



# Public Safety Diver Survival Course Objectives

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Public Safety Diver Survival is Dive Rescue International's renowned two day (16 hour) training program for certified public safety divers.

This course helps prepare the public safety diver to survive the next life-threatening diving situation by inoculating the diver against panic and stress. This program is designed to improve and elicit automatic responses in survival situations. The program will also cover the various stages of stress and the factors leading to panic. Participants will learn techniques to minimize the negative effects of emotional and psychological stress based on research of public safety scuba injuries and deaths over several decades.

Key training topics and the associated objectives include:

## STRESS AND ANXIETY

- Define and name the characteristics of stress
- Discuss who is vulnerable to stress

## STAGES OF DIVER STRESS

- Define the different stages of diver stress
- Describe the various scuba diving related stressors
- Explain the different signs of stress a diver can exhibit
- Describe the physiological effects of stress

## PANIC

- Define the panic reaction and the physiological and behavioral symptoms that accompany it
- Discuss what factors can lead to diver panic

## STRESS MANAGEMENT TECHNIQUES

- Identify the different stress coping styles
- Define the components of diver panic prevention
- Name the diving medical exam criteria for the public safety diver
- Explain diving medical disqualifiers
- List the three factors of diver survival
- Discuss survival stress management training goals

## STRESS INOCULATION

- Define stress inoculation and list the requirements for inoculation to take place
- Identify training concepts that will produce stress inoculation

## BE SURE TO BRING

All students must bring: US Coast Guard approved PFD with knife and whistle, adequate clothing and protection from the environment and pen and paper for note-taking and sketching. Diving students must provide their own equipment: Scuba regulator: recently serviced and environmentally protected with alternate air source (i.e.: octopus, Air II, etc.), timing device, depth and submersible pressure gauges, BC with oral/power inflator, two tanks with current Hydro & VIP, mask, snorkel, fins, weight belt and two cutting tools (knife, wire cutters, or trauma shears.)



# Public Safety Diver Survival Schedule

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## DAY 1

8:00-8:30	Welcome and Registration, Introduction of Instructors & Students, Course Overview and Objectives
8:30-9:45	Review of Diver Stress Research, Diver Stress & Anxiety Defined, The Stages of Diver Stress, Causes of Diver Stress & Anxiety, Signs of Diver Stress & Anxiety
9:45-10:00	Break
10:00-11:00	The Panic Reaction Explained, Physiological Effects of Panic on the Diver, Stress Management for the PSD
11:45-12:00	Overview of Afternoon Pool Survival Training
12:00-1:00	Lunch
1:00-5:00	At the Pool: Dive Gear Setup, Review of Pool Session Emergency Plan, Pool Stress Inoculation Skills Station Work
5:00-5:30	Pool Debrief and Cleanup

## DAY 2

8:00-9:00	The Concept of Stress Inoculation, Team Stress Inoculation Training Concepts, Team Emergency Management of Diver Problems
9:00-9:15	Break
9:15-10:30	Overview of "Fitness to Dive" for the PSD
10:30-10:45	Break
10:45-11:30	Injuries Relating to Diver Panic
11:30-11:45	Overview of Afternoon Pool Sessions
11:45-12:45	Lunch
1:00-4:00	At the Pool: Dive Gear Setup, Review of Pools Session Emergency Plan, Pool Stress Inoculation Skills Work Station
4:30-5:30	Review for Written Exam, Written Examination, Grading & Review of Written Exam

## PREREQUISITES

All students must be a member of a public safety agency and at least 18 years of age. Students must read and complete a RSTC medical statement prior to attending class. Any diver answering yes to any contraindication must have the form signed by a physician. Diving students must have proof of open water certification.

This program is designed for personnel who are physically fit. Participants are encouraged to participate after successfully completing the IADRS Watermanship Test or testing to a fitness level of 13 MET (Metabolic Equivalents) or greater. Participants with aerobic fitness questions or concerns should consult their physician prior to in-water training. Participants who have poor aerobic fitness may attend this program as surface support personnel with the approval of the instructor.