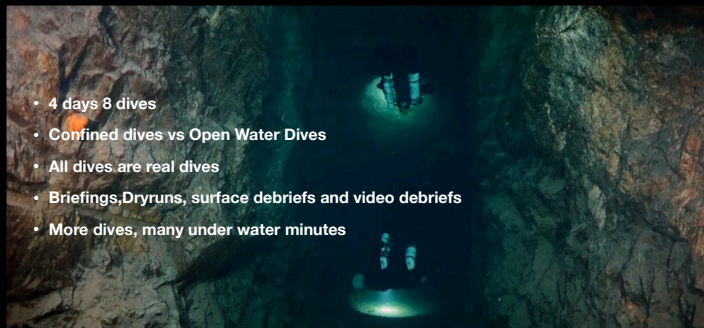


Training dives



- 4 days 8 dives
- Confined dives vs Open Water Dives
- All dives are real dives
- Briefings, Dryruns, surface debriefs and video debriefs
- More dives, many under water minutes

Training dives Day 1

Dive 1: Max. 6m 30min. Confined water, set point 0.7

Plan using GLADDDDD

- Assembly and pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Surface rescue skills, towing a tired CCR diver
- Descent as a team
- Easy swim, getting used to the CCR and the breathing
- The first 2 of Basic 6: Loop, remove and replace + Switch to OC and back to CC
- Look at trim and finning techniques as well as team awareness
- Ascent using min. deco

Dive 2: Max. 6m 30min. Confined water, set point 0.7

Plan using GLADDDDD

- Pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Basic 6
- Diluent flush using ADV and Manual
- Add oxygen to increase P.P.O2 to 1.2 manually + 10 min swim, watching min. loop volume
- Switch Setpoint to 1.2 + 10 minute swim, watching min. loop volume.
- Look at trim and finning techniques as well as team awareness
- Ascent using min. deco
- Disassembly and cleaning

Training dives Day 2

Dive 3: Max. 6m-10m 60min. Open Water, s.p. 0.7

Plan using GLADDDDD

- Assembly and pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Basic 6
- Loop Flood recovery
- React to high P.P.O2 warning on handset
- S- drill stationary
- Swim
- Ascent using min. deco

Dive 4: Max. 6m-10m 60min. Open water, s.p. 0.7, Dive @ 1.2 manually

Plan using GLADDDDD

- Pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Manually keep P.P.O2 @ 1.2
- React to Leaking ADV / Freeflow ADV, (s.p. 0.7)
- Ascent using H.U.D only, team controls Time and Depth
- SMB ascent, all divers in the team on SMB
- Disassembly and cleaning

Training dives Day 3

Dive 5: Max. 6m-10m 90min. Open Water, s.p. 0.7, Dive @ 1.2 manually

Plan using GLADDDDD

- Assembly and pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- SMB and pulling down, last diver makes a training box
- React to a voting problem
- Oxygen depletion
- Diluent depletion
- S-drill with ascent
- Toxing/ Unconscious diver rescue
- Flooded loop ascent with 6KG
- Ascent using min. deco

Dive 6: Max. 6m-18m 90min. Open water, s.p. 0.7, Dive @ 1.2 manually

Plan using GLADDDDD

- Pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Manually keep P.P.O2 @ 1.2
- CRITICAL SURPRISE DRILLS LIKE:
 - O2 lost
 - Dil lost
 - OOG
 - Lost team
 - Lost mask
 - PPO2 issues
 - Loop issues
- Disassembly and cleaning

Training dives Day 4

**Dive 7: Max. 10m-30m 60min. Open Water, s.p. 0.7,
Dive @ 1.2 manually**

Plan using GLADDDDD

- Assembly and pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Ascent using min. deco

**Dive 8: Max. 10m-30m 60min. Open water, s.p. 0.7,
Dive @ 1.2 manually**

Plan using GLADDDDD

- Pre-dive checks
- Entry and surface protocols, V-drill, Mod. S-Drill, Bubble check
- Disassembly and cleaning