

RESCUE DIVER

Prerequisites:

Minimum 12 years of age

Current (within 24 months) Standard First Aid Course with CPR

Advanced Open Water Scuba Diver (prior to participating in open water rescue training sessions)

RESCUE EXERCISES

Performance Requirements

Self-Rescue Review

- Demonstrate the correct procedures for the following self-rescue situations:
 - Cramp release
 - Establishing buoyancy at the surface
 - Airway control
 - Use of an alternate air source
 - Overcoming vertigo and reestablishing sense of direction

Exercise 1 – Tired Diver

Assist a tired (rational) responsive diver at the surface, demonstrating:

Approach

Evaluation

Making Contact

Reassuring the Diver

Assists and Transport

Equipment Removal

Exercise 2 – Panicked Diver

Rescue a panicked (irrational) diver, demonstrating:

Approach and Evaluation

Making Contact

Releases

Approach with a quick reverse to stay out of a panicked diver's grasp

Exercise 3 – Response from shore, boat or dock (responsive diver)

Assist a responsive diver in distress, demonstrating:

Non-swimming assists, including reaches/extensions and throws

Water entries without losing sight of the victim and paced to conserve energy

Swimming assists and rescues, with and without

emergency flotation equipment

Tows with and without equipment removed, including underarm push, tank valve tow and modified tired swimmer carry

Exits

Exercise 4 – Distressed Diver Underwater

Correctly identify and respond to a diver simulating overexertion underwater.

Correctly identify and respond to a panicked diver making an uncontrolled ascent.

Correctly identify and provide air to, via an alternate air source, a diver simulating an out-of-air emergency, and make a controlled air-sharing ascent.

Exercise 5 – Missing Diver

Quickly and efficiently search for and locate a missing diver using an underwater search pattern.

Exercise 6 – Surfacing the Unresponsive Diver

Use controlled positive buoyancy as an aid to ascent.

Bring an unresponsive diver to the surface using buoyancy control of either the unresponsive diver or the rescuer.

Exercise 7– Unresponsive Diver at the Surface

Make contact with and check for breathing on an unresponsive diver at the surface, demonstrating:

Calling for help while establishing buoyancy and turning the diver face up.

Removing the diver’s mask and regulator, opening airway and checking for breathing.

Demonstrate in-water rescue breathing using the following methods:

- **Mouth-to-pocket mask**
- **Mouth-to-mouth**
- **Mouth-to-nose (optional)**
- **Mouth-to-snorkel (optional)**

while continuing effective rescue breathing, demonstrate equipment removal (victim and rescuer)

while towing the diver toward an exit.

Exercise 8 – Exiting the Unresponsive Diver

Remove a breathing, unresponsive diver from the water, both with and without assistance.

Remove a non-breathing diver from the water, both with

and without assistance.

Exercise 9 – First Aid for Pressure-Related Injuries and Oxygen Administration

Demonstrate steps and procedures for administering oxygen to a breathing, unresponsive diver with suspected decompression illness.

Administer oxygen to a non-breathing diver while using a pocket mask for rescue breathing.

Exercise 10 – Response from Shore/Boat to Unresponsive (non-breathing) Diver at the Surface

Respond to a diver emergency that requires attending to a non-breathing, unresponsive diver on the surface, demonstrating in-water rescue breathing, exiting the water and then providing CPR.

Scenario 1 – Unresponsive Diver Underwater

Search for and locate a missing diver during an accident simulation.

- 1. As part of a team or as an individual, interview the victim's buddy and draw logical conclusions from the information presented**
As part of a team or as an individual, organize a quick and effective search
- 2. As part of a team or as an individual, search for and locate a missing diver**
- 3. As part of a team or as an individual, bring a diver simulating unresponsiveness to the surface using controlled positive buoyancy.**

Scenario 2 – Unresponsive Diver at the Surface

- 1. As part of a team or as an individual, effectively respond to an unresponsive, non-breathing diver during an accident simulation.**
- 2. As part of a team or as an individual, effectively evaluate, tow, provide in-water rescue breaths, remove equipment, exit and provide CPR**