

OC Advanced Trimix course

The IART OC Advanced Trimix training programme is designed to present answers to two questions:

How can I dive deeper?

How can I do it safely?

Using the most contemporary knowledge of physiological limitations, the IART course will prepare you to safely conduct dives at depths not possible using conventional air or Nitrox as a breathing gas. It will supply you with the knowledge to weigh the advantages of various gas options and cut your own personal dive tables. Extensive theory training is combined with practical dive skill development at progressive depth. Theory includes:

- ▶ Normoxic Trimix (OPTION A)
- ▶ Physiological aspects (E.g. CNS, nitrogen narcosis, hypercapnia, hypoxia and hyperoxia under extreme conditions)
- ▶ Dive planning and execution
- ▶ Deep diving physics and physiology (E.g. HPNS, counter-diffusion and IEDCS)
- ▶ Equipment considerations
- ▶ Decompression planning and advanced decompression techniques
- ▶ Gas management and gas switching
- ▶ Oxygen as deco-gas
- ▶ Emergency management
- ▶ Decompression sickness

OPTION A (6 dive course): entry requirement is certification as an IART OC Level II Extended Range (air) Diver or equivalent.

The practical part of the course includes 2 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.

The practical part of the course includes 2 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:

proper dive planning, gas analysis and cylinder labeling, equipment familiarization (travel/deco stage cylinders - removal/replacement), gas switching, emergency and out-of-air procedures (gas sharing, rescue ascent, etc.), ascent reel and lift bag deployment, and proper decompression techniques.