Cavern Diver

COURSE SCHEDULE

The following is the recommended timetable for the Cavern Diver 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.

Review & Paperwork. Writing the Final Exam. Certification.

Book your training Now

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