



Advanced Nitrox Diver

- AIM** To Introduce BSAC Sports Divers to the meticulous dive planning and practical skills required when diving and decompressing using enriched Nitrox mixtures.
To monitor time spent at different depths tracking different partial pressures of oxygen in order to avoid oxygen toxicity.
To teach the safe use of up to EANx 50 as both a diving and decompression gas.
To teach the safe use BSAC Nitrox Decompression Tables.
To teach the safe use of Nitrox and Air Computers.
- DURATION** Two days: Day 1 - Classroom studies, Day 2 - Two Open Water Dives
- ENTRY GRADE** BSAC Sports Diver or similar (see BSAC SALT table) + 20 additional dives
BSAC Nitrox Diver (or equivalent)
Current Certificate of Fitness to Dive
- APPROVAL** Course registration procedures apply. A BSAC Advanced Nitrox Diver student notes pack **must** be supplied to each student.
- INSTRUCTORS** This course must be staffed by approved BSAC Nitrox Instructors. The Chief Instructor must also be qualified as an Advanced Diver. A register of approved BSAC Nitrox Instructors is maintained by the Chief Examiner at BSAC HQ.
Ratio - One Instructor for every eight students in the classroom: One Instructor to maximum of four students in water. However, the ratio is dependant on visibility and may have to be reduced. Instructors must be able to see all students at the same time and this may demand a one-to-one ratio.
- FACILITIES** A suitable classroom for theory lessons, with enough space to spread Nitrox cylinders for practical analysing lessons.
A suitable open water site for practical diving on Day Two.
The following equipment will be required for the practical dives:
- 1 Nitrox cylinder per student (minimum 10 litre)
- 1 Pony cylinder (or doubles) per student
- 1 Delayed SMB per student
- Oxygen analysers.
Nitrox cylinders must conform to the BSAC recommendations: in test, in Oxygen Service and correctly labelled.
- QUALIFICATION** Each part of the course concludes with an assessment, and only those who pass these assessments will receive the Advanced Nitrox Diver Certificate, qualification record book certificate.

SYLLABUS

Instructor briefing
Assemble, Introductions, Administration.

1. Classroom Lesson	Introduction Course aims Advantages and disadvantages of Nitrox as a diving and a decompression gas.	20 mins
2. Classroom Lesson	Pressure and Nitrox mixes Dalton's Law Calculating ppO ₂ Maximum Operating Depth and Nitrox mix.	20 mins
3. Classroom Lesson	Nitrogen and Nitrox Diving BSAC Nitrox Decompression Tables Nitrogen Narcosis Decompression - good practice, equipment Carbon Dioxide Toxicity.	90 mins
4. Classroom Lesson	Oxygen and Human Physiology Effects of Oxygen CNS & Whole Body Toxicity Monitoring Oxygen uptake	60 mins
5. Classroom Lesson	Equipment for Nitrox diving Decompression equipment and configuration Dive Cylinders Regulators Other diving equipment Oxygen Service	45 mins
6. Classroom Lesson	Nitrox Mixing and Analysing Ways to Mix / Blend Nitrox Advantages, disadvantages Practical Gas Analysing	60 mins
7. Classroom Lesson	Dive Organisation & Management Dive Marshalling Pairing divers Decompression planning Accident Management Dive planning	60 mins
8. Classroom	Theory Assessments	60 mins
9. Classroom	Open Forum Course debriefing - Disperse Instructor De-brief	15 mins

NOTES

1. Instructors should base their teaching on the Instructor Notes they receive from the Chief Examiner once they have been approved as a BSAC Nitrox Instructor.
2. When an application to run a course is approved the Technical Support Manager at BSAC HQ will supply all course paperwork including Assessment Papers and the required number of Student Packs.
3. Members wishing to qualify as BSAC Nitrox Instructors are invited to apply to the Technical Support Manager at BSAC HQ for the appropriate application form.

The British Sub-Aqua Club, Telford's Quay, South Pier Road, Ellesmere Port, Cheshire CH65 4FL
