

Information for AARS Dive Training  
September 11-13 2009

1. This training is being conducted both to improve the capabilities of qualified divers (that are AARS members) and to validate the Public Safety Divers course being developed by LASAR for AARS and the Alabama Fire College to serve as the certifying agency.
2. **WARNING:** This training will incorporate stressful conditions. Although the training will be safe, divers can expect to dive in very restricted visibility with unpleasant bottom conditions. This type of diving is not for everyone! Only those divers who are very calm and confident underwater should volunteer for this training opportunity.
3. Due to the nature of this training and the extensive support requirements, this class will be limited to 20 qualified divers. Qualified divers for this training are those divers who have at least a basic open water certification from a nationally accepted dive certifying agency (i.e. NAUI, PADI, or YMCA etc..) and at least 12 dives post qualification. Certification cards must be presented at course check in and participants will be required to sign a medical waiver.
4. Participants must provide their own equipment or rent the required equipment for the class. Required equipment includes: Mask, Snorkel, Fins, BCD, weights, regulator, depth gage, cutting tool and dive skin or wet suit. Those wishing to bring their own tanks may do so but they must be marked and be within current hydro and visual inspection. Free tank fills are available thru LASAR
5. All participants must pass a ½ mile open water swim, the first day of class, (using mask, snorkel and fins) in order to train as a Public Safety Diver in the course. Those unable to complete the swim may remain at the training as Diver Tenders.
6. The Dates for the training are September 11-13 2009. Training will begin at 0800 on the 11<sup>th</sup> and end at 1500 on the 13<sup>th</sup>.
7. Those wishing to stay at a camp ground close to the training sites may want to contact the KOA camp ground in Lillian at (251) 961-1717.
8. Hotel accommodations are currently available in Foley at the “America’s Best Suites” Hotel (251) 943-3297. Rooms with a King or two double beds are \$59.95. Pricing and availability are subject to change. Divers should plan to bring everything they will need (from the hotel) for the entire day’s training each day.

For more information contact Jason Heard (256) 630-1802 or Ray Hogans (251) 747-1451.

## AARS Dive Rescue Training Course Outline

### Day 1 of 3:

0800-0830	Check in (LASAR Building)
0830-0845	Introductions (Staff and Students)
0845-0900	Review Course Out line and Admin Announcements
0900-0950	Block 1
0950-1000	Break
1000-1050	Block 2
1050-1100	Brief for Afternoon Activities
1100-1230	Lunch and movement to Swim Site (Perdido Bay)
1230-1300	All swimmers will have all vitals recorded before and immediately after swim test.
1300-1345	Half mile, open water, swim (with snorkel, mask and fins). Swim uniform will be weather/water temp dependant. Students will be dropped off ½ mile from the shore and will swim in (at their own pace). Students not completing the swim will be dropped from the course or will train and be certified as tenders only.
1345-1400	Recovery
1400-1450	Block 3 (at or near swim location)
1450-1500	Break/movement to pool
1500-1600	Pool work (untangling and recovering a tangled diver)
1600-1700	Return to Class room and clean/store equipment

### Day 2 of 3

0845-0900	Review of previous day's activities/discussions
0900-0950	Block 4
0950-1000	Break
1000-1050	Block 5
1050-1100	Brief Afternoon Activities
1100-1300	Lunch and movement to Dive Site
1300-1415	Group A Dive Objective 1    Group B Dive Objective 2 Group A is a body recovery and Group B is a vehicle recovery
1430-1600	Group A Dive Objective 2    Group B Dive Objective 1
1600-1700	Return to Class room and clean/store equipment

### Day 3 of 3

0800-0815	Review of previous day's activities/discussions
0815-0915	Block 6
0915-0930	Mission Brief
0930-1000	Movement to mission sites
1000-1200	Missions
1200-1400	Lunch/Equipment cleaning
1400-1430	Exam
1430-1500	Course Critique/Graduation