

Inspiration Advanced Trimix Level III course

The IART CCR Advanced Trimix Level III training programme is a state-of-the-art course structured on the most recent development in knowledge about Trimix diving and the use of rebreathers at depth. Breaking with the longstanding mindset, stemming from the OC field, that the main aim of the Trimix diver is to carry gas mixes designed to keep the ascent time as short as possible, the IART programme highlights how the use of rebreathers changes the parameters and presents the diver with the option to consider stress loading and counter-diffusion issues as primary factors governing choice of gas. The theory

- ▶ Normoxic Trimix (OPTION A)
- ▶ Physiological aspects (E.g. CNS, nitrogen narcosis, hypercapnia, hypoxia and hyperoxia under extreme conditions)
- ▶ CCR dive planning and execution
- ▶ Deep diving physics and physiology (E.g. HPNS, counter-diffusion and IEDCS)
- ▶ CCR equipment considerations
- ▶ CCR decompression planning and advanced decompression techniques
- ▶ Gas management and gas switching
- ▶ Oxygen as deco-gas
- ▶ Emergency management
- ▶ Decompression sickness
- ▶ Options specific to the Inspiration / Evolution rebreathers

OPTION A (6 dive course): entry requirement is certification as an IART CCR Level II Extended Range (air) Diver or equivalent Plus a minimum of 50 hours following completion of Level II training (with not less than 20 logged dives at depths beyond 35m)

The practical part of the course includes a confined water and 6 open water dives over 6 days, with a minimum accumulated dive-time of 360 mins. The first two dives must be performed using normoxic Trimix.

OPTION B (4 dive course): entry requirement is certification as an IART OC Level II Extended Range (normoxic Trimix) Diver or equivalent plus a minimum of 50 hours following completion of Level II training (with not less than 20 logged dives at depths beyond 40m, 5 of which must be normoxic Trimix dives

The practical part of the course includes a confined water and 4 open water dives over 4 days, with a minimum accumulated in-water time of 240 mins.

Topics covered in the practical training include:

the proper planning, gas analysis and labeling, equipment familiarization (travel/deco mix stages removal/replacement) emergency and out-of-gas procedures (gas sharing, rescue ascent, etc.), ascent reel and lift bag deployment, and proper CCR decompression techniques.

