

## 2.1.2 Recreational Supervised Diver

### 2.1.2.1 Course Outcomes

GUE's Recreational Supervised Diver course is designed to provide students with sufficient knowledge, skill, and experience to dive in open water environments under the direct supervision of a dive professional.

Upon fulfilling all minimum training requirements, the Recreational Supervised Diver will be qualified to:

- a. Dive with a professional from a recognized training agency in a diver-to-dive professional ratio not exceeding 3:1.
- b. Dive to a maximum depth of 40 ft/12 m.
- c. Dive within minimum decompression limits (MDLs), i.e., no required stops.
- d. Dive with appropriate surface support (e.g., access to EMS, infrastructure allowing for support in case of emergency).
- e. Dive in conditions equal to or better than those in which they were trained.
- f. Use nitrox 32 under direct supervision of a dive professional from a recognized training agency who is certified to use nitrox 32.

### 2.1.2.2 Prerequisites

Applicants for a Recreational Supervised Diver course must:

- a. Submit a completed Course Registration Form, Medical History Form, and Liability Release Form to GUE HQ.
- b. Be included in an insurance program that specifically covers diving emergencies.
- c. Be physically and mentally fit.
- d. Be a nonsmoker.
- e. Obtain a physician's prior written authorization for use of prescription drugs, except for birth control, or for any medical condition that may pose a risk while diving.
- f. Be a minimum of 14 years of age. Documented parental or legal guardian consent must be submitted to GUE HQ when the participant is a minor.

### 2.1.2.3 Course Content

The Recreational Supervised Diver course is normally conducted over three days. It requires a minimum of eight confined water sessions, two open water dives, and at least twenty-four hours of instruction, encompassing classroom lectures, land drills, and in-water work.

### 2.1.2.4 Recreational Supervised Diver Specific Training Standards

- a. Student-to-instructor ratio is not to exceed 6:1 during land drill or surface exercises; it cannot exceed 3:1 during any in-water training.
- b. Can be run with one trainee
- c. During open water dives, the instructor must not engage in any activities other than direct supervision of the participants.
- d. All in-water activities must be conducted in daylight conditions.
- e. Maximum depth of 40 ft/12 m
- f. No overhead diving

- g. All dives must be within minimum decompression limits (MDLs), i.e., no required stops.

#### **2.1.2.5 Required Training Materials**

GUE training materials and recommended reading as determined by the course study package received via online download after GUE course application.

#### **2.1.2.6 Academic Topics**

- a. Introduction: GUE organization and course overview (objectives, limits, training requirements)
- b. Basic diving physics supporting knowledge and ability to safely manage:
  - i. Breathing underwater
  - ii. Equalization and avoidance of barotraumas, including DCI
  - iii. Buoyancy, trim, and balance; ascending, descending, and underwater propulsion
  - iv. Physical and mental stress while diving
- c. Introduction to decompression sickness
- d. Scuba diving equipment overview and operation
- e. Basic planning, including breathing gas management, dive preparation, and pre-dive sequence.
- f. Basic understanding of nitrox diving and importance of gas analysis
- g. Team diving and underwater communication
- h. Environmental considerations while diving
- i. Conservation-minded diving techniques

#### **2.1.2.7 Land Drills and Topics**

The following land drills must be used to familiarize students with important skills before they are practiced underwater.

- a. Equipment fit, assembly and disassembly, functionality checks
- b. Propulsion and maneuvering techniques
- c. Gas analysis
- d. GUE EDGE and pre-dive checks
- e. Basic 5 scuba skills
- f. SPG check
- g. S-drill
- h. Connecting and disconnecting LP inflation hose of BC (and drysuit, if used)
- i. Oral inflation of BC

#### **2.1.2.8 Required Dive Skills and Drills**

Students must demonstrate competence in the following skills to be certified as GUE Recreational Supervised Diver:

- a. Must be able to swim at least 300 yds/275 m in less than 14 minutes without stopping. This test should be conducted in a swimsuit and, where necessary, appropriate thermal protection.
- b. Must be able to swim a distance of at least 50 ft/15 m on a breath hold while submerged.
- c. Demonstrate proficiency in safe diving techniques, including pre-dive preparation, in-water activity, and post-dive assessment.

- d. Demonstrate awareness of team member location and a concern for safety, responding quickly to visual indications and dive partner needs.
- e. Efficiently demonstrate how to donate gas to an out-of-gas diver followed by an ascent to the surface.
- f. Comfortably demonstrate at least two propulsion techniques that would be appropriate in delicate and/or silty environments.
- g. Demonstrate a safe and responsible demeanor throughout all training.
- h. Demonstrate good buoyancy and trim, i.e., approximate reference is a maximum of 30 degrees off horizontal while remaining within 5 ft/1.5 m of a target depth.
- i. Demonstrate proficiency in underwater communication.
- j. Demonstrate basic equipment proficiency and an understanding of the GUE equipment configuration.
- k. Demonstrate aptitude in the following open water skills: mask clearing, mask removal and replacement, regulator removal and exchange, long hose deployment.
- l. Demonstrate safe ascent and descent procedures.
- m. Demonstrate comprehension of the components necessary for a successful backward kick.

#### 2.1.2.9 Equipment Requirements

GUE base equipment configuration as outlined in Appendix A, plus:

- a. Snorkel, simple in design, with no purge valves

Excluding:

- a. Wrist-mounted compass
- b. Backup mask
- c. At least one cutting device (unless required by local regulations)
- d. At least one surface marker buoy (SMB) with spool

Prior to the commencement of the class, students should consult with a GUE representative to verify equipment requirements and appropriateness of any selected equipment.

## Appendix A - GUE Base Equipment Configuration

The GUE base equipment configuration is comprised of:

- a. Tanks/cylinders: Students may use a single tank/cylinder with a single- or dual-outlet valve. Students may also use dual tanks/cylinders connected with a dual-outlet isolator manifold, which allows for the use of two first stages. Dual tanks/cylinders connected with a dual-outlet, non-isolator manifold can be used, but only in recreational (no decompression) diving, and are considered an alternative for a single tank/cylinder. Consult course-specific standards and your instructor to verify size requirements.
- b. Regulators:
  - i. Single tank: The first stage must supply a primary second stage via a 5 to 7 ft/1.5 to 2 m hose. A backup second stage must be necklaced and supplied via a short

- hose. The first stage must also supply an analog pressure gauge, inflation for the buoyancy compensator (BC), and (when applicable) inflation for a drysuit.
- ii. Double tank: One first stage must supply a primary second stage via a 5 to 7 ft/1.5 to 2 m hose (7 ft/2 m hose is required for all cave classes), and inflation for the buoyancy compensator (BC). The other first stage must supply a necklaced backup second stage via a short hose, an analog pressure gauge, and (when applicable) inflation for a drysuit.
- c. Backplate system:
    - i. Is held to the diver by one continuous piece of webbing. This webbing is adjustable and uses a buckle to secure the system at the waist.
    - ii. A crotch strap is attached and looped through the waistband to prevent the system from riding up a diver's back.
    - iii. The continuous webbing must support five D-rings;
      1. The first placed at the left hip
      2. The second placed in line with a diver's right collarbone
      3. The third placed in line with the diver's left collarbone
      4. The fourth and fifth are placed on the front and back of the crotch strap when divers plan to use advanced equipment such as DPVs.
    - iv. The harness below the diver's arms has small restrictive bands to allow for the placement of backup lights. The webbing and system retains a minimalist approach.
  - d. Buoyancy compensation device (BC):
    - i. A diver's BC is back-mounted and minimalist in nature.
    - ii. It is free of extraneous strings, tabs, or other material.
    - iii. There are no restrictive bands or restrictive elastic affixed to the buoyancy cell.
    - iv. Wing size and shape is appropriate to the cylinder size(s) employed for training.
  - e. At least one time/depth measuring device
  - f. Wrist-mounted compass
  - g. Mask and fins: Mask is low-volume; fins are rigid, non-split.
  - h. Backup mask
  - i. At least one cutting device
  - j. Wetnotes with pencils
  - k. Surface marker buoy (SMB) with spool: when required, the SMB should be appropriate for environmental conditions and deployed using a spool with at least 100 ft/30 m of line.
  - l. Exposure suit appropriate for the duration of exposure

### Additional Course-Specific Equipment

- a. Where required, back gas and stage cylinders are marked in accordance with the GUE General Training Standards, Policies, and Procedures document and configured in line with GUE protocols.
- b. When drysuit inflation systems are applicable, they should be sized appropriately for the environment; small tanks are placed on the left side of the backplate with larger supplies affixed to the diver's left back gas tank.
- c. Underwater lights:

- i. When required, backup lights should be powered by alkaline batteries (not rechargeable) and stowed on the D-rings at a diver's chest.
  - ii. Backup lights should have a minimal amount of protrusions and a single attachment at the rear.
  - iii. The primary light should consist of a rechargeable battery pack and be fitted with a Goodman-style light handle.
  - iv. When burn time requirements create the need for an external battery pack, it should reside in a canister mounted on the diver's right hip.
- d. Guideline devices, as required during cave diving activities:
  - i. A primary reel is required for all cave diving and provides a minimalist form factor with a handle designed to support a Goodman or "hands free" handle operation. The primary reel must contain at least 150 ft/45 m of line.
  - ii. A safety spool is required for each diver while cave diving and must contain at least 150 ft/45 m of line.
  - iii. A jump or gap spool is required during Cave 2 diving and must contain at least 75 ft/23 m of line.