

## **KISS CCR - Extended Range level II course**

The majority of divers receive their training from agencies that do not condone decompression dives and offer no such programmes. Many restrict maximum diving depths to 40 metres. They do this for good reasons. Diving deep and accumulating substantial decompression stops increases the risk factor and a high level of training and competence is necessary to safely conduct such dives. For these divers, the move from level I CCR straight to level III Advanced Trimix CCR is a quantum leap. A deep Trimix dive is not the time or place to be learning how to deal with stage cylinders for the first time or realising that you are not really mentally prepared for mandatory decompression stops.

The IART Level II training programme is ideal for all such divers. Jointly, they offer the diver the chance to acquire all the necessary skills, become accustomed to carrying extra equipment and to build decompression experience progressively through air diluent and, if selected as an option, normoxic Trimix dives.

Theory presentations cover:

- ▶ Physiological considerations (E.g. CNS, nitrogen narcosis, hypercapnia, hypoxia and hyperoxia under extreme conditions)
- ▶ Legal requirements and regulations
- ▶ Decompression sickness
- ▶ Dive planning and execution
- ▶ Emergency management
- ▶ Diving physics and physiology
- ▶ Examples of equipment configuration
- ▶ Decompression planning
- ▶ Gas management

### **Practical training:**

**Level II (Air)** - The open water training for the level II air certification consists of a minimum of 4 dives over at least 3 days with a minimum total dive time of 180 min.

**Level II (normoxic Trimix)** - The open water training for the level II normoxic Trimix certification consists of a minimum of 6 dives over at least 5 days with a minimum total dive time of 300 min.

Topics covered in the practical training include:

- ▶ Gas analyse
- ▶ Stress management
- ▶ Assembly, disassembly and maintenance
- ▶ Emergency exercises
- ▶ Deployment of deco-buoys
- ▶ Gas switching
- ▶ Manual control of the CCR