

## XR Programs

# Extended Range Foundations

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### I. Intent

The SSI Extended Range Foundations program provides divers with a workshop environment to improve their skills to a high level using Extended Range Total Diving Systems and procedures.

### II. Minimum Instructor Rating

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

#### a. Equipment Configurations

**They must also meet at least one of the following conditions:**

- Have an active status SSI Sidemount Specialty Instructor certification to teach using a Sidemount Total Diving System.
- Have an active status SSI Extended Range Instructor or SSI Extended Range Foundations Instructor (Twinset) certification to teach using a Twinset Total Diving System.
- Have an active status SSI CCR Diving Instructor certification and at least the diver-level certification in the applicable CCR unit to teach using a CCR Total Diving System.
- Have an active status SSI SCR Diving Instructor certification and at least the diver-level certification in the applicable SCR unit to teach using a SCR Total Diving System.

### III. Student Prerequisites

**Have logged at least:**

- 24 total dives.

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

- Open Water Diver

**They must also meet at least one of the following conditions:**

- Have a Sidemount Diving Specialty certification to use a sidemount configuration.
- Have a CCR Diving certification to use a CCR configuration.
- Have an SCR Diving certification to use an SCR configuration.

### IV. Duration

- Recommended hours for completion | 16.
- The number of classes, hours and sessions are set by the individual instructor, based on student needs, student ability and water conditions.

### V. Minimum Equipment

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

- A complete Single-Cylinder Total Diving System.

*Note | The stage cylinder as outlined in the General Training Standards is not required for this program.*

- A complete Twinset Total Diving System.
- A complete Sidemount Total Diving System.
- A complete SCR Total Diving System.
- A complete CCR Total Diving System.

### VI. In-Water Ratios

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

## **VII. Depth Limitations**

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

## **VIII. Requirements For Completion**

- Complete an equipment configuration session for the applicable certification level.
- Complete at least four (4) pool/confined water sessions, with a cumulative time of at least 240 minutes, that include all skills for the applicable certification level.

## **IX. Passing Criteria**

### **At the recreational level:**

- Demonstrate the ability to maintain trim at +/- 30 degrees throughout the entire program.
- Demonstrate the ability to perform all skills adequately with little shift in buoyancy or trim.
- Demonstrate basic awareness of buoyancy, trim, stability, propulsion, and teamwork.

### **At the Extended Range level:**

- Demonstrate the ability to maintain trim at +/- 15 degrees throughout the entire program.
- Demonstrate the ability to perform all skills perfectly with almost no shift in buoyancy or trim.
- Demonstrate advanced awareness of buoyancy, trim, stability, propulsion, and teamwork.

## **X. Certification**

Completing the Extended Range Foundations program means that the student has demonstrated good buoyancy, trim, stability, propulsion and teamwork in the equipment configuration used during the program, and that they have successfully passed the skill circuit for the applicable certification level.