Cavern Diver & Introductory Cave

COURSE SCHEDULE

The following is the recommended timetable for the Cavern Diver and Introductory Cave Diver IANTD Course. The course timetables are adapted to the abilities of the students and the demands of the time. The more theory you can review and study before the course, the more effective your course will be and the more you will get out of it.

Once you register for the course, you will receive all the necessary documents and textbooks so that you can properly prepare for your course.

Day One

Paperwork. Getting acquainted with the instructor. Theory classes. Preparation of equipment.

Academic presentation

1. What is cave diving. The steps of cave diving. Types of cave diving.
2. What caves are like and what a cavern is. The geology of the underwater cave environment.
3. Equipment and gear configuration for cave diving.
4. Planning and Techniques of cave diving. How we get around in the cave and cavern. The walker, the arrows, the cookies.
5. Communication in the cave. Flashlight rules and signaling.
6. Risk management in cave diving. Analysis of accidents.

Preparation and fitting of equipment

Preparation of additional equipment: pin-tail with name and directional markers, main and spare light.

Day Two

Each dive begins with a briefing. The route and sequence of divers in the water is discussed, who follows whom. The exercises that will be performed.

Checking equipment and assembling gear. Below is a short list of skills that need to be performed in the entry.

First Dive

Gear Up and Dry Check. Predive Checks.
Perform the "S-drill" exercise before starting the dive.

Working with the travel reel.
Correct use of the main light.
Correctly following the golden line, keeping distance and spacing.

Correct maneuvering along the main line, returning over the main line.
Neutral Buoyancy (Hover) and Trim.
Flutter Kick and Modified Flutter Kick
Frog Kick and Modified Frog Kick;
Backwards Kick.
Handstand pull-up (Movement without paddling legs); pushing off the ceiling.
Debreifing.

Second Dive
Gear Up and Dry Check. Predive Checks. Perform the "S-drill" exercise before starting the dive.
Constant monitoring of tracking on the undercarriage.
Malfunction of the main light, switch to the backup.
Free-flow on the main regulator.
Control of buoyancy and rowing technique.
Valve shutdown cycles (V-Drill).
Other Skills.
Fun Cave Dive.
Debreifing.

Day Three

Each dive begins with a briefing. The route and sequence of divers in the water is discussed, who follows whom. The exercises that will be performed.

Checking equipment and assembling gear. Below is a short list of skills that need to be performed in the entry.

Third Dive
Gear Up and Dry Check.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Practicing the use of the reel and running end.
Constant control of buoyancy and paddling technique.
Following the running end with eyes closed, simulating siltation.
Swim 20 meters without mask.
Determination of SAC and RMV.
Fun Dive Time.
Debriefing.

Fourth Dive
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Simulation of a diver without gas.
Fun Dive Time.
Debriefing.

Day Four

The first day will be mainly devoted to theory. Introductory Cave Diver IANTD is a safety course. We will cover the following topics: Geology of underwater caves; Equipment and gear configuration for cave diving; Concepts of cave dive planning; Communication and Navigation Procedures; Physical and Psychological Preparation for Cave Diving; Emergency Prevention and Analysis; Survival Basics; Cave Exploration and Mapping; Cave Conservation.

Each dive begins with a briefing. The dive site, route, and sequence of divers in the water are discussed, as well as who follows whom, and the exercises that will be performed.

Checking equipment for suitability for cave diving, fitting equipment. Intro to Cave Limits & Standards. Below is a short list of skills that need to be performed in the entry.

Fifth Dive
Use of guideline.
Gear Up and Dry Check.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Neutral Buoyancy (Hover) and Trim.
Flutter Kick and Modified Flutter Kick
Frog Kick and Modified Frog Kick;
Backwards Kick.
Debreifing.

Sixth Dive
Gear Up and Dry Check.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Lost Line Drill Briefing
Dive Planning with Map
Other Skills.
Fun Cave Dive.
Debreifing.
Range Calculations & Return Point.

Day Five

Each dive begins with a briefing. The dive site, route, and sequence of divers in the water are discussed, as well as who follows whom, and the exercises that will be performed.

Checking equipment and assembling gear. Below is a short list of skills that need to be performed in the entry.

Seventh Dive
Line Repair Briefing.
Pivot point planning with regard to RMV.
Gear Up and Dry Check.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Main Line Repair.
Emergencies Exit Drill. Going in blind.
Fun Dive Time.
Debriefing.

Eighth Dive
Gear Up and Dry Check.
Dive Planning with Map.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Cave Dive with Skills and Failures.
Blind exit (first method).
Debriefing.
Land Drill & Theory: Lost Diver Drill.

Day Six

Each dive begins with a briefing. The dive site, route, and sequence of divers in the water are discussed, as well as who follows whom, and the exercises that will be performed.

Checking equipment and assembling gear. Below is a short list of skills that need to be performed in the entry.

Ninth Dive
Dive Planning with Map.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Cave Dive with Skills and Failures.
Lost Diver Drill.
Blind exit (second way).
Debriefing.

Tenth Dive
Dive with Map.
Predive Checks. Perform the "S-drill" exercise before starting the dive.
Blind exit (third way).

Debriefing.

Review & Paperwork. Writing the Final Exam. Certification.

Book your training Now

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