

Diver Stress & Rescue

Description

Diver Stress & Rescue is the next course recommended after Open Water Diver, because it helps diver gain confidence and makes them a better & safer buddy.

You will learn skills and techniques to help yourself and other divers prevent and overcome common stressors associated with diving. You will also learn self aid and buddy aid skills.

Objective

This programme enables you to learn additional skills specific to your interests. Upon successfully completion of the course, you will be more confident in and around the water while continue to develop your dive skills. You will be competent to assist / rescue other diver in distress.

Course Structure

Module 1 (1 session, Theory) – Acquisition of Stress & Rescue Knowledge

You will learn the signs of stress, and how to deal with stress in yourself and other divers before the dive, during the dive and after the dive. You will also learn about different personality types and the common actions of each type in stressful situations. Student will provided with manual during the course.

Module 2 (1 session, Swimming Pool) – Stress & Rescue skills Development

Skills. You will learn skills and techniques to help yourself and other divers prevent and overcome common stressors associated with diving. You will also learn self aid and buddy aid skills for potentially stressful and/or rescue situations.

Equipment. You will learn about how your equipment can help you to stay relaxed and enjoy every dive, what equipment is required in various rescue situations and how to utilize your equipment appropriately in the event of a rescue

Module 3 (1 session, Singapore Southern Island or Malaysia Weekend Dives)

– Application of stress & rescue knowledge through Open Water dive.

Course Fee

Local Training	S\$350 per person
Overseas Training	S\$500

Note: Above price is inclusive of dive gears usage for the whole course