

# RESCUE DIVER COURSE

## INSTRUCTOR GUIDE



Standards outlined in the General Standards and Procedures Guide apply to the PADI Rescue Diver Course, except as noted otherwise in this guide.

# Section One

## Course Standards

### Certification Requirements

Student divers meet course performance requirements and:

- Complete five knowledge development segments and exam.
- Demonstrate skills from the Self-Rescue Review either in confined or open water.
- Demonstrate skills from Rescue Exercises 1–10 in open water.
- Participate in Rescue Scenarios 1 and 2 in open water.
- Prepare an emergency assistance plan for a dive site.

### Depth

For Rescue Exercise 4 – 12 metres/40 feet

For Rescue Exercise 6 and Scenario 1 – 9 metres/30 feet

### Diver Prerequisites

- 12 years old

**Note:** 12- to 14-year-old divers may earn Junior Rescue Diver certifications

- **PADI (Junior) Adventure Diver certification – must have completed the Underwater Navigation Adventure Dive.**
- PADI Open Water Divers may participate in Knowledge Development and Rescue Exercises in confined water.
- **EFR® Primary and Secondary Care training within 24 months.** Training may be completed along with rescue diver course.

## Equipment

As described in the General Standards and Procedures Guide, plus:

- **First-aid kit, oxygen unit, rescue breathing masks**
- **Floats, marker buoys, CPR mannequins, etc., as needed**

## Forms

Download the most current forms from [padi.com/Pros](http://padi.com/Pros) Site. Check with your PADI Office for region specific releases, applications or forms.

## Required

**Continuing Education Administrative Document (10038 or EU 10541) with Diver Medical form (10346)**

## Recommended

Rescue Diver Course Training Documentation and Referral Form (10295)

## Instructor Rating

**Instructor**

## Materials

- **PADI *Rescue Diver eLearning or Manual***
- **Diving Accident Management Work Slate**
- **Log book**

**Student divers must view the PADI *Rescue Diver Video*.**

## Ratios

As described in the General Standards and Procedures Guide.

## Supervision

As described in the General Standards and Procedures Guide.

# Section Two

## Knowledge Development

Have student divers complete all five knowledge development segments, including successfully completing Knowledge Reviews and the Rescue Diver Exam.

For digital learners, have student divers complete any assessments that were not completed online. Administer the Rescue Diver Quick Review to student divers who completed all assessment online.

Have divers prepare an emergency assistance plan for the location(s) where the scenario(s) will be held.

Look for Knowledge Review and Exam Answer Keys on the Pros' Site at [padi.com](http://padi.com)

# Section Three

## Rescue Exercises

### General Considerations

**Conduct all Rescue Exercises** (except Exercise 9) **in open water**. You may introduce and practice them first in confined water. It's best to conduct Rescue Exercises in sequence because each exercise builds upon previously learned skills; however, to allow for flexible scheduling options, exercises may be conducted in any order. Note that Rescue Exercise 9 may be conducted at any point before Rescue Scenario 1.

**Spread exercise development and scenario practice out over at least two days. Complete Rescue Exercises 1–6 before Rescue Scenario 1 and Exercises 7–10 before Rescue Scenario 2.**

Remind divers to ascend no faster than 18 metres/60 feet per minute, retain the regulator in their mouth and never breathhold during any practice rescue ascents.

## 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:**

- **Nonswimming 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

1. **Correctly identify and respond to a diver simulating overexertion underwater.**
2. **Correctly identify and respond to a panicked diver making an uncontrolled ascent.**
3. **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

1. **Use controlled positive buoyancy as an aid to ascent.**
2. **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

- 1. 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.**
- 2. Demonstrate inwater rescue breathing using the following methods:**
  - **Mouth-to-rescue breathing mask**
  - **Mouth-to-mouth**
  - Mouth-to-nose (optional)
  - Mouth-to-snorkel (optional)
- 3. While continuing effective rescue breathing, demonstrate equipment removal (victim and rescuer) while towing the diver toward an exit.**

## Exercise 8 – Exiting the Unresponsive Diver

- 1. Remove a breathing, unresponsive diver from the water, both with and without assistance.**
- 2. Remove a nonbreathing diver from the water, both with and without assistance.**

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

- 1. Demonstrate steps and procedures for administering oxygen to a breathing, unresponsive diver with suspected decompression illness.**
- 2. Administer oxygen to a nonbreathing diver while using a rescue breathing mask for rescue breathing.**

## Exercise 10 – Response from Shore/Boat to Unresponsive (nonbreathing) Diver at the Surface

**Respond to a diver emergency that requires attending to a nonbreathing, unresponsive diver on the surface, demonstrating inwater rescue breathing, exiting the water and then providing CPR.**

# Section Four

## Rescue Scenarios

### General Scenario Considerations

**Conduct all Rescue Scenarios in open water.**

1. Make scenarios as realistic as possible, within reasonable logistical and safety requirements.
2. Adapt scenarios to accommodate the environment and class size. Have student divers carry out scenarios as teams or as individuals.
3. Use certified assistants to close gaps in the scenarios, such as role-playing bystanders, EMS operators, other divers or victims.
4. Have typical equipment (first aid and oxygen kits) available, but allow divers to set up and place equipment.
5. Repeat scenarios as necessary to build confidence, improve rescuer performance and allow everyone to play different roles.



## Performance Requirements

### Scenario 1 – Unresponsive Diver Underwater

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

1. Interviewing the victim's buddy and drawing logical conclusions from the information presented.
2. Organizing a quick and effective search (using surface and underwater search patterns).
3. Searching for and locating a missing diver.
4. Bringing a diver simulating unresponsiveness to the surface using controlled positive buoyancy.

### Scenario 2 – Unresponsive Diver at the Surface

**Demonstrate:**

1. Effectively responding to an unresponsive, nonbreathing diver during an accident simulation.
2. Evaluation, tow, inwater rescue breathing, removing equipment, exiting and providing CPR.

**Note:** Either use a CPR mannequin or simulate compressions for CPR.

## **11. Rescue Diver**

### **11.1 Introduction**

The rescue certification course is designed to develop the knowledge and necessary skills for an individual to effectively perform diver rescues and assist and administer necessary first aid.

### **11.2 Qualifications of Graduates**

Upon successful completion of this course, graduates:

1. Are able to conduct rescues for divers in distress.
2. Are qualified to enroll in:
  - a. The SDI Master Diver Program.
  - b. The SDI Divemaster Course.

### **11.3 Who May Teach**

An active SDI Open Water Scuba Diver Instructor.

### **11.4 Student to Instructor Ratio**

#### **Academic:**

1. Unlimited, so long as adequate facilities, supplies and time are provided to ensure comprehensive and complete training of subject matter.

#### **Confined Water (swimming pool-like conditions):**

1. A maximum of 10 students per instructor
2. Instructors have the option of adding 2 additional students with the assistance of an active Assistant Instructor or Divemaster. Although additional assistants may be used, no additional students may be added.

#### **Open Water (ocean, lake, quarry, spring, river, or estuary):**

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.
2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster. Although additional assistants may be used, no additional students may be added.

## **11.5 Student Prerequisites**

1. Minimum age 18, 10 with parental consent.
2. Provide proof of current First Response Adult and Child Emergency Care Provider and Oxygen Administration Provider (where local law permits) certification or equivalent. \*
3. Provide proof of SDI Advanced Adventure Diver certification, SDI Junior Advanced Adventure certification, or equivalent, or Open Water diver certification and 15 logged open water dives.
4. Divers under age 15 may earn the Junior Rescue Diver certification. Junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.

\* **Note:** First Response courses may be combined with the SDI Rescue Diver course by qualified instructors.

## **11.6 Course Structure and Duration**

### **Course Structure:**

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

### **Duration:**

1. The suggested number of training hours is 12.
2. Of the suggested 12 hours, 8 of the suggested hours should be performed in open water conditions.

## **11.7 Administrative Requirements**

### **Administrative Tasks:**

1. Collect the course fees from all the students.
2. Ensure that the students have the required equipment.
3. Communicate the schedule to the students.
4. Have the students complete the:
  - a. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*.

**Upon successful completion of the course the instructor must:**

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

## **11.8 Training Material**

### **Required Materials:**

1. *SDI Rescue Diver* Manual (or SDI Rescue Diver Online Training course).
2. *SDI Rescue Diver* K.Q. Review.
3. *SDI Rescue Diver* Instructor Guide.

### **Optional Material:**

1. *SDI Rescue Diver* PowerPoint Presentation.
2. *SDI Rescue Diver* Slates.
3. *SDI Rescue Diver Instructor* Slates.

## **11.9 Required Equipment**

Basic open water scuba equipment as described in section two of this manual, with the addition of a cutting device.

## **11.10 Required Subject Areas**

The SDI Rescue Diver Manual is required for this course. Instructors may use any additional text or materials that they feel help present these topics.

### **The following topics must be covered during this course:**

1. Prevention and Causes of Diving Accidents:
  - a. Stress and psychological factors i.e., the panic syndrome in self and others.
  - b. Physical conditioning.
  - c. Equipment.
  - d. Surface drowning syndrome.
2. Diving Lifesaving:
  - a. Self-rescue.
  - b. Diver assists.
  - c. Surface and underwater rescues.

- d. Types of transports.
  - e. In-water artificial respiration.
  - f. Boat and shore exit techniques.
  - g. Diver first aid.
  - h. Review of oxygen (O<sub>2</sub>) administration.
3. Hyperbaric Injuries and Management:
- a. Information collection.
  - b. Access to hyperbaric chambers.
4. Accident Management:
- a. Access to emergency transport/assistance.
  - b. Accident reporting.
  - c. Liability and related legal considerations.

### ***11.11 Required Skill Performance and Graduation Requirements***

**Instructors are required to teach and evaluate all the following skills:**

1. On the surface identify and assist a properly equipped skin or scuba diver simulating:
  - a. Breathing difficulties.
  - b. Tiredness.
  - c. Leg cramp.
  - d. Early panic symptoms.
2. Locate and bring to the surface a scuba diver simulating unconsciousness to the surface from approximately 6 metres / 20 feet.
3. Upon surfacing, transport the unconscious diver 50 metres / 150 feet to shore or boat, simulating in-water rescue breathing.
4. Upon reaching the shore or boat, with the assistance of 1 aide, remove the diver from the water.

NOTE: Due to the complex nature of many of the above skills, it is recommended that the instructor follow the skill development as outlined in the SDI Rescue Diver Course Open Water Exercises slate to break the required skills into smaller steps for improved learning.

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive emergency planning and execution.
2. Complete all open water requirements safely and efficiently.
3. Satisfactorily complete the SDI Rescue Diver Knowledge Quest or eLearning.