

Open-Circuit Programs

Extended Range

I. Intent

This program provides divers with the training necessary to:

- Independently plan and conduct decompression dives,
- In a Twinset or Extended Range Sidemount Total Diving System,
- To a maximum depth of 45 meters,
- Using decompression gas mixtures up to 100% oxygen,
- For a maximum accumulated decompression time of 25 minutes,
- With an equally- or more-qualified dive buddy.

II. Minimum Instructor Rating

An active status Extended Range Instructor may conduct the Extended Range program.

The instructor must be qualified as an Extended Range Trimix Instructor to conduct the Extended Range Trimix program.

Note | The Extended Range Trimix curriculum is identical to the non-trimix program, except for the breathing gas used.

Equipment Configurations

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

III. Student Prerequisites

Have logged at least:

- 50 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:

- Sidemount Diving

IV. Duration

- Recommended hours for completion | 18.

V. Minimum Equipment

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

- A complete Twinset Total Diving System.
- A complete Extended Range Sidemount Total Diving System.

Including:

- One (1) stage cylinder.

VI. In-Water Ratios

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

VII. Depth Limitations

- Maximum pool/confined water depth limit | 12 meters.

- Maximum depth limit for Open Water Training Dives 1 and 2 | 30 meters.
- Depth range for Open Water Training Dives 3 and 4 | 30 to 40 meters.
- Depth range for Open Water Training Dives 5 and 6 | 30 to 45 meters.
- At least one (1) dive must be to a depth of 40 meters.

VIII. Requirements For Completion

- Complete all academic sessions and assessments as outlined in the instructor manual for Extended Range.
- Complete the program's final exam.
- If qualifying for Extended Range Trimix, complete an Extended Range Trimix final exam.
- Independently plan a full dive plan using the Extended Range Dive Planning sheets.
- Complete the XR Water Fitness Evaluation as outlined in the SSI General Training Standards.
- Complete at least one (1) pool/confined water skill development session with a minimum cumulative time of at least two (2) hours as outlined in the instructor manual for Extended Range.
- Complete at least six (6) open water training dives as outlined in the instructor manual for Extended Range.

IX. Training Conditions

a. Breathing Gas and Decompression

- Open Water Training Dives 1 and 2 must be planned within the no-decompression limits of the student's dive computer, dive planning software, or the SSI Combined Air/EAN Tables.
- Actual staged decompression training must be conducted on Open Water Training Dives 3 through 6.
- If qualifying for Extended Range Trimix, Open Water Training Dives 5 and 6 must be conducted using a trimix gas.
- The total time for all required decompression stops on Open Water Training Dives 3 and 4 must not exceed 15 minutes per dive based on the primary plan.
- The total time for all required decompression stops on Open Water Training Dives 5 and 6 must not exceed 25 minutes per dive based on the primary plan.
- The total combined time for Open Water Training Dives 1 through 4 must be a minimum of two (2) hours.
- The total combined time for Open Water Training Dives 5 and 6 must be a minimum of 90 minutes.

b. Environment

- If environmental or water conditions make it unsafe or impractical to meet the cumulative time requirement, additional training dives should be scheduled.

X. Sequence

- Open Water Training Dives 1 and 2 may only be conducted after the student successfully completes the equipment configuration session, the XR Water Fitness Evaluation, and all pool/confined water skill development sessions.
- Open Water Training Dives 3 through 6 may only be conducted after the student successfully completes all academic sessions and Open Water Training Dives 1 and 2.

XI. Upgrade

To upgrade to Extended Range Trimix, Extended Range students must:

- Complete all academic sessions and assessments as outlined in the instructor manual for Extended Range.
- Complete the program-specific final exam.
- Independently plan a full trimix dive plan using the Extended Range Dive Planning sheets.
- Complete Open Water Training Dives 5 and 6 as outlined in the instructor manual for Extended Range using trimix.

XII. Certification

Upon completion of all academic and in-water requirements, the SSI Professional may issue the program's digital certification card.

The SSI Extended Range certification entitles the holder to dive autonomously:

- In environments similar to those of the diver's training and experience,

- In a Twinset or Extended Range Sidemount Total Diving System,
- To a maximum depth of 45 meters,
- Using decompression gas mixtures up to 100% oxygen,
- For a maximum accumulated decompression time of 25 minutes,
- With an equally- or more-qualified dive buddy.

The SSI Extended Range Trimix certification also entitles the holder to dive autonomously:

- Using trimix breathing gases.

XIII. Credit

At the instructor's discretion, Open Water Training Dives 1 and 2 of the Technical Extended Range program may be credited from the Extended Range program.