment of buoyancy at the surface i.e. with zero buoyancy in the candidate's suit and BC, demonstrate that the candidate is no more than 3kg negatively buoyant on the surface.
- Dive to the bottom of a heavy shot line in 10m, adjust buoyancy to neutral. The candidate is to remain close to the shot line in order to maintain position should buoyancy become too positive.
- Carry out a dive in which the performance and buoyancy control of the candidate is tested. This exercise should include; several depth/buoyancy adjustments, air sharing, a simulated decompression stop, and a simulated rescue. The depth of the dive is not to exceed 10m.
- At a depth of not more than 15m dump all possible air from the suit, establish neutral buoyancy using the BC/ABLJ/SJ and make a controlled ascent.
- On the surface recover from a buoyant feet up position.

### ASSESSMENTS

Repeat the exercises specified in both pool and open water training sections to the satisfaction of an assessor.