

## Purpose

The foundation program for safe self sufficient diving. The IANTD Advanced Recreational Trimix program covers the core skills from the technical diver training programs including the use of twinsets with central isolation manifolds and decompression skills and procedures using bottom mixes of Recreational Trimix with oxygen contents between 21% and 40% with a maximum pO<sub>2</sub> of 1.5 bar, combined with a helium content to yield an Equivalent Narcotic Depth (END) no greater than 28 msw.

An essential component of this program is equipment configuration which is covered in a series of lectures and practical workshops. The aim being to construct a safe self sufficient equipment configuration that is streamlined, accessible and promotes familiarity. Theory covered includes the END concept, oxygen physiology, oxygen tracking, the use of EANx as a decompression gas, gas switching techniques, partial pressures and best mixes.

This program qualifies divers to dive to 48 msw (160 fsw) and to perform decompression stops utilising EANx decompression mixtures with an oxygen concentration no greater than 1.5 pO<sub>2</sub> for a maximum duration of 15 minutes.

## What do you need to enroll in this program?

- Open Circuit
- Must be a qualified IANTD Deep Diver or equivalent.
- Must be a qualified IANTD EANx Diver or equivalent.
- Must be a minimum of 15 years old.
- Proof of a minimum of 30 logged dives or sufficient experience to satisfy the instructor that the student has the ability and knowledge to continue into this level of training.

- Rebreather
- Must be a qualified IANTD Recreational Rebreather Deep Diver or equivalent.
- Must be a minimum of 17 years old.
- IProof of a minimum of 30 logged dives 20 of which were on the rebreather to be used.

### **What is the minimum materials requirements?**

- For Rebreather: IANTD Rebreather Advanced Recreational Trimix Diver Student Kit
- For Open Circuit: IANTD Advanced Recreational Trimix Diver Student Kit.

### **What this program must include?**

- Academic Sessions
- Physiological and Psychological Considerations;
  
- Oxygen;
  
- Decompression Theory;
  
- Dive Planing and Gas Management ... and much more.
  
- Confined Water Sessions
- Survival Skills;
  
- Perform valve shutdowns;
  
- Deploy lift bag ... and much more.
  
- Open Water Sessions
- Out of Gas Scenario;
  
- Regulator Failure Drill, Practice of ALL Emergency Scenarios and much more ...

### **What makes an IANTD class different?**

- More knowledge!
- More Practical Skills & Emergency Drills
- Focus on have better, more comfortable and safer divers

### **Why you should enroll to an IANTD Programs?**

## IANTD ADVANCED REC TRIMIX DIVER

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- Simply because Train Divers is What Does Best;
- IANTD is always ahead of time and leading the diving education as we are known to be always the First to Teach;
- IANTD has a well elaborated and progressive training.

### **Just to list a few of classes you can enroll in after this one!**

- Tek Lite Cave Diver (OC, SCR, CCR)
- Normoxic Trimix Diver (OC, SCR, CCR)
- Advanced Wreck Diver (OC, SCR, CCR)

### **Equipment Requirements:**

- IANTD Advanced Nitrox Student Kit.
- 2 regulators separate, one of them with a long hose (1.5m or 2m) is recommended, and the 2<sup>nd</sup> with a short hose with a necklace as backup.
- Wings and Plate, Transpac, or other.
- A single cylinder with a dual outlet Valve or a manifold twinset.
- A safety or decompression gas cylinder rigged as either a pony or stage cylinder with Deco Regulator. Gas cylinders must be oxygen clean and oxygen serviceable where needed.



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**Wherever you want to go, IANTD can take you there!!**