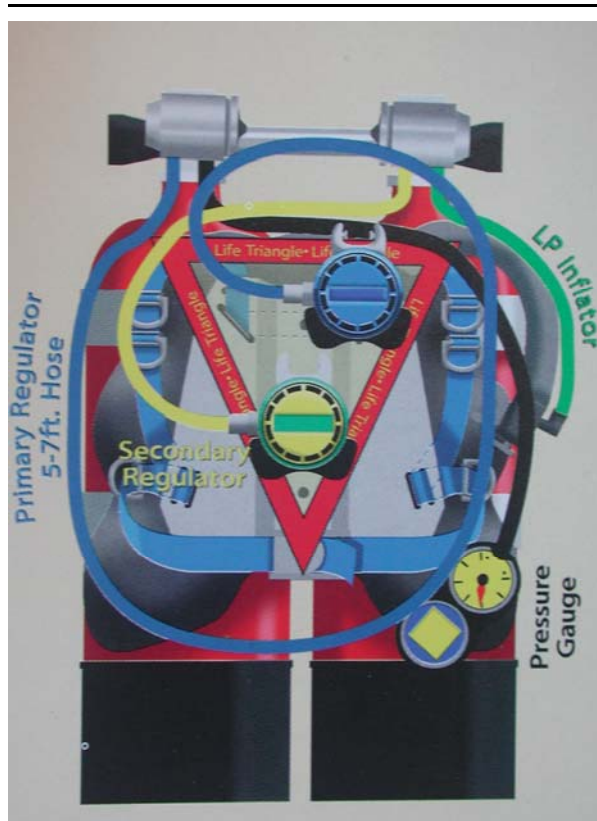




TDI Decompression Procedures & Advanced Nitrox Program

TDI DECOMPRESSION PROCEDURES & ADVANCED NITROX



This program is ideal for those divers who are already conducting deeper dives, but want to better understand staged decompression using nitrox as a decompression gas, particularly when diving the deeper wrecks off Sydney.

The TDI Decompression Procedures program is designed to take experienced deeper divers and train them in the planning & execution of standard staged decompression using the most common equipment requirements, gear set-ups, decompression techniques and decompression mixtures (including oxygen and nitrox if qualified) to a maximum depth of 45 msw.

The TDI Advanced Nitrox program takes qualified Nitrox divers (certified to 40% O₂) and provides you with the benefits, hazards and proper procedures for utilizing nitrox mixes from 21% through to 100% (oxygen). If you do not have a nitrox certification, we can arrange an additional evening to provide you with the training to meet the entry level requirement for Advanced Nitrox. There will be an additional fee

for this.

The training is structured to provide you with the Advanced Nitrox training so that you are then able to use EAN mixes up to 100% during the Decompression Procedures practical training.

The obvious advantages of higher EAN mixes during decompression will become very evident during this training program.

This program is for experienced divers, not novices, who wish to utilize the full range of nitrox mixtures while undertaking staged decompression dives.





EXAMPLE DECOMPRESSION & ADVANCED NITROX TRAINING SCHEDULE

Evening #1

- u Course outline
- u Diving with an invisible ceiling
- u Dive computers & equipment
- u Exceeding limits
- u Gear configurations
- u Stress & Task Loading
- u SMB Decompression
- u Fitness
- u Limited & extended decompression

Evening #2

- u Review Evening #1 & questions
- u Nitrox Revision & O2 toxicity
- u Custom Tables
- u Gear set up for weekends dives

Saturday Dee Why Wide 30m Dive #1

- 4 Twin Orientation
- 4 Air dive
- 4 Skills review
- 4 SBR Calculations

Saturday afternoon at Dive Centre

- u Theory Review
- u Re-gas cylinders & set up for next dive

Sunday Royal Sheppard 30m Dive #2

- 4 Twin tanks with air
- 4 Sling cylinder with air
- 4 SMB deployment & Ascent
- 4 SBR Calculations

Evening #3 -Advanced Nitrox

- u Basic Nitrox Review
- u Nitrox Physics
- u Dalton Diamond
- u Nitrox Physiology
- u Tissue Compartments
- u Decompression Pathology

Evening #4 -Advanced Nitrox

- u Personal limits
- u Dive Planning
- u Physiological limits
- u Advanced Planning

Saturday Annie Miller 45m Dive #3

- 4 Twin tanks with air
- 4 SBR calculations
- 4 Sling cylinder with Nitrox 50
- 4 Staged Decompression

Saturday Afternoon Dive Centre

- u Review days proceedings
- u Re gas equipment and check set ups

Sunday The Coolooli Dive #4

- 4 Twins with Nitrox 26
 - 4 Sling tank with Nitrox 50
 - 4 Wreck Survey
 - 4 SBR
 - 4 Staged Decompression

Evening #5

- u General Review
- u Question & Answers
- u Decompression Procedures Exam
- u Advanced Nitrox Exam
- u Equipment prep for weekend

Saturday Dee Why 48m Dive #5

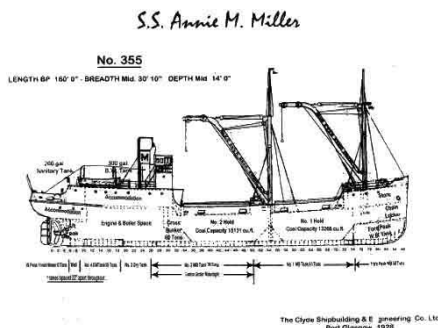
- 4 Twins with Nitrox 26
- 4 Stage bottle with Nitrox 50
- 4 SMB deployment & ascent
- 4 Experience dive
- 4 Stage Decompression

Saturday Afternoon Dive Centre

- u Review days proceedings
- u Re gas equipment and check set ups

Sunday Hopper Barge 45m Dive #6

- 4 Twins with Nitrox 24
- 4 Stage bottle with Nitrox 50
- 4 Survey wreck site
- 4 SBR & Staged Decompression

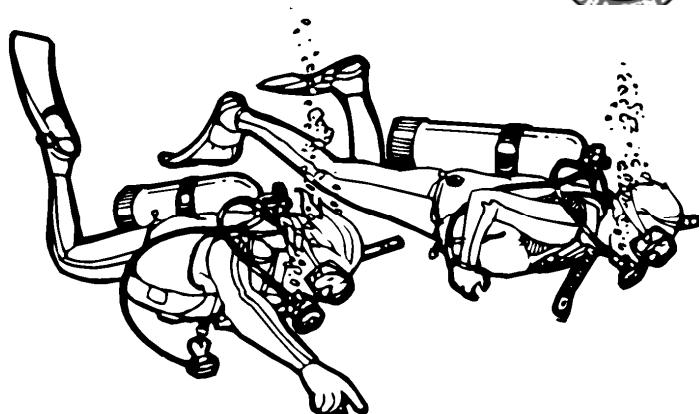




COURSE PRE-REQUISITES

Divers wishing to participate in this combined program must:

- Minimum age of 18,
- minimum of 25 logged dives, with ten in excess of 30m
- PADI Advanced certification or equivalent
- Have a current medical
- Sign a TDI Waiver & Release form



STUDENT DIVE EQUIPMENT

KNOWLEDGE DEVELOPMENT

- ▶ Deco Stops vs Safety Stops
- ▶ Physics
- ▶ Decompression Options
- ▶ Equipment considerations
- ▶ Dive tables vs Computers
- ▶ Dive Planning
- ▶ Decompression Procedures
- ▶ Nitrox Physics & Physiology
- ▶ Oxygen Toxicity
- ▶ Formula work
- ▶ Dive Tables
- ▶ Dive Planning
- ▶ Common Mixing Procedures

You will need:

- Mask, snorkel, fins & boots
- Appropriate insulation
- Dive cylinders
- BCD which has enough lift for twin cylinders
- Regulator with alternate air source and bottom timer
- 2 torches
- Knife
- Whistle
- Surface Marker Buoy
- Reel with minimum of 50m of 2mm line
- Slate & pencil
- 5lt Stage bottle nitrox cleaned with an O2 regulator and spg.

COURSE INCLUDES

- u All training packs
- u All boat dives
- u All air & nitrox fills
- u Certification through TDI when course training objectives are successfully achieved..
- u A rewarding experience

Speak to the course instructor prior to the program regarding equipment, they will advise on what is best for you, in consultation with what gear you already have.

If you are not Nitrox qualified, you will need to complete one evening of basic nitrox theory prior to commencing this programme. Also your first two dives on the course will be using nitrox as a bottom gas.



FROG DIVE SCUBA CENTRES TRAINING APPLICATION

Please fill out this form to book on your TDI Decompression Procedures & Advanced Nitrox programme as outlined in this information brochure.

Name.....

Address.....

.....Postcode.....

☎ Home (.....).....Work (.....).....

& Mobile.....Fax.....

Please tick the programmes you wish to participate in:

- TDI Decompression Procedures & Advanced Nitrox course \$995.00
- TDI Nitrox Program \$200.00
- You need a current medical (not more than 12 months old)
- Please attach four passport size photos with your name on the back
- Please show proof of your deeper diving/wreck experience

I have enclosed a \$100.00 non refundable deposit for the programme, please supply:

- TDI Decompression Procedures Manual
- TDI Advanced Nitrox Manual
- TDI Nitrox Manual if not already

certified.



Card No _____ Expires _____ Sign _____

FROG DIVE SCUBA CENTRES

539 Willoughby Road Willoughby 2067 Ph 9958.5699 Fax 9958.4330
395 Guildford Road Guildford 2161 Ph 9892.3422 Fax 9892.3662

"One jump ahead"



NITROX , ADVANCED
NITROX, ADVANCED
WRECK, DECO
PROCEDURES &
EXTENDED RANGE
COURSES ALSO
CONDUCTED



SIGN UP
TODAY, AND
GET A LIFE