

# Open Circuit Recreational Trimix Diver

- A) Course:** Open Circuit "Recreational Trimix" Diver
- B) Course objective:** This course develops in the participant, the required abilities, knowledge and techniques to dive responsibly with open circuit SCUBA in the realm of recreational no-stop Trimix dives using normoxic Trimix containing 21% oxygen and no more than 25% Helium to a maximum depth of 40m.
- C) Pre-requisites: Course pre-requisites:**  
The participant must be at least 18 years of age.  
The participant must, prior to commencing practical training, provide proof of a current diving medical not older than two years for participants under 40 years of age and for participants over 40 years of age not older than one year.  
Proof of a valid Advanced Open water diver certification or equivalent qualification.  
Certification as an IART Nitrox Diver or equivalent (E.g. IANTD, TDI or BSAC).  
At least 50 logged dives including at least 10 logged Nitrox dives.
- D) Course content/duration:** All theoretical and practical aspects of no-stop Trimix diving. The classroom sessions explain the physical and physiological implications of mixed-gas diving and address dive planning, equipment considerations for longer dives and all procedures involved. An important point is dive planning using computer-based dive tables such as VPM, Z-Plan or ProPlanner etc.  
The practical part of the course includes 3 open water dives over at least 2 days. The instructor-to-student ratio is 1:3.
- E) Support material:** IART Recreational Trimix manual, NOAA O<sub>2</sub>-exposure tables, Trimix and standard air no-stop tables, Instructor manual and Instructor presentation materials.
- F) Required equipment:** Complete diving equipment, decompression tables, slate, depth gauge and bottom timer or computer.
- G) Limits:** The maximum depths during training are: 30m (dive 1), 35m (dive 2) and 40m (dive 3). Dive duration should not exceed no-stop limits. Dives must be conducted using a single gas mix. Gas switching is not included in recreational Trimix training.
- H) Practical skills:** The dives should include correct planning, including an assessment of the dive site, required gas supply, gas analysis of cylinder contents and calculation of the maximum no-stop time and CNS-loading. Controlled ascents and correctly conducted safety stops represent further key elements of the practical training. Exercises with delayed SMB's are mandatory as are accurate log book entries following each dive.
- I) Certification requirements:** The student must satisfactorily complete a written exam. Once training requirements are met at the Instructor's discretion, it is necessary to submit an application in order to obtain the corresponding IART certification card. In accordance with IART quality control, the student and Instructor are required to fill in the training protocol form. The instructor must retain this form with the student file.
- J) Certification:** IART HQ
- K) Certification Renewal:** n/a