Section 5B: AUSI Scuba Teaching Guidelines

RESCUE SCUBA DIVER (Level V Scuba) – October 2005

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- **AUSI MEDICAL HISTORY FORM**
- **AUSI RESCUE DIVER PARTICIPATION AGREEMENT**
- **AUSI RESCUE DIVER TRAINING RECORD**
- **AUSI SCUBA RESCUE ASSESSMENT FORM**
- **AUSI RESUSCITATION ASSESSMENT FORM**
- **AUSI LOST DIVER ASSESSMENT FORM**
- **AUSI RESCUE DIVER THEORY TEST**
- **AUSI RESCUE DIVER THEORY TEST - ANSWER SHEET**
- **AUSI RESCUE DIVER THEORY TEST - ANSWER TEMPLATE**
- **AUSI RESCUE DIVER INSTRUCTOR CUE CARD**

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COURSE PLANNING

The AUSI Rescue Diver course is designed to train divers in self-rescue, scuba diver rescue, diving physiology, oxygen provision, first aid and resuscitation.
The course is conducted in four phases:

1. Theory - six presentations, lesson reviews and theory test,
2. Practical Skills - three sessions,
3. Resuscitation & Oxygen - three sessions, and
4. Ocean Scenarios - one ocean session.

NOTE: 1. This course meets the requirements of the DAN Oxygen Provider course and instructors must ensure all DAN prerequisites, standards, procedures, teaching guidelines and certification requirements are met for any student receiving the award.

2. Divers who have an AUSI Level IV Scuba Diver award can also be awarded the AUSI Level V Scuba Diver (Master Diver) award.

Instructor

The course can only be conducted by an AUSI Level V Scuba Instructor or higher.

Ratios

Instructors must never exceed the maximum instructor to student ratios as described below:

1. Theory 12:1,
2. Pool 8:1 or 16:1 with the assistance of a lower level AUSI Scuba Instructor,
3. Resuscitation 6:1 or 12:1 with the assistance of a lower level AUSI Scuba Instructor and one mannequin per four students, and
4. Ocean 8:1 or 12:1 with the assistance of a lower level AUSI Scuba Instructor.

Prerequisites

Prerequisites for the AUSI Rescue Diver Scuba Diver course are:

1. Be at least 15 years of age,
2. Be medically fit to scuba dive, use the *AUSI Medical History Form* or approved equivalent, and
3. Be a certified AUSI Level II Scuba Diver or approved equivalent.

Before conducting the course ensure that students meet all the prerequisites and sign the *AUSI Rescue Diver Participation Agreement.*

Materials

During the course it is compulsory for the instructor to use the following:

1. **AUSI Rescue Diver Manual** or relevant AUSI Course Notes,
2. *AUSI Medical History Form,*
3. *AUSI Rescue Diver Participation Agreement,*
4. *AUSI Rescue Diver Student Training Record,*
5. *AUSI Lost Diver Assessment Form,*
6. *AUSI Scuba Rescue and Resuscitation Assessment Forms,*
7. *AUSI Rescue Diver Theory Test,* and
8. **AUSI Certification Sheet.**

Items 1 & 8: Can be purchased from AUSI Head Office.

In lieu of Item 1: AUSI Level V Scuba Course Notes and lesson reviews (AUSI Scuba Learning Modules 9, 10, 11, 12, 13 & 14) can be downloaded from www.ausi.com.au.

Items 1, 2, 3, 4, 5, 6 & 7: Can be photocopied from the Course Materials section of the AUSI Instructor Manual or registered instructors can download an AUSI Level V Scuba (Rescue) Instructor Pack from www.ausi.com.au.

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Equipment

Each instructor and student shall use the equipment required by Australian Standard AS 4005.1-2000 during all practical training and ocean diving throughout the course. This is listed below:

1. Mask, snorkel and fins,
2. Approved air cylinder and valve (Australian Standard AS 2030.1),
3. Buoyancy control device with scuba feed inflator designed to maintain the head above water surface when inflated (separate back pack, if appropriate),
4. Regulator (instructor's must use a balanced first stage),
5. Alternate air source,
6. Depth and cylinder pressure gauges and timing device, and
7. Adequate exposure protection with appropriate quick release weight system.

Instructors must have all of the above plus a knife and compass.

DAN Oxygen Provider

The AUSI Rescue Diver course meets the requirements of DAN for the DAN Oxygen Provider Award. A DAN Oxygen Instructor must conduct these phases of the course.

Suggested Timetable

Below is a suggested course timetable:

First Evening	19:00	Introduction
	19:30	**Theory 1 - Accident Prevention & Management**
Second Evening	19:00	Practical Training Session 1
	20:30	**Theory 2 - Respiration & Circulation**
Day 1	08:00	Practical Training Session 2
	10:00	**Theory 3 - Life Support Techniques**
	12:00	Lunch
	13:00	Resuscitation & Oxygen Session 1
	14:30	**Theory 4 - Diving First Aid (2)**
	16:30	Resuscitation & Oxygen Session 2
	18:00	Dinner
	19:30	Resuscitation & Oxygen Session 3
Day 2	08:00	**Theory 5 - Diving Injuries**
	10:00	Practical Training Session 3
	12:00	Lunch
	13:00	**Theory 6 - General First Aid**
	15:00	Ocean Scenarios
	17:00	Debrief
Third Evening	19:00	Theory Test and Review

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CLASSROOM PRESENTATIONS

Introduction

The following materials are required for the introductory session:

1. *AUSI Medical History Form* or approved equivalent,
2. *AUSI Rescue Diver Participation Agreement*,
3. *AUSI Rescue Diver Scuba Diver Training Record*, and
4. **AUSI Rescue Diver Manual** or AUSI course Notes.

During the introductory session, which must be done before any practical sessions are conducted, the instructor is required to do the following:

1. Have student complete the *AUSI Medical History Form* or approved equivalent and carefully check,
2. Have student complete and sign the relevant sections of the *AUSI Rescue Diver Participation Agreement*,
3. Sight evidence that the student meets all the prerequisites for the course,
4. Have students fill-in and sign the prerequisites section of the *AUSI Rescue Diver Training Record*,
5. Counter sign the prerequisites section of the *AUSI Rescue Diver Training Record*,
6. Explain the AUSI Pathway and where the current course fits in,
7. Explain the structure of the AUSI Rescue Diver course,
8. Discuss the timetable for the course,
9. Explain the requirements for certification, AND
10. Explain the requirements for DAN SEAP Oxygen Provider renewal, if applicable.

The recommended text books for those students who wish to do further reading are:

1. **Recreational Scuba Diving** – Sinclair & Kenley,
2. **Oxygen First Aid** - J. Lippmann,
3. **The DAN Emergency Handbook** - J. Lippmann & S. Bugg,
4. **Scuba Safety in Australia** - Wilks, Knight & Lippmann, and
5. **Diving Medicine for Scuba Divers** - Edmonds, McKenzie & Thomas.

These texts are available from AUSI Head Office.

Theory Modules

The AUSI Rescue Diver course consists of six theory presentations and lesson reviews which should be conducted in accordance with the Classroom Presentation section of the **AUSI Instructor Course Notes**, and a theory test.

The topics covered are detailed below:

Accident Prevention& Management	(*AUSI Scuba Learning Module 9*)
Respiration and Circulation	(*AUSI Scuba Learning Module 10*)
Life Support Techniques	(*AUSI Scuba Learning Module 11*)
Diving Ailments	(*AUSI Scuba Learning Module 12*)
Diving Injuries	(*AUSI Scuba Learning Module 13*)
General First Aid	(*AUSI Scuba Learning Module 14*).

The **AUSI Rescue Diver Manual** or the relevant AUSI Course Notes must be made available to the students during the theory sessions. After the theory sessions have been attended the students must complete the lesson review for each session.

These notes are also available in A4 for the production of overhead transparencies, contact AUSI Head Office.

The *AUSI Rescue Diver Training Record* is to be updated at the end of every theory session.

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PRACTICAL SKILLS TRAINING

All practical skills training should be done in accordance with the Practical Skills Training section of the **AUSI Instructor Course Notes**.

Practical Skills Sessions

The AUSI Rescue Diver course requires three practical skills sessions, which should be conducted in a pool or confined water. Each session is described in detail below. The skills are numbered using the following system:

<LEVEL>.P.<SESSION #>.<SKILL #>

where:

<LEVEL> is the AUSI Scuba Diver Course Level;
P represents that it is a practical skill;
<SESSION #> is the practical skills session number; and
<SKILL #> is the sequential number starting with the first skill of the session

eg R.P.1.4 is skill four of the first practical skills session in the AUSI Rescue Diver course.

The aims of the sessions are as follows:

Session 1 - A skills review followed by incident simulations,

Session 2 - Management of an unconscious diver on the surface, and

Session 3 - Management of an unconscious diver at depth.

The **AUSI Rescue Diver Instructor Cue Card** contains a summary of the skills to be performed.

The *AUSI Scuba Rescue Diver Training Record* is to be updated at the end of the practical session.

NOTE: 1. Instructors must never exceed the maximum instructor to student ratios as described on page 1 and should reduce ratios where conditions or student ability dictates to do so.
2. Equipment used by instructors and students must comply with that outlined on page 2 of these teaching guidelines.

Practical Skills Session 1

R.P.1.1 Equipment Assembly

1. Watch students assemble & handle their equipment, this can indicate of nervousness and experience

R.P.1.2 Buddy Checks

1. Have students perform thorough buddy checks in preparation for ocean diving phase

R.P.1.3 Head-Up Step Entry

Student must demonstrate the ability to enter the water without losing site of victim or victim's bubbles:

1. Modify standard step entry by increasing forward momentum
2. Add upward kick as diver enters water

R.P.1.4 Neutral Buoyancy Check

1. Have students demonstrate neutral buoyancy on the surface without any air in their buoyancy compensator

R.P.1.5 Regulator Skills

Have students demonstrate:

1. Regulator clear - both methods
2. Regulator recovery
3. Regulator exchange

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R.P.1.6 Mask Skills

Have students demonstrate:

1. Partial mask clear
2. Full mask clear
3. Mask removal and replacement
4. Combined regulator and mask removal and replacement

R.P.1.7 Out of Air Drill

1. Have students demonstrate and practice the out of air drill
2. Have students demonstrate the out of air drill without a mask
3. Test students with out of air signal without warning

R.P.1.8 Buoyancy Control Exercises

1. Have students demonstrate mid-water hover

R.P.1.9 Incident Management

1. Broken Mask Strap
   a) Have student swim to, find, secure and clear a strapless mask
2. Entanglement
   a) Have student untangle their buddy from entanglement in a float line on the surface
   b) Repeat underwater
3. Cramp Removal
   a) Have students practice on self and then buddy on the surface
   b) Repeat underwater

4 Weight Belt Removal & Replacement
   a) Have students practice on the surface
   b) Repeat underwater at no deeper than 1.5m (4ft)

R.P.1.10 Tired Diver Tows

1. Straight Arm Tow
   a) Rescuer secures tired diver by cylinder valve, regulator first stage or buoyancy compensator
   b) Rescuer tows tired diver 25m (30yds) keeping the securing arm straight
2. Doh-cee-doh Tow
   a) Rescuer secures tired diver by placing their right arm down between divers right arm and arm pit
   b) Rescuer tows tired diver 25m (30yds)
3. Wheel Barrow tow
   a) Tired diver lays on back and places feet on rescuers shoulders
   b) Rescuer puts arms over and around tired divers legs
   c) Rescuer pushes tired diver 25m (30yds) whilst snorkelling on their front

NOTE: During tired diver exercises rescuers should be constantly reassuring patient, making diver positively buoyant by use of the buoyancy compensator and/or ditching the weight belt.

R.P.1.11 Panicking Diver on Surface

1. Rescuer approaches diver but keeps out of reach
2. Rescuer gives loud verbal instructions to inflate BC, dump weight belt & put regulator in mouth
3. If diver has followed instructions rescuer can approach, secure and calm diver
4. If diver doesn't follow instructions rescuer can approach diver from the rear, underwater
5. Secure diver from the rear, dump weight belts, inflate BC's and calm diver

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Practical Skills Session 2

R.P.2.1 Rescue of Unconscious Diver on Surface

1. Call for Assistance
   a) Ask to keep eye on patient
   b) Ask to wait in case help is needed for removing patient or calling ambulance
2. Head up entry
3. Head up surface approach
4. Secure the patient
5. Establish positive buoyancy
   a) Dump weight belts first
   b) Inflate BC's
6. Call for help
   a) Who to call (what number)
   b) Location
   c) Patient details (eg one male diver - unconscious)
   d) Ask how long will help be?
   e) Come back and let rescuer know how long help will be
7. Remove gear
   a) If plenty of buoyancy in wetsuit remove own scuba unit
   b) Remove patients scuba unit if not essential to positive buoyancy
8. Tow patient 25 metres (30yds)
9. Remove patient from water
10. Assess patient
    a) DRABCDEF

WARNING: Warn students to be cautious of straining backs, arms and shoulders when removing patient or gear from water.

R.P.2.2 Surface Rescue Breaths

1. Secure the patient
2. Establish positive buoyancy
   a) Dump weight belts first
   b) Inflate BC's
3. Remove regulators & masks (try to keep masks)
4. Establish head tilt
5. Seal nose
6. Give five full breaths
7. Give call for help
8. Maintain rescue breaths at 2 breaths every 10 seconds
9. Remove gear
10. Maintain rescue breaths at 1 breath every 5 seconds
11. Tow patient 25 metres (30yds)

NOTE: 1. Rescuer must keep patients face above water at all times.

2. Rescuer is to simulate rescue breaths by blowing on patients opposite cheek.

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R.P.2.3 Rescue of Unconscious Diver from Depth

Using the *AUSI Rescue Assessment Form* as a guide, instruct students in the rescue of a non-responsive diver from depth. This is a combination of the above two skills with the addition of an underwater phase. Begin full exercise in shallow (waist deep) water and don't progress to deeper water until diver demonstrates rescue correctly.

1. Call for assistance
   a) Ask to keep eye on where patient disappeared or where bubbles are
   b) Ask to wait in case need help removing or calling ambulance
2. Head up entry
3. Head up surface approach
   a) Ensure regulator is in mouth before descent
   b) Deflate BC as approaching bubbles
4. Descend directly over bubbles
5. Secure the patient on bottom
6. Ascend with patient
   a) Patients head must be tilted back to allow air in lungs to escape
   b) Ascent must be normal - slow and controlled
   c) Patient must arrive on surface face up
7. Secure the patient on surface
   a) Use doh-cee-doh grip
   b) Patients face must not go under the water
8. Establish positive buoyancy
   a) Dump weight belts first
   b) Inflate BC's
9. Remove regulators & masks (try to keep masks)
10. Establish head tilt
11. Seal nose
12. Give five full breaths
13. Give call for help
14. Maintain rescue breaths at 2 breaths every 10 seconds
15. Remove gear
16. Maintain rescue breaths at 1 breath every 5 seconds
17. Remove patient from water
18. Assess patient
    a) DRABCDEF

NOTE: 1. Rescuer must keep patients face above water at all times.

2. Rescuer is to simulate rescue breaths by blowing on patients opposite cheek.

WARNINGS: (i) Warn students about rescue breaths & lung pressure injuries.

(ii) Warn students about dropping weight belts on each other and damaging pool.

(iii) Students to be cautious of straining backs, arms and shoulders when removing patient from water.

Practical Skills Session 3

R.P.3.1 Rescue of Unconscious Diver from Depth

1. Repeat R.P.2.3 whilst assessing student using *AUSI Rescue Assessment Form*

R.P.3.2 Tired Swimmer Tows

1. Repeat R.P.1.10

R.P.3.3 Panicking Diver on Surface

1. Repeat R.P.1.11

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RESUSCITATION TRAINING

Practical Resuscitation and Oxygen Sessions are an integral part of the AUSI Rescue Diver course. It is important that mannequins and oxygen equipment are available to all students and they are allocated sufficient time to practice the skills required. Where possible a real person should be used (eg. for positioning and treatment of an unconscious patient) with mannequins being substituted for both rescue breaths and CPR practice.

Complex skills such as the management of a collapsed victim (from collapse to administering full CPR) should be broken down into sub-skills. The sub-skills should be taught first without any major emphasis on speed. When the sub-skills have been mastered they can be combined into the full scenario.

In a real life rescue a rescuer will only react calmly and confidently if they have done lots of repetition (ie practice) of the skills required.

Optimal training efficiency comes from small student to mannequin or oxygen kit ratios. It is best to work in pairs so that one person can act as a victim until the rescue breaths or CPR phase is reached where the mannequin is used. Continually move amongst the students and provide them with varying scenarios.

Continually emphasise the need for hygiene when using mannequins and oxygen equipment to prevent cross-infections. The use of separate facemasks for mannequins, individual pocket masks and non-rebreather oxygen masks is standard practice to avoiding cross-infection. Thorough cleaning of the equipment after use with an appropriate disinfectant is also of vital importance.

The AUSI Rescue Diver Scuba Diver course requires three resuscitation sessions. Each session is described in detail below. The skills are numbered using the following system:

<LEVEL>**.**R**.**<SESSION #>**.**<SKILL #>

where:

<LEVEL> is the AUSI Scuba Diver Course Level;
R represents that it is a resuscitation skill;
<SESSION #> is the practical skills session number; and
<SKILL #> is the sequential number starting with the first skill of the session

eg R.R.1.4 is skill four of the first resuscitation skills session in the AUSI Rescue Diver course.

The aims of the sessions are as follows:

Session 1 - Approach and management of a collapsed victim including single operator rescue breaths & CPR,

Session 2 - Two operator CPR, and

Session 3 - Oxygen equipment and administration.

Use the *AUSI Resuscitation Assessment Form* for assessment of the listed skills.

The *AUSI Rescue Diver Training Record* is to be updated at the end of each resuscitation session.

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Resuscitation Session 1

R.R.1.1 Approaching a Collapsed Victim

1. Approach cautiously
2. Assess for DANGER to self and patient

R.R.1.2 Checking for a Response

1. Shake and shout
2. Hold both hands and ask to squeeze

R.R.1.3 Calling for Help

1. Yell loudly if alone
2. If help available send for ambulance
3. Tell helper where to find nearest phone and number to call
4. Tell helper the location; problem; and help required
5. Have helper repeat information back before heading to phone
6. Have helper find out how long ambulance will be and then return with this information

R.R.1.4 Airway Management

1. Turn patient on to side (turn either towards or away from rescuer)
2. Turn face downwards
3. Open mouth and simulate removing any foreign material
4. Tilt patients head back and lift jaw to extend airway

R.R.1.5 Check for Breathing

1. Leave patient in a stable side position
2. LOOK for movement of chest or abdomen
3. LISTEN for sounds of breathing
4. FEEL for escape of air with cheek and place hand below sternum for movement of abdomen

R.R.1.6 Management of Unconscious Breathing Patient

1. Put patient into a stable side position (coma, lateral or recovery position)
2. Extend airway by neck extension and jaw lift
3. Continue to monitor AIRWAY, BREATHING and CIRCULATION (ie feel for pulse)
4. Treat for shock - reassure, oxygen, protect from environment & record details

R.R.1.7 Commencing Rescue Breaths (on mannequin)

1. Position self on knees at level of mannequins upper torso
2. Extend airway by tilting back head and using jaw thrust via pistol grip
3. Seal nose either with upper hand or using cheek
4. Seal mouth
5. Inflate mannequins chest twice

R.R.1.8 Check for Circulation

1. Feel for carotid pulse on mannequin - take five seconds
2. Have students locate carotid pulse on each other
3. Have students locate radial pulse on each other

R.R.1.9 Continuing Rescue Breaths

If patient has a pulse:

1. Deliver breaths to mannequin at one every 4-5 seconds (12-15 per minute)
2. Turn head towards mannequins chest between breaths to watch rise and fall of chest
3. Count between each breath - "ONE and TWO and THREE and FOUR" ***BREATH*** (another method is to count each breath "LOOK - LISTEN - FEEL - ONE" - ***BREATH*** - "LOOK - LISTEN - FEEL - TWO" - ***BREATH*** *etc)*
4. Check for pulse again after first minute then every two minutes

R.R.1.10 Airway Obstruction

Instructor tells rescuer that they cannot get air into the patient:

1 Recheck: airway for obstruction; head tilt; and jaw thrust then retry
2 If not successful - deliver three back blow with flat of hand then retry (try this up to 3 times)
3 If still not successful - deliver lateral thrust with both hands spread beneath arm pit of patient then retry
4 If still not successful - try blowing harder

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R.R.1.11 Stomach Distension whilst Performing Rescue Breaths

Instructor tells rescuer that stomach dissension has occurred:

1. Recheck: airway for obstruction; head tilt; and jaw thrust
2. Blow softer if this was cause
3. DO NOT press on stomach

R.R.1.12 Regurgitation or Vomiting Whilst Performing Rescue Breaths

Instructor tells rescuer that regurgitation or vomiting has occurred:

1. Turn mannequin on side and simulate clear airway
2. If vomiting - check for breathing
3. Recommence rescue breaths

R.R.1.13 Positioning and Sealing a Pocket Mask (on patient)

1. Position self on knees behind patients head
2. Place narrow end of pocket mask on bridge of nose, extend thumbs down both sides of mask and curl fingers under patients jaw
3. Extend airway by tilting back head and using jaw thrust via fingers

R.R.1.14 Rescue Breaths with a Pocket Mask

1. Repeat R.R.1.1 - R.R.1.5 (no breathing)
2. Position self on knees behind mannequins head
3. Place narrow end of pocket mask on bridge of nose, extend thumbs down both sides of mask and curl fingers under mannequins jaw
4. Extend airway by tilting back head and using jaw thrust via fingers
5. Seal mouth around tube of mask
6. Inflate mannequins chest five times in 10 seconds
7. Repeat R.R.1.8 and R.R.1.9

R.R.1.15 Single Operator CPR

1. Repeat R.R.1.1 - R.R.1.8 (no pulse)
2. Position self on knees at level of mannequins upper torso
3. Locate compression point
4. Deliver 30 compressions at the rate of 100 per minute and then two breaths
5. Turn head towards mannequins chest between breaths to watch rise and fall of chest
6. Count compressions
7. Check for pulse again after two minutes
8. Continue cycle until help arrives or exhaustion

Resuscitation Session 2

R.R.2.1 Revision of Management of Unconscious Breathing Patient

1. Repeat R.R.1.1 - R.R.1.6

R.R.2.2 Revision of Rescue Breaths

1. Repeat R.R.1.1 - R.R.1.12

R.R.2.3 Revision of Rescue Breaths with a Pocket Mask

1. Repeat R.R.1.14

R.R.2.4 Revision of Single Operator CPR

1. Repeat R.R.1.15

R.R.2.5 Two Operator CPR

1. Repeat R.R.1.1 - R.R.1.8
2. Second rescuer positions self on opposite side of patient to other rescuer
3. Second rescuer locates compression point
4. Second rescuer delivers compressions at a rate of 100 per minute without pausing
5. First rescuer delivers two rescue breaths every 30 compressions at end of compression down stroke
6. Count compressions
8. Continue cycles checking for pulse every two minutes
9. Exchange roles during pulse checks

R.R.2.6 Two Operator CPR with Pocket Mask

1. Repeat R.R.2.5 with the rescuer doing inflations using a pocket mask as described in R.R.1.14

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Resuscitation Session 3 (Oxygen)

R.R.3.1 Assembling Oxygen Equipment

Before assembling the oxygen equipment check the following:

- hands are clean (free of oil and grease)
- area is well ventilated
- no naked flames or flammable substances in the vicinity

1. Remove protective valve cover and "crack" cylinder to remove any dust and particles
2. Ensure o-ring or seal is in place on regulator or adaptor
3. If using adaptor locate and attach
4. Locate regulator first stage onto oxygen cylinder valve or adaptor and tighten
5. Lay cylinder down
6. Ensure that all flow valves are turned off
7. Point gauge away from people and turn cylinder on slowly
8. Turn off again and watch gauge for any sign of leakage
9. If leakage - locate and fix
10. Turn valve on again slowly at least one full turn and check contents of cylinder
11. Check function of attached delivery devices

WARNINGS: (i) Use oxygen in a well-ventilated area.

(ii) Do not use oxygen in the near vicinity of naked flames or flammable substances.

(iii) Do not use non oxygen-dedicated equipment with oxygen.

(iv) Position oxygen equipment where it cannot fall and injure anyone.

R.R.3.2 Disassembling Oxygen Equipment

1. Turn cylinder valve off
2. Purge pressure from lines
3. Disassemble equipment, clean and store

R.R.3.3 Provide O_2 via Demand Valve

1. Set up oxygen equipment as per R.R.3.1 with a demand valve attached to the first stage
2. Take two or three breaths from unit to ensure correct function
3. Reassure patient that oxygen will make them feel better
4. Have patient hold demand valve and breathe normally from it
5. If demand valve has mouthpiece rather than oronasal mask then apply nose clip to patient
6. Continually monitor patient, reassure and check response to oxygen

R.R.3.4 Provide O_2 via Non-Rebreather Mask

1. Set up oxygen equipment as per R.R.3.1
2. Unkink non-rebreather mask tubing and attach to constant flow outlet
3. Turn on constant flow outlet and set to 15 litres/minute
4. Prime non-rebreather mask reservoir by placing thumb on valve inside mask at base
5. Place top of mask over bridge of patients nose
6. Place elastic strap over back of patients head and tighten at front
7. Gently squeeze metal strip at top of mask to conform to patients nose
8. If conscious - reassure patient that oxygen will make them feel better and to breathe normally
9. Continually monitor non-rebreather mask reservoir (check for size, movement, condensation within mask and vomiting) - if necessary adjust flow rate
10. If on maximum flow rate and still not enough - remove one of non-return valves from side of mask

R.R.3.5 Rescue Breaths with O_2 via Pocket Mask

1. One rescuer follows steps for rescue breaths with a pocket mask as per R.R.1.14
2. Second rescuer sets up oxygen equipment as per R.R.3.1
3. Unkink oxygen tubing and attach one end to constant flow outlet and other to nipple on pocket mask
4. Turn on constant flow outlet and set to 15 litres/minute

R.R.3.6 Two Operator CPR with O_2 via Pocket Mask

1. One rescuer follows steps for single operator CPR as per R.R.1.15
2. Second rescuer sets up oxygen equipment and pocket mask as per R.R.3.5
3. Switch to two operator CPR with a pocket mask as per R.R.2.6

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R.R.3.7 Providing Oxygen to a Conscious Diver Suspected of DCI

1. Lay flat
2. Provide 100% oxygen via demand valve as per R.R.3.3
3. Switch from demand valve to non-rebreather mask as per R.R.3.4
4. Have diver breathe as shallow as possible - adjust flow rate
5. Treat for shock: reassure; protect; record details etc

R.R.3.8 Providing Oxygen to a Conscious Diver with Breathing Difficulty

1. Allow to position in way most comfortable for patient
2. Provide 100% oxygen via demand valve as per R.R.3.3
3. Switch from demand valve to non-rebreather mask as per R.R.3.4
4. Have diver breathe very rapidly - adjust flow rate then remove non-return valve on side of mask
5. Treat for shock: reassure; protect; record details etc

R.R.3.9 Full Scenario

This exercise combines all skills learnt in the three resuscitation sessions and should be carried out as a team effort. Allow time between each change in condition so that the team can stabilise their activity. Oxygen equipment should be disassembled before starting the exercise but be accessible to the rescuers.

1. Fully conscious patient displays signs of DCI
2. Patient becomes unconscious
3. Patient has respiratory arrest
4. Airway obstruction exists
5. Patient has cardiac arrest
6. Patient regurgitates
7. Patient has spontaneous pulse and breathing but remains unconscious

R.R.3.10 Cleaning and Sterilising Equipment (oxygen & mannequins)

1. Disassemble equipment
2. Discard of any disposable parts
3. Pre-rinse appropriate parts (see equipment users manual) with cold running water
4. Wash thoroughly in warm water with appropriate detergent (see equipment users manual)
5. Dry then place in appropriate disinfectant (see equipment users manual)
6. Rinse thoroughly in clean water
7. Dry, reassemble and test

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OCEAN SCENARIOS

Each student is to be actively involved as a rescuer in one or more of the ocean scenarios listed below:

Scenario A: Diver suffers from cramp on surface and is subsequently unable to use affected leg,
Scenario B: Diver panics on surface and is then too exhausted to fin,
Scenario C: Diver is unconscious floating face down on surface,
Scenario D: Diver is found unconscious at depth, and
Scenario E: Diver is missing, use the *AUSI Lost Diver Assessment Form*.

The scenarios should be treated as a group exercise with more than one rescuer available where possible.

Each scenario should contain the following elements that should be used as the basis for debriefing the group:

1. Recognition of the incident,
2. Someone taking charge,
3. Assessment of the situation,
4. Appropriate help contacted/used,
5. Appropriate equipment used,
6. Appropriate first aid provided, and
7. Consideration for rescuers safety.

WARNINGS:

(i) Submerged students must have a buddy at all times.
(ii) Exercises shall be conducted in depths between 4 – 6m (15 – 20ft).
(iii) Students **MUST** be warned about the dangers of uncontrolled descents and ascents, ie Rescue Breaths and lung pressure injuries.
(iv) Equipment is easily lost in the ocean - where possible use a clearly designated area.
(v) Weight belts should only be dumped when there is no possibility of a diver below.
(vi) Students to be cautious of straining backs, arms and shoulders when removing patient and equipment from water.

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ASSESSMENT

Theory

Theory assessment is conducted continuously though out the course via lesson reviews with a final test to assess knowledge at the conclusion of the course.

Lesson reviews are found at the conclusion of each lesson in the AUSI Course Notes and:

1. Students are to complete the lesson reviews for all theory lessons,
2. Instructors are to discuss each lesson review, and
3. The Lesson Review section of *AUSI Rescue Diver Training Record* is to be signed by both student and instructor.

The *AUSI Rescue Diver Theory Test* must be administered at the conclusion of the theory section of the course and:

1. Students must score 80% to pass,
2. Instructors must review incorrect answers with the student,
3. Both the student and instructor must sign the completed answer sheet,
4. The answer sheet must be kept with the *AUSI Rescue Diver Training Record,* and
5. Students who score less than 75% must be re-tested.

Practical

When a skill has been taught and practiced satisfactorily both the instructor and the student are to sign the relevant section of *AUSI Rescue Diver Training Record.*

During practical training sessions the instructor must personally assess skills R.P.1.3 – 8 before proceeding with further skills training.

Use the *AUSI Scuba Rescue Assessment Form* for the assessment of rescue skills.

Resuscitation

Both instructors and students are to sign relevant section of *AUSI Rescue Diver Training Record* when skill has been taught and practiced satisfactorily.

During resuscitation training sessions the instructor must assess each student on the management of a collapsed victim including CPR using an *AUSI Resuscitation Assessment Form.*

Ocean Scenarios

Both instructor and students are to sign relevant section of *AUSI Rescue Diver Training Record* once diver has shown a satisfactory involvement in an ocean scenario.

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CERTIFICATION

Before issuing certification the instructor must ensure that:

1. All aspects of the course and appropriate assessments are complete,
2. Both student and instructor have signed the Certificate of Completion,
3. The relevant student records are accurately completed by both student and instructor, and
4. Student's dives are accurately logged in the student's logbook and counter signed by the instructor.

When preparing the certification card and certificate:

1. Ensure all required details are accurately completed,
2. Ensure the Instructor signs the certificate and certification card,
3. Fill in the details of the other certification in the "previous highest certification" section of the student profile on the **AUSI Certification Sheet**, if a dual certification is issued,
4. Before printing, recheck all details,
5. Before laminating the certification card, affix passport photograph, and sign card, and
6. Issue certificate and card to student.

The Student Profile section must be returned to AUSI Head Office by the 14th day of the next month.

If certification is not issued the instructor is to ensure appropriate follow through.

NOTE: Plastic AUSI Certification Cards are available via www.ausi.com.au

NOTE: 1. This course meets the requirements of the DAN SEAP Oxygen Provider course and instructors must ensure all DAN SEAP prerequisites, standards, procedures, teaching guidelines and certification requirements are met for any student receiving the award.

2. Divers who have an AUSI Level IV Scuba Diver award and a recognised current first aid and CPR certificate can be awarded the AUSI Level V Scuba Diver (diver Lifesaver) award.

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DEBFIEF

Debrief all students ensuring the following points are covered:

1. What the qualification means,
2. What is required for renewal,
3. Travelling overseas with the qualification,
4. Further education, and
5. Precautions:
    a) Ears,
    b) What to avoid with regard to Decompression Illness,
    c) What to do about Decompression Illness, and
    d) Local diving emergency services.

Where appropriate also include the following:

1. A course assessment sheet to analyse the students impressions of the course,
2. Dive Club and Charter Boat information,
3. Dive Travel,
4. How to purchase equipment, and
5. Special package deals.

NOTE: Plastic AUSI Certification Cards are available via www.ausi.com.au

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AUSI RESCUE DIVER

COURSE MATERIALS

AUSI MEDICAL HISTORY FORM

AUSI RESCUE DIVER PARTICIPATION AGREEMENT

AUSI RESCUE DIVER TRAINING RECORD

AUSI SCUBA RESCUE ASSESSMENT FORM

AUSI RESUSCITATION ASSESSMENT FORM

AUSI LOST DIVER ASSESSMENT FORM

AUSI RESCUE DIVER THEORY TEST

AUSI RESCUE DIVER THEORY TEST - ANSWER SHEET

AUSI RESCUE DIVER THEORY TEST - ANSWER TEMPLATE

AUSI RESCUE DIVER INSTRUCTOR CUE CARD

Please photocopy the forms for use as necessary from this section of your AUSI Instructor Manual.
OR
Registered instructors can download an AUSI Level V Scuba (Rescue Diver) Instructor Pack from www.ausi.com.au.

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Form 1 (0708) - AUSI MEDICAL HISTORY FORM

This form is used for the assessment of potential problems for persons wishing to partake in AUSI Snorkel or AUSI Scuba programs. In the interest of your safety it is important that you give true, full and complete answers to all questions. Your instructor may advise you to have a full diving medical before diving or may recommend that you do not dive at all.

IMPORTANT: Do you understand that incorrect or misleading information can lead to serious injury resulting in permanent damage or death? YES ☐ NO ☐

A. PERSONAL DETAILS

Name _____ Date of Birth ___/___/___

Address _____

Contact Email: _____ Mobile: _____ Phone: _____

Sex : Male ☐ Female ☐ Occupation _____

Where did you hear about this course? _____

B. GENERAL INFORMATION

	YES	NO	
1. Are you a non-swimmer?	☐	☐	
2. Have you ever had trouble in water?	☐	☐	Details _____
3. Have you scuba dived previously?	☐	☐	Details _____
4. Are you in good health?	☐	☐	Details _____
5. Are you on any medication?	☐	☐	Details _____
6. Operations within the last six months?	☐	☐	Details _____
7. Is there a family history of heart disease?	☐	☐	Details _____
8. Do you have any disease or disability	☐	☐	Details _____
9. Do you smoke?	☐	☐	

Pack Years (Should be < 10)

Cigarettes per day ☐ Multipliy by years of smoking ☐ Divide by 20 = ☐

	YES	NO
10. Have you consumed alcohol or any other drugs within the last 24 hours?	☐	☐
11. Will you be flying or going to altitudes above 300m within 24 hours after your last scuba dive?	☐	☐

Do you suffer from, or have you ever suffered any of the following?

12. Ear problems when flying or diving	☐	☐	16. Migraine or severe headache	☐	☐
13. Ruptured eardrum	☐	☐	17. Depression, claustrophobia or panic attacks	☐	☐
14. Chronic ear discharge or infection	☐	☐	18. Back problems	☐	☐
15. Sea sickness	☐	☐	19. Recompression for a diving related illness	☐	☐

C. MEDICAL HISTORY - Do you suffer from, or have you ever suffered any of the following?

	YES	NO		YES	NO
1. Ear surgery (other than drainage)	☐	☐	11. Pneumothorax (collapsed lung)	☐	☐
2. Persistent ringing noises or deafness	☐	☐	12. Persistent fainting or blackouts	☐	☐
3. Persistent loss of balance	☐	☐	13. Head injury requiring hospitalisation	☐	☐
4. Persistent allergies affecting nose/sinuses	☐	☐	14. Epilepsy or fits	☐	☐
5. Persistent cough or coughing blood	☐	☐	15. Any brain or spinal disorder	☐	☐
6. Recurrent chest/lung infections/problems	☐	☐	16. Diabetes	☐	☐
7. Abnormal chest pain	☐	☐	17. Heart disease	☐	☐
8. Chest surgery (heart or lung)	☐	☐	18. High blood pressure	☐	☐
9. Abnormal shortness of breath	☐	☐	19. Pulse irregularities	☐	☐
10. Asthma, wheezing or use of a puffer	☐	☐	20. Are you pregnant. or trying to be pregnant?	☐	☐

D. DECLARATION

I certify that the above information is true and complete to the best of my knowledge and I hereby authorize Dr _____ Phone # _____ to supply medical information relevant to this course regarding me to my instructor in my own personal interest.

Student's signature _____ Date ___/___/___

Instructor's signature _____ Instructor #: _____

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AUSI Rescue Diver Participation Agreement (1)

This is an important document that affects your legal rights and should be read carefully and the terms understood before signing.

THIS AGREEMENT IS BETWEEN

_____ ACN _____
(DIVE SCHOOL NAME)

of _____ in the State of _____
(Address)

AND its diving instructors, employees and agents (Hereinafter referred to as "the Dive School")

AND

_____
(NAME OF STUDENT)

of _____ in the State of _____
(Address)

(Hereinafter referred to as "the Student")

The Course

The Student wishes to participate in an Australian Underwater Scuba Instructors (AUSI) Rescue Diver Course of instruction conducted by the Dive School which will take place on dates and times to be confirmed and comprise of six theory modules, three practical training sessions, three resuscitation and oxygen equipment sessions and one ocean training session ("the Course").

The Dive School agrees to provide to the Student as part of the Course the following:

☐ Course Materials	☐ Certification	☐ Snorkelling Equipment
☐ Air Fills	☐ Boat Hire	☐ Wetsuit & Weight Belt
☐ Pool Entrance	☐ Accommodation	☐ Scuba Equipment

In consideration of the Dive School conducting the Course the Student has agreed to pay the Dive School the sum of $_____ to participate in the Course ("the Course fee"). The Student acknowledges the Course fee does not include the cost of additional theory lectures, practical training sessions and ocean dives which the Dive School may determine the student must undertake in order to complete the Course. The Student also agrees to pay for any lost or damaged equipment that has been issued to the Student by the Dive School for their use during the Course.

If the Dive School in its absolute discretion determines the student has successfully completed the Course and otherwise satisfied AUSI Standards and Procedures, the Student will be issued with an AUSI Rescue Diver certification and/or an AUSI Level V Scuba Diver if the Student is already a holder of an AUSI Level IV scuba Diver award.

Statement of Limitations

Upon successful completion of the course the Student will have been taught by the Dive School the general principles of scuba rescue, resuscitation and oxygen equipment skills. The Student acknowledges that the Course provides limited theoretical and practical training and experiences sufficient to enable the Student to participate in rescue situations to the maximum depth of their previous training during daylight hours ie 18 metres (60 ft) (Level II - Open Water), 30 metres (100 ft) (Level III - Advanced), and 39 metres (130 ft) (Level IV- Deep Specialty), with direct vertical access to the surface. The Student also acknowledges that without further training and experience he/she should only undertake dives appropriate to his/her level of training and experience. The Student further acknowledges that annual renewal of the resuscitation and oxygen provider section of the course is required.

WARNING - RISKS OF SNORKELLING AND SCUBA DIVING

BY SIGNING THIS DOCUMENT YOU EXPRESSLY ASSUME ALL THE RISKS, HAZARDS AND DANGERS ASSOCIATED WITH SNORKELLING AND SCUBA DIVING.

The Dive School hereby provides the Student with notice to warn him/her of the inherent risks, hazards and dangers of recreational snorkelling and/or scuba diving:

☐ 1. The underwater environment is alien to human beings and as a consequence snorkel and scuba diving are risk inherent adventure activities which expose participants to the risk of serious injury or death.

☐ 2. Many of the physiological effects on the human body due to the underwater environment and the pressure changes experienced whilst scuba diving are not properly understood.

☐ 3. The long-term effects of scuba diving on the human body are generally either not known or not properly understood and there may be adverse health effects on the human body resulting from scuba diving which are presently unknown or not fully known.

☐ 4. No decompression table or diving computer is completely safe and despite observance of safe diving practices, including diving within the tables or in accordance with the dive computer calculations, there is an inherent risk of developing decompression illness.

☐ 5. Communication under water is limited to hand signals and, as a consequence of reduced visibility or separation, communication between the instructor and the Student may be difficult or not possible.

☐ 6. Snorkel and scuba diving can involve strenuous physical exertion under certain conditions which may include swimming underwater or on the surface against a current or tidal stream, in rough seas over long distances.

☐ 7. The taking of various medications or drugs may have adverse health effects resulting from pressure changes associated with scuba diving. These are or may be unknown and medical advice should be obtained from an appropriately qualified diving doctor.

The Student expressly acknowledges he/she understands that recreational snorkel and scuba diving involves risk, hazards and dangers which could result in serious injury or death. The Student nevertheless wishes to participate in the Course and willingly accepts and expressly assumes all such risks, hazards and dangers.

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AUSI Rescue Diver Participation Agreement (2)

Liability Release and Indemnity Agreement

The Student, in consideration of the Dive School agreeing to accept his/her participation in, and to instruct the Student during the Course, agree to release the Dive School from all loss, damage, claims, demands, suits, actions or proceedings of any kind directly or indirectly arising out of or resulting from an accident or happening, equipment failure, latent conditions, damage, death, injury or loss arising or occurring to or suffering by him/her during or after the Course or during of after any subsequent snorkel or scuba diving activity or related activity whether or not the same shall have been caused by, or contributed to in whole or in part to the negligence of or breach of contract by the Dive School.

The Student expressly acknowledges that he/she is in good health and is not aware of any medical or health reason why he/she should not participate in scuba or snorkel diving and he/she has fully and truthfully disclosed to the Dive School and any doctor examining him/her for the purpose of determining his/her fitness to dive:-

(i) any medical or health condition suffered by or affecting him/her of which he/she is aware;

(ii) all medications or drugs which he/she is taking or takes from time to time;

The Student expressly acknowledges that he/she has read and understood this agreement, and specifically the waiver of legal rights and notice warning of some of the risks inherent in the activities of snorkel and scuba diving, and agrees to be bound by them.

This agreement does not purport to or have the effect of excluding, restricting or modifying the application of any of the provisions of the *Fair Trading Act* or the *Trade Practices Act* or the exercise of a right conferred by any such provision or any liability for a breach of condition or warranty implied by such provision.

SIGNED for and on behalf of

)

[name of Dive School] ……) X

) ……

SIGNED SEALED AND DELIVERED by the said

)

[name of Student] ……..……..) X

) ……

in the presence of

Witness xx ……..

IF THE STUDENT IS UNDER THE AGE OF 18 YEARS THIS AGREEMENT IS TO BE READ CAREFULLY AND THEN SIGNED BY THE STUDENT'S PARENTS OR LEGAL GUARDIAN WHERE INDICATED BELOW:

In consideration of the Student being permitted to undertake the Course I, _____, being at least eighteen years of age and the parent or legal guardian of the Student, on behalf of myself and the Student, agree to be bound by the terms and conditions of this agreement. I hereby acknowledge that I have read and understood this agreement, in particular, the Statement of Limitations, Express Assumption of Risk Agreement and the Liability Release and Indemnity Agreement and hereby give my consent to the Student participating in the Course with full knowledge of the inherent risks involved.

I expressly acknowledge that the Student is in good health and that I am not aware of any medical or health reason why he/she should not participate in scuba or snorkel diving and that I have fully and truthfully disclosed to the Dive School and any doctor examining him/her for the purpose of determining his/her fitness to dive:-

(i) any medical or health condition suffered by or affecting him/her of which he/she is aware;

(ii) all medications or drugs which he/she is taking or takes from time to time;

SIGNED SEALED AND DELIVERED by the said

)

[name of Father/Mother/Legal Guardian] ……..……..) X

) ……

in the presence of

Witness xx ……..

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AUSI RESCUE DIVER TRAINING RECORD (1)

Student's Name: _____ **Course No.:** _____

PREREQUISITES: (as per AUSI Instructor Manual - Rescue Diver Standards)

Medical statement ❑
At least 15 years of age ❑
AUSI Level II or approved equivalent ❑

Comments

SATISFIED ALL PREREQUISITES	Student to sign	Instructor to sign	Instructor No.	Date

THEORY INSTRUCTION: (as per AUSI Rescue Diver Course Notes)

Class	Date	Student	Instructor	No.	Review	Date	Student	Instructor	No.
LV/1					LV/1				
LV/2					LV/2				
LV/3					LV/3				
LV/4					LV/4				
LV/5					LV/5				
LV/6					LV/6				

SATISFACTORY COMPLETION OF THEORY COMPONENT	Student to sign	Instructor to sign	Instructor No.	Date

PRACTICAL INSTRUCTION: (as per AUSI Instructor Manual - Rescue Diver Teaching Guidelines)

Session	Date	Instructor	No.	Session	Date	Instructor	No.
# 1				# 3			
# 2							

Practical Skills	Session #	Student
01 Gearing up		
02 Buddy checks		
03 Head-up step entry		
04 Neutral buoyancy check		
05 Regulator skills		
06 Mask skills		
07 Out Of Air Drill		
08 Mid-water hovers		
09 Weight belt removal & replacement (1.5m & surface)		
10 Find, clear and use mask without strap		
11 Entangled buddy		
12 Cramp removal		
13 Tired diver tows - doh-cee-doh		
14 Tired diver tows - extended arm (tank valve)		
15 Tired diver tows - wheel barrow (push)		
16 Panicking diver on surface		
17 Unconscious diver on surface		
18 Surface EAR		
19 Rescue of unconscious diver at depth		

Comments

SATISFACTORY COMPLETION OF PRACTICAL SKILLS	Student to sign	Instructor to sign	Instructor No.	Date

OCEAN SCENARIOS: (as per AUSI Instructor Manual - Rescue Diver Teaching Guidelines)

Scenarios Involved In
A ❑ B ❑ C ❑ D ❑ E ❑

	Student	Instructor	No.

SATISFACTORY INVOLVEMENT IN OCEAN SCENARIO	Student to sign	Instructor to sign	Instructor No.	Date

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AUSI RESCUE DIVER TRAINING RECORD (2)

Student's Name: _____ **Course No.:** _____

RESUSCITATION SESSIONS: (as per AUSI Instructor Manual - Rescue DiverTeaching Guidelines)

Session	Date	Instructor	No.	Session	Date	Instructor	No.
# 1				# 3			
# 2							

Resuscitation & Oxygen Skills	Session #	Student
01 Approaching a collapsed victim		
02 Checking for a response		
03 Calling for help		
04 Airway management		
05 Check for breathing		
06 Management of unconscious breathing patient		
07 Commencing EAR (on mannequin)		
08 Check for circulation		
09 Continuing EAR		
10 Airway obstruction		
11 Stomach distention whilst performing EAR		
12 Regurgitation or vomiting whilst performing EAR		
13 Positioning and sealing a pocket mask (on patient)		
14 EAR with a pocket mask		
15 Single operator CPR		
16 Two operator CPR		
17 Two operator CPR with pocket mask		
18 Assembling oxygen equipment		
19 Disassembling oxygen equipment		
20 Provide O_2 via demand valve		
21 Provide O_2 via non-rebreather mask		
22 EAR with O_2 via pocket mask		
23 Two operator CPR with O_2 via pocket mask		
24 Providing O_2 to a conscious diver suspected of DCI		
25 Providing O_2 to a conscious diver with breathing difficulty		
26 Full scenario exercise		
27 Cleaning and sterilising equipment (oxygen & mannequin)		

Comments

SATISFACTORY COMPLETION OF RESUSCITATION & O_2 SKILLS	Student to sign	Instructor to sign	Instructor No.	Date

CERTIFICATION REQUIREMENTS: (as per AUSI Instructor Manual - Rescue Diver Standards)

Satisfactory theory test ❑
Completed theory component ❑
Completed practical skills training ❑
Satisfactory rescue on AUSI Rescue Assessment Form ❑
Completed resuscitation and oxygen skills training ❑
Satisfactory resuscitation on AUSI Resus Assessment Form ❑
Satisfactory involvement in an ocean scenario ❑

Comments

Current certification level *Level II* ❑ *Level III* ❑ *Level IV* ❑

Certifiction issued: Rescue Diver ❑ Certification Number: _____

AUSI Level V Scuba Diver ❑ Certification Number: _____

AUSI Rescue Diver Certificate of Completion

I _____ on this day _____ hereby state that the above record of my AUSI Rescue Diver training is correct and that I understand the general principles of rescue theory taught to me and feel proficient and confident of performing the rescue to the maximum depth of their previous training during daylight hours ie 18 metres (60 ft) (Level II - open water), 30 metres (100 ft) (Level III - advanced), and 39 metres (130 ft) (Level IV- deep specialty), with direct vertical access to the surface, resuscitation and oxygen provision skills taught to me and acknowledge that renewal of the resuscitation and oxygen provider elements is required.

Student's Signature: _____ Certifying Instructor's Signature: _____ Certifying Instructor's Number: _____

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AUSI SCUBA RESCUE ASSESSMENT FORM (0809)

Candidates Name: _____ **Date:** _____

Assessors Name: _____ **Instructor #:** _____

Site: _____ **Rescue #:** _____

Time Started: _____
Time Finished: _____
Time Taken: _____

INITIAL RESONSE	Must	Should	COMMENTS
Danger identified and removed	❑		
Stay calm		❑	
Call for assistance to stand by	❑		
Clear instructions given		❑	
Assign lookout		❑	
ENTRY & ON SURFACE			
Head-up entry	❑		
Head-up approach on surface	❑		
Efficient use of time	❑		
Descend directly over bubbles	❑		
UNDERWATER			
Secure patient	❑		
Ascend with patient	❑		
Neck extension during ascent	❑		
Normal controlled ascent	❑		
BEGINNING EAR			
Patient face-up on surface	❑		
Patient secured		❑	
Weight belts removed	❑		
BC's inflated		❑	
Regulators and masks removed	❑		
Airway extension	❑		
Sufficient height to achieve a good seal	❑		
5 full breaths	❑		
Time from reaching surface to beginning breaths doesn't exceed 15 seconds	❑		
CONTINUING EAR			
Call for emergency services	❑		
Information adequate		❑	
Maintain rescue breath rate	❑		
Maintain nose seal	❑		
Remove own scuba gear (if applicable)		❑	
Remove patients scuba gear (if applicable)		❑	
Secure and tow patient (at least 25m)	❑		
EXIT			
Remove patient from water		❑	
Assess patient (DRABCDEF)	❑		
Arrange for oxygen	❑		
POSSIBLE	23	9	
TOTALS			
MINIMUM REQUIRED	22	6	

WAS RESCUE EFFECTIVE? (NO = FAIL) - explain why! ❑

PASS / FAIL

GENERAL COMMENTS

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AUSI RESUSCITATION & O_2 ASSESSMENT FORM (1)

Candidates Name: _____ **Date:** _____

Assessors Name: _____ **Instructor #:** _____

Scenario: _____ **Scenario #:** _____

INITIAL RESONSE	Must	Should	COMMENTS
Danger identified and removed	❑		
Stay calm		❑	
Response checked - touch and voice	❑		
CONSCIOUS PATIENT			
Positioning appropriate	❑		
Reassurance		❑	
Oxygen (demand or non-rebreather)	❑		
Monitoring patients condition	❑		
Monitoring vital signs		❑	
Protect from environment		❑	
Secondary assessment		❑	
UNCONSCIOUS BREATHING PATIENT			
Call for *"HELP!"*	❑		
Turn on side	❑		
Open, drain and clear airway	❑		
Check for breathing (look, listen and feel)	❑		
Maintain airway (jaw support)	❑		
Oxygen via non-rebreather mask	❑		
Stable side position	❑		
Monitoring vital signs	❑		
RESPIRATORY FAILURE (use mannequin)			
Turn onto back	❑		
Give 2 full rescue breaths i	❑		
Breaths effective	❑		
Rescuer watching rise and fall of chest	❑		
Carotid pulse checked (approximately 5-10 seconds)	❑		
Adequate time taken when checking pulse	❑		
RESCUE BREATHS			
Maintain technique	❑		
Regular recovery checks	❑		
Oxygen via pocket mask		❑	
CARDIAC FAILURE (CPR)			
Locate compression point	❑		
Compressions effective	❑		
Maintain rate and ratio	❑		
Regular recovery checks	❑		
2 OPERATOR CPR			
Bystanders checked for CPR training		❑	
Precise instructions		❑	
Effective		❑	
Oxygen via pocket mask		❑	
POSSIBLE	24	10	
TOTALS			
MINIMUM REQUIRED	23	6	
WAS RESCUSCITATION EFFECTIVE? (NO = FAIL) - explain why!	❑		**PASS / FAIL**

GENERAL COMMENTS

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AUSI RESUSCITATION & O_2 ASSESSMENT FORM (2)

Candidates Name: _____ **Date:** _____

Assessors Name: _____ **Instructor #:** _____

Scenario: _____ **Scenario #:** _____

OXYGEN EQUIPMENT ASSEMBLY	Must	Should	COMMENTS
Area checked for dangers with oxygen	❑		
Cylinder cracked		❑	
Gauge faced away from people when turning on	❑		
Correct function of equipment checked	❑		
OXYGEN DELIVERY			
Cylinder lying down and secure	❑		
Appropriate delivery method used		❑	
Appropriate flow rates		❑	
Appropriate patient position		❑	
Oxygen delivery effective	❑		
Monitor patient & record response	❑		
Reassure patient		❑	
Calculate duration oxygen cylinder at current rate		❑	
OXYGEN EQUIPMENT DISASSEMBLY			
Turn cylinder off		❑	
Purge line	❑		
Disassemble and pack up equipment		❑	
COMPLICATIONS (can be oral)			
Severe bleeding	❑		
Regurgitation	❑		
Vomiting	❑		
Airway obstruction	❑		
Stomach distension	❑		
Oxygen demand valve uncomfortable	❑		
Over breathing using oxygen non-rebreather mask	❑		
ORGANISATION			
Emergency services called	❑		
Information given is adequate	❑		
Bystander sent to meet emergency services		❑	
Bystander assigned crowd control		❑	
Details recorded		❑	
Hygiene considered		❑	

		Must	Should
	POSSIBLE	16	12
TOTALS			
	MINIMUM REQUIRED	15	7

WAS RESCUSCITATION EFFECTIVE? (NO = FAIL) - explain why!	❑		**PASS / FAIL**

GENERAL COMMENTS

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AUSI LOST DIVER ASSESSMENT FORM

Candidates Name: _____ **Date:** _____

Assessors Name: _____ **Instructor #:** _____

Site: _____ **Scenario #:** _____

Time Started: _____
Time Finished: _____
Time Taken: _____

INITIAL RESONSE	Must	Should	COMMENTS
Mark spot	❑		
Record time	❑		
Stay calm (clear instructions)		❑	
Assign lookout	❑		
QUESTION BUDDY			
When was buddy last seen?	❑		
At what depth?	❑		
How much air was left?	❑		
Was buddy's behaviour normal at the time?	❑		
Is this behaviour normal for the buddy?	❑		
CALL FOR HELP			
Decide how long to wait based on above information		❑	
Recall divers	❑		
Call for help from other dive boats		❑	
Call for help from rescue organisations	❑		
Correct radio procedure		❑	
ORGANISE SEARCH			
Snorkellers used where possible		❑	
All searchers in buddy pairs		❑	
Searchers health not risked (eg. Cold, DCI, solo)	❑		

		Must	Should
	POSSIBLE	12	6
TOTALS			
	MINIMUM REQUIRED	11	3

WAS SCENARIO SAFE? (NO = FAIL) - explain why!	❑		**PASS / FAIL**

GENERAL COMMENTS

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AUSI RESCUE DIVER
THEORY TEST (Metric -0809)

DIRECTIONS:

- Do not mark question sheet
- Write name, date and course number on the answer sheet
- Circle the best answer - there is only one correct answer
- Write all answers on the answer sheet provided
- Answer all questions
- A score of 80% is required to pass

1. An AUSI Level V Scuba Diver can:

a) dive to 39m during daylight hours or at night
b) dive with another diver to 39m
c) dive to 18m at night and 39m during daylight hours with another similarly qualified diver
d) dive to 18m at night and 39m during daylight hours with any other qualified diver

2. How often does an AUSI Level V Scuba Diver or Rescue Diver require recertification?

a) every 6 months
b) every 12 months
c) every 2 years
d) never

3. An AUSI Rescue Diver can:

a) dive to their highest level of AUSI Scuba diver training (ie Level II or Level III)
b) dive to 39m during daylight hours or at night
c) dive with another diver to 39m
d) dive to 18m at night and 39m during daylight hours with another similarly qualified diver

4. What should the minimum air pressure be in a divers cylinder when they reach the surface?

a) 25 atm
b) 50 atm
c) 75 atm
d) 100 atm

5. Which of the following is the <u>least</u> important consideration when choosing a buddy?

a) their size
b) experience
c) level of training
d) when they last dived

6. The buddy check should confirm that:

a) all scuba equipment functions correctly
b) the safety regulator works and computer is turned on
c) all snorkelling gear is in place and all scuba gear functions correctly
d) the diver has their certification card and it is current

7. When choosing a dive site the most important consideration is:

a) the least experienced diver
b) an alternate site
c) state of the tides
d) water clarity

8. A 34 year old diver needs a diving medical every:

a) 12 months
b) 3 years
c) 5 years
d) 6 years

9. If out of air, after giving the appropriate signal you would expect to:

a) do an emergency free ascent
b) breathe off your buddy's main regulator
c) breathe off your safety regulator
d) breathe off your buddy's safety regulator

10. Emergency free ascents are dangerous due to the risk of:

a) immediate onset Decompression Illness
b) delayed onset Decompression Illness
c) sudden unconsciousness
d) all of the above

11. Why is diving beyond the no-decompression limits (ie decompression diving) dangerous?

a) increased risk of nitrogen narcosis
b) not enough air available in a normal cylinder
c) in an emergency the surface is not safely available
d) all of the above

12. Diving with a hangover is highly undesirable due to:

a) dehydration
b) an increased chance of sea sickness
c) an increased susceptibility to nitrogen narcosis
d) all of the above

13. Which of the following should be avoided after deep diving?

a) driving through hills or mountains in excess of 300m high
b) flying for at least 24 hours
c) vigorous exercise for at least 12 hours
d) all of the above

14. Before using a new dive computer for the first time, the most important thing to do is:

a) plan a safe profile
b) plan to use it conservatively
c) plan no-decompression dives
d) read the manual

15. Upon reaching the surface the first thing to do is to:

a) switch to snorkel
b) signal OK to the boat
c) inflate BC
d) check time

16. An oily taste or smell in scuba air may also indicate the presence of which substance?

a) Oxygen
b) Nitrogen
c) Carbon Dioxide
d) Carbon Monoxide

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17. What is the best method of clearing the airway?
a) jaw lift
b) blow into mouth hard
c) slap back
d) tracheotomy

18. When administering one-operator CPR to an adult, the ratio of compressions to breaths is:
a) 30:1
b) 30:2
c) 5:1
d) 5:2

19. After the first pulse check when administering CPR the patient's pulse should be checked every:
a) 6 cycles
b) 12 cycles
c) 1 minute
d) 2 minutes

20. In Australia medical oxygen cylinders are:
a) black
b) white
c) black top with white bottom
d) black bottom with white top

21. Gas exchange occurs in the:
a) Trachea
b) Bronchioles
c) Alveoli
d) all of the above

22. The substance that lines the alveolus is called:
a) Haemoglobin
b) Surfactant
c) Lymph
d) Plasma

23. To be fit to dive your Forced Expiratory Volume in 1 second ($FEV_{1.0}$) must be greater than:
a) 65%
b) 70%
c) 75%
d) 80%

24. The major factor controlling breathing rate is the:
a) level of CO_2
b) level of O_2
c) pulse rate
d) lung capacity

25. Most oxygen is carried around the body by:
a) Platelets
b) Red Blood Cells
c) White Blood Cells
d) Plasma

26. The DES phone number is:
a) 1800 008 200
b) 1800 808 200
c) 1800 800 200
d) 1800 088 200

27. What is the most common symptom of excess carbon dioxide?
a) headache
b) dizziness
c) nausea
d) tingling

28. Suspected carbon dioxide toxicity is best treated by:
a) increasing breathing rate
b) decreasing breathing rate
c) taking deeper breaths
d) relaxing

29. For suspected carbon monoxide toxicity you should give the patient 100% oxygen and:
a) take patient to hospital
b) observe patient for 24 hours
c) arrange for recompression
d) give oral fluids

30. A diver surfaces after a dive to 24 metres after a bottom time of 20 minutes. Within a few minutes the diver complains of difficulty breathing and dizziness and then blacks out. What should the diver be treated for?
a) immediate onset Decompression Illness
b) delayed onset Decompression Illness
c) carbon monoxide poisoning
d) blue ringed octopus bite

31. The correct first aid for a conscious person with suspected bubble trouble (Decompression Illness) is:
a) lay on left side; feet up; 100% oxygen; call DES; rehydrate and treat for shock
b) lay flat; feet up; 100% oxygen; call DES; rehydrate and treat for shock
c) lay flat; 100% oxygen; call DES; rehydrate and treat for shock
d) recovery (coma) position; 100% oxygen; call DES; rehydrate and treat for shock

32. Giving a diver suffering from Decompression Illness 100% oxygen to breathe is beneficial because:
a) nitrogen will diffuse out of the bubble making it smaller
b) oxygen will diffuse out of bubbles to oxygenate tissues
c) oxygen will dilute the build up of carbon dioxide in the tissues
d) oxygen will cause an increased heart rate to pump more blood around the body

33. A feeling of fullness and some pain in the ear after a dive most likely indicates:
a) inner ear damage
b) middle ear squeeze
c) ear drum rupture
d) sinus squeeze

34. Ringing in the ears may indicate:
a) inner ear damage
b) ear drum rupture
c) middle ear squeeze
d) reverse ear squeeze

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35. The effect of hyperventilation is to:
a) increases O_2 and decreases CO_2 levels
b) decreases O_2 and increases CO_2 levels
c) increases O_2 and increases CO_2 levels
d) not effect O_2 and decreases CO_2 levels

36. The best way to manage severe bleeding is to:
a) apply a tourniquet
b) apply pressure and elevate limb
c) apply an ice pack and elevate limb
d) bandage entire limb and splint it

37. When suffering from a burn it is best to apply:
a) butter
b) antiseptic cream
c) anaesthetic cream
d) cold water

38. If bitten by a snake it is best to:
a) apply a tourniquet
b) cut wound and allow to bleed
c) apply pressure bandage and immobilise limb
d) take victim directly to hospital

39. A sign of mild hypothermia is:
a) shivering
b) spasmodic shivering
c) numbness
d) muscle rigidity

40. If someone is choking and unable to breathe it is best to first:
a) apply abdominal thrust
b) commence EAR
c) apply back blows
d) apply lateral thrust

41. An apparently recovered near-drowned diver must be:
a) put to bed and observed
b) sent to hospital
c) given 100% oxygen
d) put to bed and given 100% oxygen

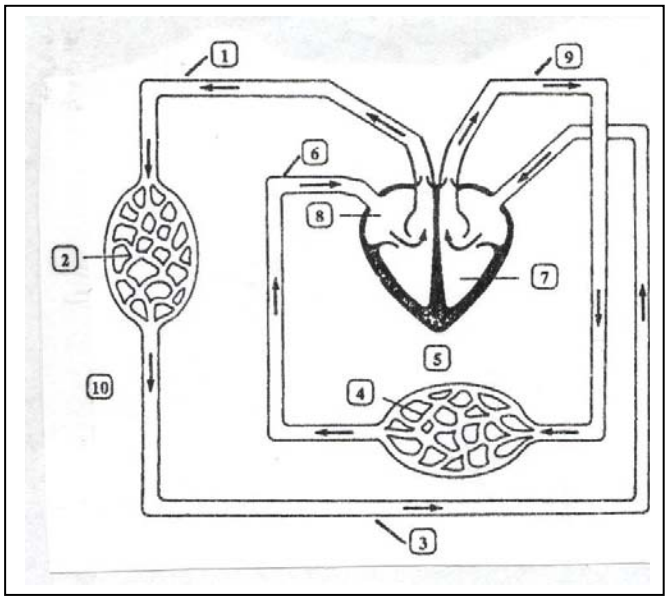
42. If you are feeling mildly seasick it is best to:
a) go to the bottom and relax
b) descend to about 2 metres but abort the dive if still feeling unwell
c) use your safety regulator in case you vomit
d) stay on the boat

43. If stung by a jelly fish:
a) rub with wet sand
b) remove tentacles
c) apply vinegar
d) apply alcohol

44. If struck by a sting ray, after removing any spine:
a) immerse in hot water, apply anaesthetic, bandage wound, get an X-ray
b) immerse in hot water, apply anaesthetic, bandage wound
c) apply vinegar and anaesthetic, bandage wound
d) apply vinegar, bandage wound, get an X-ray

45. Upon reaching a shark attack or propeller victim you should:
a) control bleeding in water; get patient to shore; stop bleeding; treat for shock; and send for doctor
b) get patient to shore and go directly to hospital
c) get patient to shore; clean wound; bandage; treat for shock; and send for doctor
d) control bleeding in water; get patient to shore; stop bleeding; treat for shock; and go directly to hospital

46. Referring to the diagram below, match the following list of names with the correct number on the diagram:
a) lung capillaries
b) body capillaries
c) pulmonary artery
d) pulmonary vein
e) main artery (aorta)
f) main vein (vena cava)
g) right atrium
h) left ventricle
i) pulmonary circulation
j) systemic circulation



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AUSI RESCUE DIVER
Theory Test - Answer Sheet (0809)

Name: _____ **Date:** _____ **Course No.:** _____

CIRCLE CORRECT ANSWER - QUESTIONS HAVE ONLY ONE CORRECT ANSWER

1.	**a.**	**b.**	**c.**	**d.**	☐
2.	**a.**	**b.**	**c.**	**d.**	☐
3.	**a.**	**b.**	**c.**	**d.**	☐
4.	**a.**	**b.**	**c.**	**d.**	☐
5.	**a.**	**b.**	**c.**	**d.**	☐
6.	**a.**	**b.**	**c.**	**d.**	☐
7.	**a.**	**b.**	**c.**	**d.**	☐
8.	**a.**	**b.**	**c.**	**d.**	☐
9.	**a.**	**b.**	**c.**	**d.**	☐
10.	**a.**	**b.**	**c.**	**d.**	☐
11.	**a.**	**b.**	**c.**	**d.**	☐
12.	**a.**	**b.**	**c.**	**d.**	☐
13.	**a.**	**b.**	**c.**	**d.**	☐
14.	**a.**	**b.**	**c.**	**d.**	☐
15.	**a.**	**b.**	**c.**	**d.**	☐
16.	**a.**	**b.**	**c.**	**d.**	☐
17.	**a.**	**b.**	**c.**	**d.**	☐
18.	**a.**	**b.**	**c.**	**d.**	☐
19.	**a.**	**b.**	**c.**	**d.**	☐
20.	**a.**	**b.**	**c.**	**d.**	☐
21.	**a.**	**b.**	**c.**	**d.**	☐
22.	**a.**	**b.**	**c.**	**d.**	☐
23.	**a.**	**b.**	**c.**	**d.**	☐
24.	**a.**	**b.**	**c.**	**d.**	☐
25.	**a.**	**b.**	**c.**	**d.**	☐

26.	**a.**	**b.**	**c.**	**d.**	☐
27.	**a.**	**b.**	**c.**	**d.**	☐
28.	**a.**	**b.**	**c.**	**d.**	☐
29.	**a.**	**b.**	**c.**	**d.**	☐
30.	**a.**	**b.**	**c.**	**d.**	☐
31.	**a.**	**b.**	**c.**	**d.**	☐
32.	**a.**	**b.**	**c.**	**d.**	☐
33.	**a.**	**b.**	**c.**	**d.**	☐
34.	**a.**	**b.**	**c.**	**d.**	☐
35.	**a.**	**b.**	**c.**	**d.**	☐
36.	**a.**	**b.**	**c.**	**d.**	☐
37.	**a.**	**b.**	**c.**	**d.**	☐
38.	**a.**	**b.**	**c.**	**d.**	☐
39.	**a.**	**b.**	**c.**	**d.**	☐
40.	**a.**	**b.**	**c.**	**d.**	☐
41.	**a.**	**b.**	**c.**	**d.**	☐
42.	**a.**	**b.**	**c.**	**d.**	☐
43.	**a.**	**b.**	**c.**	**d.**	☐
44.	**a.**	**b.**	**c.**	**d.**	☐
45.	**a.**	**b.**	**c.**	**d.**	☐
46.	**a)** ☐		**f)** ☐		☐☐
	b) ☐		**g)** ☐		☐☐
	c) ☐		**h)** ☐		☐☐
	d) ☐		**i)** ☐		☐☐
	e) ☐		**j)** ☐		☐☐

TEST SCORE: _____ **/ 50** **PASS / FAIL**

STUDENT DECLARATION

I _____ on this day _____ hereby declare that I have discussed my incorrect answers with my instructor _____ # _____ and I acknowledge my understanding in those areas.

Signature: _____ Instructor's Signature: _____ Number: _____

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AUSI RESCUE DIVER
Theory Test - Answer Template (0809)

1.			○		☐
2.		○			☐
3.	○				☐
4.		○			☐
5.	○				☐
6.			○		☐
7.	○				☐
8.		○			☐
9.				○	☐
10.				○	☐
11.			○		☐
12.				○	☐
13.				○	☐
14.				○	☐
15.			○		☐
16.				○	☐
17.	○				☐
18.		○			☐
19.				○	☐
20.				○	☐
21.			○		☐
22.		○			☐
23.			○		☐
24.	○				☐
25.		○			☐

26.				○	☐
27.	○				☐
28.			○		☐
29.			○		☐
30.	○				☐
31.			○		☐
32.	○				☐
33.		○			☐
34.	○				☐
35.				○	☐
36.		○			☐
37.				○	☐
38.			○		☐
39.		○			☐
40.			○		☐
41.		○			☐
42.		○			☐
43.			○		☐
44.	○				☐
45.	○				☐
46.	2		6		☐☐
	4		8		☐☐
	1		7		☐☐
	3		10		☐☐
	9		5		☐☐

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AUSI RESCUE DIVER PRACTICAL SKILLS (1)

PRACTICAL TRAINING SESSION 1

- ❶ Equipment assembly
- ❶ Buddy checks
- ❶ Head-up step entry
- ❶ Neutral buoyancy check
- ❶ Regulator skills
- ❶ Mask skills
- ❶ Out of air drill
- ❶ Buoyancy control exercises
- ❶ Incident management
  - broken mask strap
  - entanglement
  - cramp removal
  - weight belt removal & replacement
- ❶ Tired diver tows
  - straight arm tow
  - doh-cee-doh tow
  - wheel barrow tow
- ❶ Panicking diver on surface

PRACTICAL TRAINING SESSION 2

- ❷ Rescue of unconscious diver on surface
  - call for assistance
  - head up entry
  - head up surface approach
  - secure the patient
  - establish positive buoyancy
  - call for help
  - remove gear
  - tow patient 25 metres (30 yds)
  - remove patient from water
  - assess patient
- ❷ Surface Rescue Breaths
  - secure the patient
  - establish positive buoyancy
  - remove regulators & masks (try to keep masks)
  - establish head tilt
  - seal nose
  - give 5 full breaths
  - give call for help
  - 2 rescue breaths in 10 sec & remove gear
  - tow patient 25 metres (30 yds)
  - maintain EAR at 1 breath every 5 seconds

SESSION 2 CONTINUED ON OTHER SIDE

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AUSI RESCUE PRAC. & OCEAN SCENARIOS (2)

PRACTICAL TRAINING SESSION 2 (cont)

- ❷ Rescue of unconscious diver from depth
  - call for assistance
  - head up entry
  - head up surface approach
  - descend directly over bubbles
  - secure the patient on bottom
  - ascend with patient (neck extension)
  - secure the patient on surface
  - establish positive buoyancy
  - remove regulators & masks (try to keep masks)
  - establish head tilt
  - seal nose
  - give 5 full breaths
  - give call for help
  - maintain 2 rescue breaths every 10 seconds
  - remove gear
  - maintain 1 rescue breath every 5 seconds
  - remove patient from water
  - assess patient

NOTE:

- Patients face must remain above water
- Simulate breaths by blowing on opposite cheek
- Dumping weight belts can damage pool

PRACTICAL TRAINING SESSION 3

- ❸ Rescue of unconscious diver from depth
- ❸ Revision
  - panicking diver on surface
  - tired diver tows

OCEAN SCENARIOS

Scenario A:
Cramp on surface and unable to use *affected* leg
Scenario B:
Panics on surface and then too exhausted to fin
Scenario C:
Unconscious face down on surface
Scenario D:- *no deeper than 6m (20 ft)*
Unconscious at depth
Scenario E:- *no deeper than 6m (20 ft)*
Missing - unconscious at depth when found

GENERAL WARNINGS

- Remind students about ear & lung pressure injuries
- Don't dump weight belts on other divers
- Care of backs etc when lifting students & gear
- Equipment easily lost - use well marked area
- Students must have a buddy whilst submerged

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