

Extended Range Diving

- AIM** To promote more efficient, successful and safe deep diving techniques. To encourage a responsible and flexible approach to extended range diving. To identify the areas of potential problem, discuss the possibilities of management and resolution in practice. To provide a pool of information from which may be selected whatever is achievable and relevant to any specific extended range dive being considered.
- DURATION** Three days – see Note 1
- ENTRY GRADE** BSAC Dive Leader with one of the following: BSAC Advanced Nitrox Diver; IANTD Advanced Nitrox Diver; TDI Nitrox Diver; ANDI Tech.
- INSTRUCTORS** This course is run only by the BSAC Coaching Scheme or by selected BSAC Schools. This course must be lead by an Approved Extended Range Diving Instructor, assisted either by other Approved ERD Instructors or NQIs seeking such approval - see Note 3. The number of 'Assistant Instructors' must not exceed the number of Approved ERD Instructors. A register of Approved ERD Instructors is maintained by the Chief Examiner / BSAC HQ.
Ratio: One Instructor for every four students for Dives 1 and 2: one Instructor for every two students on Dive 3.
- FACILITIES** Suitable classroom with teaching aids for formal presentations. Suitable shallow water dive site (10m maximum) for Dive 1. Dive site with 20m maximum for Dive 2. Suitable dive platform (boat) for Dive 3, with maximum depth to 50m. (dependant on students' abilities). Equipment and materials for classroom and practical sessions, as detailed in ERD Course Instructor Notes – see Note 2.
- APPROVAL** Skill Development Course Approval Procedure applies.
- QUALIFICATION** Course Certification will be issued by BSAC HQ after the event.

SYLLABUS

Instructor Briefing

Assemble, Introductions, Administration

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| 1 | Theory Lesson | An Introduction to Extended Range Diving <ul style="list-style-type: none">• What is ERD?• Why do it?• What does it require• The BSAC ERD Course | 15 minutes |
| 2 | Theory Lesson | Personal Preparation for Extended Range Diving <ul style="list-style-type: none">• Awareness, responsibility, attitude• Training, self-reliance, physical and mental preparation | 60 minutes |

- Managing stress, coping with narcosis

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3	Theory Lesson	Decompression Diving	45 minutes
		<ul style="list-style-type: none"> • Tools – Tables, PC Software, Dive Computers • Run Time Management • Rich Nitrox mixes, Oxygen Tracking • Good Decompression Practice 	
4	Group Practical	Decompression Planning	30 minutes
5	Theory Lesson	Personal Equipment	45 minutes
		<ul style="list-style-type: none"> • Bottom Gas Systems • Decompression Gas Systems • Combining systems • Configuring Regulators and Gauges • Buoyancy Compensators • Diving Suits • Support Equipment • Surface Survival • Equipment Rigging and Configuration 	
6	Group Practical	Personal Equipment Preparation	45 minutes
7	Practical	Dive 1	180 minutes
		DAY 2	
8	Theory Lesson	Group Equipment	30 minutes
		<ul style="list-style-type: none"> • The Platform: Hard Boats, RIBs; Liaison with skipper • Decompression Systems 	
9	Theory Lesson	Extended Range Dive Planning	30 minutes
		<ul style="list-style-type: none"> • Dive Team Agreements • Dive Planning • Support Divers • Emergency / Contingency Plans 	
10	Group Practical	Practical Dive Planning	90 minutes
11	Practical	Dive 2	240 minutes
12		Dive Debrief, Open Forum	30 minutes
		DAY 3	
13	Practical	Dive 3	8 hours
14		Open Forum and Course Debrief	20 minutes
		<ul style="list-style-type: none"> • Issue Student Packs • Enter student details onto SDC / Report form 	
		Disperse	

NOTES

1. Although this is a three day course, it is not necessary to run it over three consecutive days. The third day for the final (deep) dive can be run separately. Students then gain the benefit of time to prepare their equipment and to practice their new ERD skills. Relevant theory must precede practical training.
2. Instructors should base their teaching on the Instructor Notes provided. A set of OHP Foil originals are also available for this course, and will be issued with the ERD Instructor Qualification pack.
3. BSAC NQIs who wish to gain Extended Range Diving Instructor status should apply to the Technical Support Manager at BSAC for the appropriate application form.