



## RESCUE DIVER COURSE

The Rescue Diver and Emergency First Response (EFR) expands your knowledge and experience so that you not only have self rescue skills, but can look after the well-being of other divers and recognise problems and act on them. You will learn how to manage with emergencies, but most importantly how to prevent them in many cases.

The course is great fun and will significantly build your confidence as a diver and we recommend all divers get to Rescue Diver level.

At Aquanaut we run this course over 3 days, and include the Emergency First Response course which is a prerequisite for the Rescue Diver Course. If you already have a first aid certification let us know and you may be able to attend just the Rescue Diver (2 days). We believe that it is important that you are really happy with these potentially life saving skills, we therefore practice a lot of the skills in the pool, trying out different techniques, before moving to Open Water.

If you do not want to complete the open water section of the course in the UK, we run a Rescue Referral allowing you to complete the open water scenarios overseas. Therefore you would complete with us in the UK the EFR (First Aid), knowledge development and pool skills practice.

## COURSE DESCRIPTION

### DAY 1: EFR PRIMARY AND SECONDARY COURSE

Emergency First Response Primary Care (CPR) teaches you how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure you have the confidence in your ability to provide care when emergency situations arise.

Primary Care (CPR) skills taught in this course: Scene Assessment, Barrier Use, Primary Assessment, CPR, Choking, Serious Bleeding Management, Shock Management, Spinal Injury Management  
Emergency First Response Secondary Care (first aid) covers injuries or illnesses that are not immediately life threatening. Secondary Skills taught in this course: Injury Assessment, Illness Assessment, Bandaging, and Splinting for Dislocations and Fractures

34 Coombe Road, Kingston KT2 7AG

(opp. American Golf Discount Centre, 2 mins walk from Norbiton station)

E-mail: - [info@aquanautscuba.co.uk](mailto:info@aquanautscuba.co.uk)

Web-site: - [www.aquanautscuba.co.uk](http://www.aquanautscuba.co.uk)

Telephone: 020 8546 8882



## **DAY 2: KNOWLEDGE DEVELOPMENT AND POOL SKILL PRACTICE:**

You study in your own time using the Rescue Diver manual and DVD and then meet with an instructor to go over the knowledge reviews in the Rescue Diver and complete the final exam (multiple choice) and make sure you have a sound understanding of all the topics. Topics include self rescue, diver stress, diving first aid, emergency management and equipment considerations.

In the afternoon we head to the pool to practice the skills which are covered in the open water scenarios on day 3.

The pool session is where you get to see the true acting ability of your instructors and Assistants as they realistically role play 10 in-water skills! These include self rescue, tired diver, panicked diver, response from the shore/ boat/ dock (responsive diver), distressed diver underwater, missing diver, surfacing the unresponsive diver, unresponsive diver at the surface, exiting the unresponsive diver, first aid for pressure related injuries and oxygen administration, and response from the shore or boat (unresponsive diver).

## **DAY 3: OPEN WATER SCENARIOS:**

There are 2 open water scenarios where you put everything you learnt in confined water to practice. Be prepared for some surprises and expect the unexpected. Most of our students will say this is the most satisfying day of diving they have ever done.

### **Prerequisites:**

- Minimum age 12.
- Advanced Open Water diver or have an equivalent certification from another training organisation.
- You should be in relatively good health and fitness, like every other course you will need to make sure that you can answer 'no' to all the questions on the medical questionnaire, if not you will need medical clearance from a doctor.
- To start the course you should have a current first aid and CPR qualification - at Aquanaut we complete the EFR Primary and Secondary care course on the first day of the Rescue Course which fulfils this requirement.

### **Location:**

Aquanaut for the theory, Surbiton or Putney for the pool dives, and the open water dives take place at Wraysbury, near Windsor.

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**COURSE PRICES:**

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|--------------------------------------|-------|
| Rescue Diver                         | £299* |
| Rescue Diver + EFR                   | £399* |
| Rescue Diver + EFR + DAN 02          | £479* |
| Rescue Diver Referral                | £199* |
| Rescue Diver Referral + EFR          | £299* |
| Rescue Diver Referral + EFR + DAN 02 | £379* |

\*You will be required to watch the Rescue DVD – Available for £25

| WHAT IS INCLUDED   | WHAT IS NOT INCLUDED  |
|--|---|
| <ul style="list-style-type: none"> <li>• Course tuition</li> <li>• Course Manual + rescue slate + pocket mask</li> <li>• Air Fills in the pool and first fill at open water site</li> <li>• Certification</li> </ul> | <ul style="list-style-type: none"> <li>• Transport (we will do our best to arrange lifts if needed)</li> <li>• Equipment Hire</li> <li>• Entrance to Dive Site – 1 day at £9 payable directly to site.</li> <li>• Subsequent air fills on open water dives (£2.50 - £3.50 payable directly to site)</li> <li>• Rescue DVD (£25 – can be shared between family members)</li> </ul> |