Introduction to Scientific Diving Workshop
May 8-14, 2015

Instructors
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For questions, please contact Anya Hanson, the Diving Safety Officer, at anya@uri.edu or 401-874-6205.

Prerequisites
• Open Water certification from a nationally recognized training agency
• Dive Medical Examination
• All diving documents on the URI and BIOS Diving Information page
• Proof of current Divers Alert Network (DAN) Insurance
• Copies of receipts for equipment purchased or copies of receipts for proof of equipment maintenance within the last 12 months

All documents should be submitted to the Office of International Education by April 15th.

Workshop Costs
The workshop tuition is $125. An invoice will be forwarded to you shortly. Payment should be made by check payable to the University of Rhode Island. Please submit payment to the URI dive program by May 1st. (Room 102 in the maintenance building at GSO or the basement of the Research building at Kingston).

Description
All URI in Bermuda participants must successfully complete this diving training session to comply with URI and BIOS diving standards as defined by the American Academy of Underwater Sciences (AAUS). Upon completion of this program, students will qualify to participate in scientific diving as a “diver in training” under the direct supervision of an approved URI lead diver or Diving Safety Officer. Participants who do not complete the diving training session will not be permitted to dive while on the URI in Bermuda/BIOS Program.

Diving Equipment
All equipment should be purchased before the dive workshop and receipts must be provided to the URI dive office. (If you are using equipment that was not recently purchased, you must provide a receipt showing that the equipment was inspected and serviced within the last 12 months.)

Workshop Logistics
A schedule and agenda is attached on the next page. Please be prepared each day: arrive on time, bring your own lunch and drinks, bring a towel and bathing suit. All participants are responsible for their own transportation. If you would like to carpool, this can be discussed on May 10th or can be coordinated ahead of time. See below for a list of participants and contact information.
Schedule and Agenda

**Friday, May 8th: Orientation & Confined Water Training**
12:30pm - 4:00pm    Pool, Tootell Aquatics Center

1) Complete URI diver paperwork, sign training waivers
2) Equipment setup
3) Swim Test evaluation per AAUS/URI standards
   a. Swim 400 yards in less than 12 minutes without swim aids
   b. Tread water for 10 minutes without swim aids
   c. Without the use of swim aids, transport another person of equal size a distance of 25 yards in the water
   d. Swim underwater without swim aids for a distance of 25 yards without surfacing
4) Scuba Skills Refresher and Pool Training
   a. Enter and Exit water with full equipment
   b. Clear face mask and regulator while submerged
   c. Demonstrate ability to maintain neutral buoyancy
   d. Demonstrate air sharing and emergency out-of-air skills
   e. Demonstrate ability to alternate between snorkel and scuba while kicking
   f. Demonstrate understanding of underwater signs and signals
   g. Demonstrate ability to remove and replace equipment on the surface and under water
   h. Demonstrate simulated in-water rescue and transport of a passive diver
   i. Demonstrate watermanship ability

**Monday, May 11th: Knowledge Review & Open Water Evaluation**

9:00am - 11:30am    CACS Room 108
                      Narragansett Bay Campus
11:30am - 12:00pm   Lunch
12:00pm - 4:00pm    Meet at Perkins Dive Locker, Narragansett Bay Campus
                      Transfer to Dive location: Fort Wetherill State Park

1) Orientation & introduction to scientific diving
   a. URI diving safety rules, regulations, and responsibilities
   b. Equipment overview
   c. Dive physics and physiology review
2) Dive Planning Refresher
   a. Dive planning
   b. Dive tables
   c. Dive computer
3) Open Water Evaluation- Dive 1
   a. Enter and Exit open water with full equipment from shore
b. Kick on the surface 400 yards while wearing scuba gear
c. Demonstrate ability to maintain neutral buoyancy
d. Clear face mask and regulator while submerged
e. Demonstrate air sharing as both a donor and receiver
f. Demonstrate ability to remove and replace equipment on the surface
g. Demonstrate judgment adequate for safe diving
h. Complete a simulated emergency swimming ascent

4) Open Water Evaluation - Dive 2
   a. Demonstrate techniques of self-rescue and buddy
   b. Navigate underwater
c. Plan and execute a dive
d. Demonstrate ability to swim with neutral buoyancy

**Tuesday, May 12th: Rescue Skills & Dive Accident Management**

9:00am - 11:30am  CACS, Room 108  
Narragansett Bay Campus
11:30am - 12:00pm  Lunch
12:00pm - 4:00pm  Meet at Perkins Dive Locker, Narragansett Bay Campus  
Transfer to Dive location: Fort Wetherill State Park

1) Knowledge Review
   a. Physics & Physiology
   b. Rescue skills
   c. Dive Accident Management

2) Rescue Dive 1
   a. Dive accident management plan
   b. Self-rescue
   c. Tired diver rescue
   d. Towing techniques
   e. Panicked diver on surface
   f. Distressed diver underwater

3) Rescue Dive 2
   a. Missing diver
   b. Search strategies
   c. Deploying a safety marker

**Wednesday, May 13th: Underwater Research Methods & Specialty Diving**

9:00am - 11:00am  CACS, Room 111, Narragansett Bay Campus
11:00am - 11:30am  Lunch
11:30am - 4:00pm  Meet at Perkins Dive Locker, Narragansett Bay Campus  
Transfer to Dive location: Fort Wetherill State Park

1) Knowledge Review
a. Introduction to underwater research methods and data gathering techniques
b. Orientation to specialty diving
c. Rescue Exam

2) Rescue Dive 3
   a. Rescuing unresponsive diver on the surface
   b. Introduction to first aid
   c. Rescuing unresponsive diver underwater

3) Rescue Dive 4
   a. Review rescue techniques
   b. Full diver rescue scenarios on the surface and underwater

**Thursday, May 14th: Weather Backup Day**

9:00am - 4:00pm    Meet a Perkins Dive Locker, Narragansett Bay Campus
                   Transfer to Dive Location

1) Rescue Dives if needed
2) Fun Dive