



Critical Skills Diver Trainer

Course Objectives

Successful completion of the Critical Skills Diver Trainer (CSDT) program provides the Instructor with skills required to improve the divers' ability to react to stress survival responses, and prevent panic when diving. The instructor will learn to use repetition in training as a means to improve in-water competency, confidence, and comfort. This program introduces the process of managing stress and preventing panic in diving through muscle memory, stress survival responses, and stress inoculation drills. Obtaining the CSDT certification allows the Instructor to teach the Critical Skills Diver program in-house and to mutual aid departments.

Key training topics and the associated objectives include:

DIVER LIMITS

- Define diver limits
- Identify diver skills

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

- Examine diver fatality profiles
- Examine human cognitive systems
- Examine human physiological systems
- Fitness, Confidence, and Competence training
- Scene evaluation

CRISIS REHEARSAL

- In-water stressor training

BE SURE TO BRING

Participants are encouraged to use 'mission ready' dive rescue gear appropriate to their team or AHJ including: Exposure Protection, Full Face Mask, Buoyancy Control Device, Regulator, Depth Gauge, SPG, Alternate Air Source, Compass, 2 Cutting tools, Weight System, and Fins.

Each student must have access to one full scuba cylinder per pool session.



Critical Skills Diver Trainer Schedule

DAY 1

8:00-11:00	Welcome and Registration, Introduction of Instructors & Students, Course Overview & Objectives, Academic Presentation
11:00-12:00	Meal Break
12:00-4:00	Pool Exercises
4:00-5:00	Classroom

Schedule is subject to change

PREREQUISITES

All students must be a member of a public safety agency and at least 21 years of age. Students must also 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. Students must have proof of current CPR and First Aid training, Public Safety Scuba Instructor or Dive Rescue 1 Trainer certification, and have proof of Critical Skills Diver 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.