



# IANTD

## Eastern Med.

## IANTD Open Water Diver Program

### Section 1 - Theory

Modules (8)	Includes
Unit 1	Introduction
Unit 2	Equipment
Unit 3	Diving Physiology
Unit 4	Dive Tables
Unit 5	Environment
Unit 6	Practicing Safe Diving
Unit 7	Dealing with diver problems and Injuries
Unit 8	Beyond Basic Training

### Section 2 - Practical Training

Modules (5)	Includes
Module 1	1. Remain afloat with a minimum of effort
	2. Swim 600 feet (200 meters)
	3. With mask, fins and snorkel, swim a distance of 1,200 feet (360 meters) on the surface.
	4. Demonstrate and perform at least two finning techniques.
	5. Surface entries
	6. Snorkel clearing and use.
	7. Mask clearing.
	8. Swim a distance of 10 feet (3 meters) underwater, recover and clear mask and partially clear snorkel.
Module 2	1. Swim using mask, snorkel and fins for a distance of 33 feet (10 meters) underwater without surfacing.
	2. Swim on surface while wearing full SCUBA gear and switch from the regulator to snorkel and back at least 3 times for a distance of 100 feet (30 meters).
	3. Use SCUBA at rest, then perform mask clearing, regulator clearing and regulator recovery.
	4. Remove mask underwater, control breathing rate, replace mask.
	5. Use underwater signals to communicate, implement buddy system.
	6. Buoyancy check, determine proper amount of weights.

Module 3	1. Swim on back (face up) on the surface while wearing full SCUBA gear for a distance of 100 feet (30 meters).
	2. Swim on the surface using SCUBA and BCD as a front-oriented surface float for a distance of 100 feet (30 meters).
	3. Tow a diver for a distance of 30 feet (9 meters) with both the upper body method and again by the fin push method.
	4. Demonstrate proficiency in surface diving technique.
	5. Swim underwater using SCUBA without mask for 30 feet (9 meters).
	6. Practice buoyancy control and body posture.
Module 4	1. <b>Recommended</b> :(not required) Simulate or perform (Instructor's option) manual gas sharing emergency. The simulation is accomplished by the gas-donor diver handing regulator off as in actual gas sharing, but gas-recipient diver breathes two breaths from his/her own regulator, then returns the regulator back to the gas-donor diver. At this time, the gas-recipient diver regulator is removed from the mouth until the simulated regulator is handed back. The gas-recipient diver must swim a distance of at least 25 feet (8 meters) (without breathing, and exhaling slowly) and commence simulated gas sharing. At least three breaths are taken at rest, followed by a 10-minute swim at a normal swim rate or equivalent method.
	2. Perform alternate gas source (octopus, secondary regulator, alternate air, etc.) gas sharing drill. The gas-recipient diver must swim a distance of at least 30 feet (9 meters) (without breathing, and exhaling slowly) to the gas-donor diver and commence gas sharing on the alternate second stage. Remain at rest for three breaths and then swim, sharing gas, at a normal swim pace.
	3. Normal ascend
	4. Use of diving instruments and gauges.
Module 5	1. On the surface, remove and replace SCUBA gear. Repeat underwater on the bottom, at a depth no greater than 20 fsw (6 msw).
	2. Do a lateral Emergency Swimming Ascent (ESA).
	3. Remove and replace weight system.
Module 6	1. Emergency ditching of weight system while on the surface.
	2. Demonstrating ability to navigate underwater without the use of a compass.