

MINIMUM COURSE CONTENT

Rescue Diver, Level 3

RSTA

Recreational Scuba Training Agencies

www.rsta-international.org

ENTRY LEVEL

Application Requirements

- Being at least 18 years old.
- Being the holder of diver level 2 or recognised equivalent certificate.
- Having a minimum of 50 dives in total on the day of application.
- Being in possession of a medical certificate of no-counter-indication to practise scuba diving issued within the last year.
- Having a first aid certificate.
- Having the P40-A specialty Deep Dive or equivalent certificate.

THE COURSE

LESSON 1: STRESS

How to prevent stress.

Causes that trigger stress in the diver.

How to recognize stress in a diver.

The possible ways to deal with stress in the water.

LESSON 2: INTERVENTIONS

List the causes that trigger panic.

Know how to act properly with a diver or stressed and panicked.

LESSON 3: FIRST AID

Knowing the correct techniques to rescue a diver, whether conscious or unconscious.

Properly executing first aid techniques in a protected environment or natural environment.

LESSON 4: REVIEW

This exam is based on a multiple choice form.

PRATICAL EXERCISES

Descent into deep water to 40 metres.

Balancing with a vest or a buoy.

Emptying the mask at 40 metres.

Interpretation of signs at 40 metres.

Controlled ascent at constant speed (10 metres per minute), stopping and stabilisation at 3 metres.

Controlled ascent at constant speed, breathing from the emergency source of the Instructor, from a depth of 40 metres.

Assistance or rescue of a teammate in trouble, using a jacket or buoy for an ascent at constant speed from a depth of 40 metres.