

Dedicated Equipment Specialties

Decompression Diving

I. Intent

The SSI Decompression Diving program provides divers with the training necessary to:

- Independently plan and conduct decompression dives in a recreational or sidemount Total Diving System,
- To a maximum depth of 40 meters,
- Using a breathing gas with a maximum optimized nitrox blend of 40%,
- For a maximum accumulated decompression time of 15 minutes based on a back gas profile,
- With an equally- or more-qualified dive buddy.

II. Minimum Instructor Rating

- An active status Decompression Diving Instructor may conduct the Decompression Diving specialty program.

Equipment Configurations

- They may use a Sidemount Total Diving System as outlined in the SSI Training Standards if they have the Extended Range Sidemount Instructor certification.

III. Student Prerequisites

- Minimum age | 16 years old.

Have logged at least:

- 24 total dives.

Have the following SSI certifications or an equivalent from a recognized training agency:

- Deep Diving
- Enriched Air Nitrox 40

For students using a sidemount configuration (in addition to the above):

Have the following SSI certifications or an equivalent from a recognized training agency:

- Recreational Sidemount Diving

Note | SSI recommends that students earn the Science of Diving certification prior to beginning this program.

IV. Duration

Recommended hours for completion | 15–20.

V. Minimum Equipment

Students participating in this program must use at least one of the following equipment configurations:

- A complete recreational Total Diving System as outlined in the Recreational Scuba General Training Standards with appropriate D-rings for stage cylinder attachment.
- A complete Sidemount Total Diving System.

Including:

- A single stage cylinder (minimum volume 5.7 liters) with a delivery system and submersible pressure gauge.

VI. Depth Limitations

- Maximum pool/confined water depth limit | 12 meters.
- Maximum depth limit for Open Water Training Dives 1 through 3 | 40 meters.

- At least one (1) dive must be to a depth of at least 30 meters.

VII. Minimum Supervision

- An active status SSI Professional certified to conduct the program must directly supervise all academic and in-water activities.

If combining specialty programs:

- All training dives are required as outlined in the Decompression Diving instructor manual.

VIII. In-Water Ratios

- The student-to-instructor ratio is 4:1.

IX. Proximity

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Professional so that physical contact can be made at any time.

X. Requirements For Completion

- Complete all academic sessions and assessments outlined in the instructor manual for Decompression Diving.
- Complete the program's final exam.
- Independently create a full dive plan using dive planning software.
- Complete at least one (1) pool/confined water session as outlined in the instructor manual for Decompression Diving.
- Complete at least three (3) open water training dives as outlined in the instructor manual for Decompression Diving.

a. Notes

- Open Water Training Dive 1 must be planned within the no-decompression limits of the student's dive computer or dive planning software.
- Actual staged decompression training must be conducted on Open Water Training Dives 2 and 3.
- The total time for all required decompression stops on the back gas profile must not exceed 15 minutes per dive.
- Divers may carry a decompression mixture of up to 40% oxygen.

XI. Sequence

- Pool/Confined Water Session 1 may only be conducted after the student successfully completes the equipment configuration session.
- Open Water Training Dive 1 may only be conducted after the student successfully completes Pool/Confined Water Session 1.
- Open Water Training Dives 2 and 3 may only be conducted after the student successfully completes all academic sessions and Open Water Training Dive 1.

XII. Certification

- Upon completion of all academic and in-water requirements, the SSI Professional may issue the program's digital certification card.
- Certified SSI divers can dive with an equally- or more-qualified buddy in environments equivalent to their training and within the recommended depth limits of their certifications.