



## Course Content

- Course Introduction
- Introduction to Self-Reliant Diving
- Self-Reliant Diver Readiness & Awareness
- Self-Rescue Techniques for the Self Reliant Diver.
- Before Starting the Self Reliant Diver Course.
- Self-Reliant Diving - Who should consider to get trained.
- Equipment for the Self-Reliant Diver
- Dive Planning & Basic Diving Techniques
- Independent Management of Dive Emergencies
- Dive Emergency Equipment

## Training Dives

- Conduct
- Open Water Dives Performance Requirements
- Open Water Guidelines for Self-Reliant Diver
- General Open Water Considerations
- Self-Reliant Diver Open Water Dives
- Open Water Dive One
- Open Water Dive Two
- Open Water Dive Three
- Open Water Dive Four

Duration 4 Days