# Introductory Cave

## COURSE SCHEDULE

Below is the proposed timetable for the Introductory Cave Diver IANTD course. Schedules are flexible to accommodate individual student capabilities and time constraints. The greater amount of theoretical material you can study and grasp prior to the course, the more effective and rewarding your experience will be.

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

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.

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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.

**First 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.

**Second 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 Two

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.

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

**Third 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.

**Fourth 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 Three

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.

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

**Fifth 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.

**Sixth 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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