

# Open Water Specialties

# Diver Stress & Rescue

---

## I. Intent

The SSI Diver Stress & Rescue program provides students with the knowledge and skills needed to identify stress, prevent incidents, and manage common emergency situations encountered by recreational divers.

## II. Minimum Instructor Rating

An active status Diver Stress & Rescue Specialty Instructor may conduct the Diver Stress & Rescue specialty program.

## III. Student Prerequisites

- Minimum age | 12 years old.
- Be physically capable of completing the required skills.
- Have proof of current O<sub>2</sub> Provider, First Aid and CPR training within two (2) years prior to issuing a certification card.

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

- Referral Diver

*Note | SSI Referral Divers may enroll in SSI specialty programs and complete all academic and pool/confined water sessions. Open water training dives for all specialties cannot be combined with open water training dives for entry-level programs, and must be conducted after completion of all in-water training for the Open Water Diver program.*

## IV. Duration

- Recommended hours for completion | 10-15.

## V. Minimum Equipment

- A complete Total Diving System as outlined in the General Training Standards.

### a. Special Equipment

Each student must either own or have access to the special equipment required to complete the program skills. Examples include a dive light, compass, or delayed surface marker buoy. The necessary equipment depends on the specific dive being conducted. This ensures that students can safely perform all required skills and meet the program's performance standards.

## VI. Depth Limitations

- Maximum open water depth limit | 18 meters.

### Skills

- Maximum open water depth limit | Rescuing an Unconscious Diver 9 meters.

## VII. In-Water Ratios

### 15 years and older:

- The student-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant.
- The ratio may increase to 12:3 with two (2) certified assistants.

### 12-through 14-years old:

- The student-to-Instructor ratio is 6:1.

## VIII. 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.

## **IX. Requirements For Completion**

- Complete all academic sessions and assessments outlined in the instructor manual for Diver Stress & Rescue.
- Complete the program's final exam.
- Complete at least three (3) pool/confined water sessions as outlined in the instructor manual for Diver Stress & Rescue.
- Complete at least three (3) open water training dives as outlined in the instructor manual for Diver Stress & Rescue.
- Prior to certification, the student must be certified as an SSI Open Water Diver or equivalent.

## **X. 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.
- Students younger than 15 years old will be certified as an SSI Junior Diver in the applicable program, and can dive under the direct supervision of a dive professional, or with a certified adult, in environments equivalent to their training and within the recommended depth limits.

## **XI. Upgrades**

- Junior Diver Stress & Rescue certifications can be upgraded to the Diver Stress & Rescue certification once the student turns 15 years old.
- SSI recommends conducting a complete Diver Stress & Rescue skill circuit before issuing the upgrade.