



Sidemount Diver III (Tec, Cave)



Diver's Profile:

This is an experienced cave- or wreck penetration diver, having beforehand obtained a Sidemount Diver II AND a Cave Diver III or Wreck Diver III certificate who wants to further improve his/her competence for dealing with low cave or wreck passages, major restrictions and even squeezes and other very confined spaces in overhead environment.

Another reason might be medical considerations (i.e. lumbar disc herniation).

The theoretical AND the practical part should therefore be focused on the new competence and skills linked to the use of Sidemount configuration only.

Aims & Objectives of the course:

This course is designed to expose the experienced cave- or wreck diver to alternative cylinder and harness configurations when back-mounted cylinders are not appropriate or available. Though considerably more complex than standard back-mount diving, sidemount has clear advantages. Only the sidemount cave- or wreck diver is truly self-reliant. But, the inherent gas management, trim and complexity of diving independent cylinders present a challenge to even the most experienced back-mount diver.

Content:

Safety practices, procedures, conservation, advanced gas management, equipment modification/philosophy, trim, streamlining, problem management, task loading, psychological aspects and how to customize a "sidemount rig" to perfection.

All these skills have to be trained and evaluated with the special focus on the requirements of the overhead environment.

All knowledge and skills of EITHER a cave Diver III (Full Cave Diver) OR a Wreck Diver III (Penetration Wreck Diver) are a mandatory prerequisite.

Basically, similar to the Sidemount Diver II (OW) training, it is the additional complexity of the overhead environment that makes the difference (wreck OR cave). So, all procedures must be fully in line with the standard safety procedures of the relevant cave zones or the wreck penetration zone.

Course Classification:

The Sidemount Diver III Course is an TOP LEVEL specialty and TEC diving course.

Prerequisites and Requirements:

a) Prerequisites

Age:	18 years
OW-certificate:	CMAS 3star Diver or equivalent (fulfilling EN14153-3)
Overhead diver certificate:	Cave Diver III (Full Cave Diver) OR Wreck Diver III (Penetration Wreck Diver) (SCD or equivalent)
Previous Sidemount certificate:	Sidemount Diver II (TEC, Ovhd.)
Other mandatory prerequisites:	valid medical attest (fitness for diving), not older than SCD rules or national legislation require
Number of previous dives (all types):	100 in total, of which 50 must have been made after CMAS 3star Diver or equivalent, of which 10 must have been made within 2 months prior to course
Number of previous logged cave / penetration wreck dives	20 since Cave Diver III / Wreck Diver III certification



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Number of logged sidemount-dives	20 since Sidemount Diver II certification of which 10 must have been made within 2 months prior to course
Other mandatory certificates:	all Specialties as required for SCD Cave Diver 3 (Full Cave Diver) OR SCD Wreck Diver III (Penetration Wreck Diver)
Further requirements:	Equipment as requested under "Personal equipment"

b) Course duration and structure

Min. duration:	2.5 days / 3.5 days (classroom and practical OW sessions may be separated up to 2 weeks to let students adapt and fine-tune their configuration and try some of the skill exercises for themselves first)
Min classroom:	0.5 days (4 hrs)
Min. practical:	2.0 days / 3.0 days
Min. number of training dives:	4 / 6 dives in min. 3 different caves / wrecks of which 4 in zones 2 and 3

c) Requirements for instructors and assistants

Min. level for instructor:	SCD Full Cave Diving Instructor / Wreck Penetration Instructor + SCD Sidemount Diving Instructor II
Min level for assistants:	SCD Full Cave Diving Instructor / Wreck Penetration Instructor + SCD Sidemount Diving Instructor I + SCD Sidemount Diver III (overhead)

d) Student : instructor ratios:

Max. student : instructor ratio	10:1
Classroom:	4:1 under optimal conditions (visibility, current); otherwise 2:1.
Open Water:	1 assistant accounts for max. 1 more student, but a maximum of 2 assistants are allowed to form a diving class together with the instructor in charge
Cavern and Cave Zones:	as defined by the corresponding standards for cave zones 1-3 (ref. to SCD Cave Diving Standards)
Wreck Zones:	as defined by the corresponding standards for wreck zones 1-3 (ref. to SCD Wreck Diving Standards)

e) Evaluation:

Theory exam:	23 questions (10 MC, 10 open text, 3 complete dive plans); 80% passing score Exam should be done preferably after OW session 1
Practical evaluation :	Continuing and permanent evaluation based on standardized exercises. Min. passing score is C (on scale of A – E).

f) Training Environment/Gas:

Environment for training:	any suitable overhead environment (caves with zones 1 to 3!
Max. depth:	according to certification level of participants; max. depths: CMAS 3star or equivalent: 40m EAD or 50m nominal (regardless of mixture)
Gas for training:	air or any suitable Ntx or Tmx mixture accord. to depth, if students are certified accordingly



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Max. O2 partial pressure:	1.40bar for bottom / 1.60bar for deco
Stage decompression required:	as required ; appropriate Ntx / Tmx / O2 mixtures to be used whenever possible; students must be properly certified for the use of such gases (Adv. Ntx Diver for Cave Diver / Wreck Diver III). Overall decompression time MUST NOT exceed 15min.
Stage decompression required:	as required ; appropriate Ntx / Tmx / O2 mixtures to be used whenever possible; students must be properly certified for the use of such gases (Adv. Ntx Diver for Cave Diver / Wreck Diver III). Overall decompression time MUST NOT exceed 15min.

g) Personal Equipment:

- any suitable diving suit (wet or dry), boots, gloves, hood
- standard OW masks (2 !); fins only with steel spring straps
- standard set of markers and cookies as for cave zone 3 OR wreck zone 3
- standard set of reels/spools as for cave zone 3 OR wreck zone 3
- standard set of main- and backup lamps as for cave zone 3 OR wreck zone 3
- all other equipment parts as for cave zone 3 OR wreck zone 3
- sidemount harness with some kind of BCD (integrated or separate) or wings, min. lifting capacity (volume): 16 liters (*final decision after positive weight test at surface*)
- 2 primary tanks with mono-outlet valves; DIN outlets only; min size: 2 x 10 liters /200bar (steel, alu, steel-composite) or 4000 NL (same as for cave zone 3 or wreck zone 3)
- 2 additional stage tanks of approx. equal size as primary tanks (pref. aluminum 80 cft or similar)
- each tank must be equipped with a submersible pressure gauge (electronic or mechanical)

Course fees

Refer to the yearly training course schedule overview on the Swiss Cave Diving website.

Course dates

By arrangement; course will be held with at least 2 participants.

All actual course dates: ref. to the yearly training course schedule overview on the Swiss Cave Diving website.

Certification:

- SCD double-sided C-card
- Wall certificate in A4-format

Insurance

Is in the personal responsibility of each participant.

Training Competencies:

May act as an assistant in Sidemount Diver I and II (OW) courses under supervision of a course director

Quality Control:

Compliant with SCD Standards and the relevant procedures.



Additional information: www.swiss-cave-diving.ch or Beat Müller: btmueller@bluewin.ch