



# Dry Suit Diving Course Objectives

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Dry Suit Diving is Dive Rescue International's renowned two day (16 hour) training program for certified divers and surface support personnel. One of the first steps to preparing for contaminated water or ice diving is learning how to dive in a dry suit. This program is conducted in a classroom, pool and an open-water site to allow students to practice their new skills in a controlled environment before the field scenarios. The objectives of the Dry Suit Diving program are: to develop the student's knowledge of dry suits, types of dry suits available, and their maintenance; to develop the student's ability to perform effectively in a dry suit; and to enable the student to plan, organize and conduct safe operational dives. Successful completion of this program is measured in class participation, passing a final written exam and completing in-water skills.

Key training topics and the associated objectives include:

## **REASONS FOR DIVING IN A DRY SUIT**

Define the reasons for using a dry suit including environmental and thermal protection  
Identify the types of environmental contaminants  
Explain the difference between dry suits and wet suits and the advantages of dry suit diving

## **HISTORY OF DRY SUITS**

Describe the materials dry suits were originally constructed of  
Identify the materials that modern dry suits are made of

## **CARE AND MAINTENANCE OF DRY SUITS**

Discuss the care of dry suits and the reasons why they may leak  
Explain the proper donning of dry suits  
Identify diving equipment considerations and important features and optional accessories of dry suits

## **PROPER USE OF DRY SUITS**

Explain the proper positioning for dry suit diving  
Define emergency procedures for different scenarios during dry suit diving

## **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.*

## **BE SURE TO BRING**

All students must bring: Dry Suit, 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).



# Dry Suit Diving Schedule

Schedule is subject to change

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## DAY 1

8:30 a.m. - 1:00 p.m.

Lecture: Reasons for Using Dry suits, Types of Dry suits, Dry suit Valves, Underwear Selection, Dry suit Accessories, Dry suit Techniques, Dry suit Maintenance, Dry suit Repairs, Video: "Dry suit Diving", Written Exam

1:00 - 2:00 p.m.

Lunch Break

2:00 - 5:00 p.m.

Trim Suits for Individual Wear

Pool Exercises:

Use of BC – Surface Flotation

Descend to Depth – no inflation of suit until "squeeze"

Adjusting buoyancy to neutrally buoyant

While neutrally buoyant – use of inflation and deflation valves

Simulation of inflator valve stuck in open position

Maintaining near-neutral buoyancy throughout controlled ascent

Adding air to suit and practicing righting yourself and dumping the suit

Adding air to suit and practicing flare maneuver

Weight belt exercise

Remove Dry suit and Clean Gear

## DAY 2

8:30 a.m. - 12:00 p.m.

Open Water Exercises:

Dive 1

Use of BC – Surface Flotation

Descend to Depth – no inflation of suit until "squeeze"

Adjusting buoyancy to neutrally buoyant

While neutrally buoyant – use of inflation and deflation valves

Simulation of inflator valve stuck in open position

Maintaining near-neutral buoyancy throughout controlled ascent

Adding air to suit and practicing righting yourself and dumping the suit

Adding air to suit and practicing flare maneuver

Weight belt exercise

1:00 - 2:00 p.m.

Lunch Break

1:00-4:00

Dive 2

Use of BC – Surface Flotation

Descend to Depth – no inflation of suit until "squeeze"

Adjusting buoyancy to neutrally buoyant

While neutrally buoyant – use of inflation and deflation valves

Simulation of inflator valve stuck in open position

Maintaining near-neutral buoyancy throughout controlled ascent

Adding air to suit and practicing righting yourself and dumping the suit

Adding air to suit and practicing flare maneuver

Weight belt exercise

Remove Dry Suits and Clean Gear