



Exploring Beyond the Surface

SSI Continuing Education



Stress & Rescue & O2 Provider Option



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. In this course you will learn about:

- **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 evening session, 1 pool session & an Open Water session

PRE-REQUISITES:

- Min age: 15
- Must have valid First Aid, CPR, O2 Provider for certification

INCLUSIONS:

- Stress and Rescue online training access
- Scuba equipment (BC, regulators, wetsuit, weight belt & tanks)

EXCLUSIONS:

- Basic snorkelling equipment (Mask, snorkel, fins, boots, gloves)

SSI React Right Oxygen Provider course. Online training + 1 theory/practical session

Oxygen is the single most important aspect of providing effective first aid treatment to a diver and needs to be administered as soon as possible following the diver's removal from the water. This course will teach you how to provide Oxygen First Aid to a conscious diver with little or no breathing difficulties, a diver with breathing difficulties as well as an unconscious, unresponsive patient.

STRESS & RESCUE COST:

\$580

SSI REACH RIGHT OXYGEN PROVIDER:

\$155

