



## Safe Cave Diving with Swiss Cave Diving Instructors

### Training courses “Cave Diving 2014” (in Switzerland and Central France)

Specialty courses for cave diving have been offered regularly by SUSV and CMAS.CH respectively since 1988. The World Underwater Sports Association CMAS has set up worldwide rules and regulations for the training of cave divers since 1999 which have been adopted in 2000 by the Swiss Federation SUSV and later by CMAS.CH.

In combined CD1 / CD2 courses (Cavern- / Cave Diver) participants will receive the basic requested knowledge and skills to be enabled to carry out safe dives in the cave zone 1 (entrance area) and 2 (zone of permanent darkness) under the guidance/presence of an instructor or of another higher certified, experienced cave diver.

The first part of this combination course (cavern part) takes place in Switzerland (classroom theory+3-5 dives), the rest of the training takes place in France.

The successful participant receives the CMAS Cave Diver certificate (CD2 CMAS).

During the Full Cave Diver (CD3) course already certified CD2 (Cave Diver) will be introduced by very experienced instructors in small groups during 8-10 training dives into cave diving on highest competence level. Today, such a certificate for cave diving will be practically requested worldwide (e.g. in Florida, Mexico, Australia).

Cave divers on advanced level (from CD2 on) are given the possibility to carry out demanding, guided dives, at the same time to further improve their personal diving techniques and to deepen their experience, this in suitable groups of equivalent competence level.

**Course location: Rocamadour (Département du Lot, Central France)**

(approx. 610 km from Geneva, of which 98% highways; highway toll approx. EUR 50.-)

**Course dates:**

Theory CD1/2/3	: 22.02.+23.02.14 (central Switzerland)
Intro Practical CD1/2	: 22.03.+23.03.14 (accord. to conditions)
Practical Refresher CD3	: 29.03.+30.03.14 (Zürich / Walensee)
Further practical CD2	: 14.06.-30.06.14 (F) and 21.06.-27.06.14 (F)
Further practical CD3	: 21.06.-27.06.14 (F)
Guided Tours	: 14.06.-30.06.14 (F) and 21.06.-27.06.14 (F)

**Course+Objectives: a) guided cave diving tours from CD2 on (in both weeks)**

**Courses #031 and #032 (CD3):**

**Pure cave diving: long distance dives, dives under adverse conditions, negotiating restrictions, sump diving, use and handling of stage tanks, use of Nitrox, O2-decompression**

Owner of a CMAS/SUSV CD3 certificate, Full Cave Diver NACD/ NSS, IANTD, Penetration/Sinkhole Catg.3 diver CDAA with **min. 30 dives during past year, of which min. 10 dives during the past 4 months before the course, of which 5 in the 40m depth range !**  
à max. 4-6 participants per group + 1 guide

### **Courses #021 and #022 (CD2):**

**Acquiring more confidence and safety: Planning/Execution of dives within the limits of the rule of thirds, refresher exercises, partial use of Nitrox, O2-deco, ... nevertheless fun and vacation**

Owner of a CD2 CMAS/SUSV certificate, Cave Diver NACD/ NSS, IANTD, Sinkhole Catg.2 CDAA with

**min. 30 dives in past year, of which 10dives during previous 4 months before the course, of which 5 in the 30m depth range !**

à max. 4-6 participants per group + 1 guide

### **b) Training courses**

**Combination courses CD1/CD2 #201 and #202 (both weeks):**

**Safe introduction into the special cave diving techniques, handling of special cave diving equipment, basic emergency training**

Diver\*\* CMAS or equivalent, **min. 30 dives in total**

à 4-6 participants per group

**Course CD3 #302 (week 2 only):**

**Improvement/reinforcement of special cave diving techniques (sumps, restrictions, zero visibility), stage tank handling, demanding exercises, special emergency training, practical use of Nitrox, O2-deco**

Diver\*\*\* CMAS + CD2 CMAS/SUSV or equivalent, with

**min. 10 dives during previous 4 months before the course, of which 5 in the 40m depth range !**

à 4-6 participants per group

### **Requirements:**

**Confident, safe and well trained diver; further prerequisites as defined by CMAS standards**

Depths of up to 30m (CD2) and 40m (CD3) respectively and distances up to 2'000m are normal; it is recommended to start an adequate fin swimming training min. 2 months before the start of the course.

### **Buddy rescue (CD2- , CD3- training course)**

Participants are requested to prove the ability to perform a flawless buddy rescue (as requested by organisations such as CMAS and others). It's an examination discipline!

### **Adequate personal equipment**

Refer to „personal equipment list" (to be sent upon request)!

### **Specialty certificates**

For the use of Nitrox, as well as for the CD2 course, a Nitrox Diver certificate has to be presented. For the final deco on 100% O2 and for the CD3 course, an Advanced Nitrox Diver certificate is requested !

For the use of Nitrox the participant has to bring and to use his/her own personal O2-analyzer.

### **Renouncement on much comfort**

Diving is our foremost goal! Participants are expected to show a high degree of flexibility, because – due to meteorological conditions, currents and visibility – plans and dispositions often have to be *adapted accordingly on short terms notice*.

It will also be expected, *that all participants are actively involved in the daily tasks* (such as tank filling etc.). Our cave diving courses have a certain amount of adventurous camping character!

**Accommodation:** In own tents on a private camping ground „**Chez Gaby**“, in **Magès**, 2 km from Rocamadour.

**Meals:** Breakfast at the farm, lunch in groups (mostly in the countryside), common dinner in a very good historical restaurant.

**Prices:**

<b>Intro-Course/Cavern CD1 (#100)</b>	<b>: CHF 530.-</b>
<b>Combination Course CD1/2 (#201)</b>	<b>: CHF 1730.-</b>
<b>Course CD2only (#201-2)</b>	<b>: CHF 1290.-</b>
<b>Course CD3 (#302)</b>	<b>: CHF 1490.-</b>
<b>Diving (#021+022, 031+032)</b>	<b>: CHF 990.- per week (6 days)</b>
<b>Non-diving accompany/person)</b>	<b>: CHF 590.- per week (6 days)</b>

**Included** in these prices are:

*training course, manual, dive guides, air, full board, certificates*

**Not included** are:

***Any travel costs, drinks, oxygen and all breathing gases other than air.***

***Together with the acknowledgement of the participants registration, the total amount of the course fees is invoiced and is payable within the indicated period of time.***

***The whole course fee is due upon receipt of the registration, signed by the participant.***

***A reimbursement of already paid course fees due to a cancellation will be granted only if a replacing participant of equal certification and experience level can be presented. Therefore an insurance to cover for the costs of such cancellations is mandatory and in the sole responsibility of each participant!***

**Diver's medical:** Latest at start of the course, all participants have to present a valid diver's medical (not older than 1 year) which certifies unconditional fitness for diving! Strictly NO diving without this attest.

**Safety:** In addition to back-up tanks, every group carries at least one first aid case with a medical oxygen supply system (open / closed circuit) with it. For longer decompression, medical grade oxygen will be supplied **against payment** and for appropriately certified oxygen tanks.

**Specialties:** Visits to touristic show-caves belong to the offered side-show program. The surroundings are just perfect for walking, jogging and biking.  
If visibility is suitable, UW-photographers might also follow their hobby in depth. However, photo-shooting activities must not lead to a handicap for the rest of the group, this means that such dives must be coordinated in advance with the guide.

**Attention:** based on events in the past and the current *French legislation* on diving in general, diver training and mix-gas diving, the use of rebreathers and diving without any guide is *not permitted* during our courses.

Unfortunately, as a consequence to accidents caused by other divers, we had to accept several restraints and prohibitions during the recent years. Just one additional admission prohibition would be the end for our courses!

**Liability:**

This course is organized and conducted under strict observation of all safety rules and requirements set forth by CMAS. All instructors involved have year- or even decade-long experience in training and are most familiar with any detail of local conditions.

Nevertheless, all participants are diving on their own risk and sign a corresponding liability release agreement (waiver). In this document he/she also signs for strictly abiding by the orders given by the course directors and instructors on site.

Violations of such safety rules and advice, *especially if such conduct puts the rest of the group in danger, lead to an immediate expulsion from the course without reimbursement of any course fees.*

**Registration:**

**Deadline for registrations is for:**

**- participants for courses #100, 201, 202, 302 : 31 Jan. 2013**

**- all other divers and accompanying persons : 31 Mar. 2013**

Due to the limited number participants, we kindly request all interested divers to register as soon as possible!

**(First timers** are requested to attach a copy of their most recent diving certificates and a copy of their logbook, showing proof of the requested number of dives.

After receipt of your duly filled out registration you will receive a confirmation with an invoice.

Your registration is only fully valid after *all* requested documents (waiver, diver's medical, copy of payment slip, copy of diving certificate, etc..) have been received by the organizer.



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**To be cut away and sent to Beat Müller:**

**YES, I'm interested**

Please send me further documentation and the registration forms.

Name/First name : .....

Address : .....

Tel./Fax : .....

eMail : .....

Focused course : .....