

## **Stress and Rescue**

## **DESCRIPTION**

Stress is a major cause of diving accidents and negatively impacts rescue situations. This program teaches you the skills and knowledge required to recognize and deal with stress, prevent accidents and properly deal with emergency situations encountered by divers. You will earn the SSI Diver Stress and Rescue Specialty certification after completing this program.



## **FACTS**

Minimum Age: 15

Certification Open Water Diver

Prerequisites: Students must have proof of

current training within two (2) years of First Aid and CPR and

O<sub>2</sub> admin

Academic 2

Sessions:

Pool/Confined 2

Water Sessions:

Open Water 2 days of diving activities

Dives:

Maximum Training 30 meters / 100 feet

Depth:

Suggested 15-2

15-20 hours

Duration:

## COST

Course & Training

\$575.00.00 +HST

Materials

