



Exploring Beyond the Surface

SSI Continuing Education



Stress & Rescue & O2 Provider

Would you know what to do in an emergency? Would you be able to rescue your buddy? Diagnose a diving injury? It's a scary concept really, we all dive under the impression that if something went wrong there'd be someone there to save us. Not necessarily. It's a unique environment we explore, with unique risks, we should all know how to help each other and ourselves. Stress is a major contributor to rescue situations and diving accidents. You can improve your diving confidence and enjoyment by learning to recognise situations that lead to problems and handle problem situations with special techniques.

- **Causes and prevention of stress**
- **Detecting and dealing with diving related stress in yourself and your buddy**
- **Accident management procedures**
- **Rescue skills that assist the victim, while protecting yourself**
- **Simple, yet effective search patterns**

Your Stress & Rescue course consists of 1 Theory session, 1 pool session and 1 Open Water session

PRE-REQUISITES:

- Advanced Open Water diver certification
- Must have current First Aid / CPR / O2 certifications.

INCLUSIONS:

- Stress and Rescue online training access
- Scuba equipment (BC, regulators, tanks)

EXCLUSIONS:

- Basic snorkelling equipment (Mask, snorkel, fins, boots, gloves)
- Wetsuit & weights (\$30 per day for the wetsuit & \$15 per day for the weights)

DAN OXYGEN PROVIDER SUPPLEMENT

Most diving injuries are treated with the administration of oxygen, but how does it all work? This optional extra supplement teaches you how to diagnose diving injuries and administer the appropriate treatment including oxygen. This certification is offered through Divers Alert Network.

- **Oxygen Unit Setup**
- **Diving injuries and treatment**

Your DAN O2 course consists of a full day of theory mixed in with practical hands on training

STRESS & RESCUE COST:

\$455 (+\$30 per day for the wetsuit & \$15 per day for the weights)

DAN O2 COST:

\$275