

# APD INSPIRATION / EVOLUTION CCR

## Advanced Trimix - LEVEL III

- A) Course:** Closed Circuit Rebreather Diver Level III (CCR Level III) - diluent Trimix or Heliox
- B) Course Objective:** This course is designed to provide experience and training for mixed gas diving with the APD Inspiration / Evolution CCR to a maximum depth of 90 msw. The CCR III Diver course gives the opportunity to safely learn the techniques and theory for decompression dives with helium based mixes as a diluent.
- C) Pre-requisites:**
- OPTION A** (6 dive course)  
Minimum 18 years of age, certification as IART CCR Level II Extended Range (air) Diver or equivalent (IANTD, TDI or PATD) plus a minimum of 50 hours dive time with the Inspiration / Evolution CCR following completion of Level II training (with no less than 20 hours at depths beyond 35m) and at the instructor's request a valid diving medical.
- OPTION B** (4 dive course)  
Minimum of 18 years of age, certification as IART CCR Level II Extended Range (normoxic Trimix) Diver or equivalent plus a minimum of 50 hours dive time with the Inspiration / Evolution CCR following completion of Level II training (with not less than 20 hours deeper than 35m, 5 hours of which must be normoxic Trimix dives) and at the instructor's request a valid diving medical  
or certification as IART OC Trimix Diver (or equivalent) plus minimum of 100 hours CCR dive time and 40 dives deeper than 40m
- D) Content/Course minimum:** All theoretical and practical aspects of Trimix or Heliox diving with the Inspiration / Evolution CCR. The classroom sessions should explain the physical and physiological hazards of mixed gas diving, decompression planning, some equipment considerations for mixed gas diving such as diluent and bail-out selection, and all the procedures involved. An important point is dive planning using computer-based dive tables such as Z-Plan, ProPlanner, etc.  
For **Option A** the practical part of the course includes 6 dives over 6 days, with a minimum accumulated in-water time of 360 mins.  
For **Option B** the practical part of the course includes 4 dives over 4 days, with a minimum accumulated in-water time of 240 mins. The instructor-to-student ratio is 1:2.
- E) Support material:** IART Level III CCR Manual, NOAA O<sub>2</sub>-exposure table, mixed gas dive planning software suitable for use with a CCR, flash-cards, Instructor CD and Instructor presentation materials
- F) Required equipment:** Complete diving equipment, separate bail-out tanks, lift bag, safety reel, knife or tool, decompression table, slate, depth gauge and bottom timer or computer. The rebreather should be equipped with an oxygen second stage bail-out.
- G) Limits:** The maximum depth during training is 80 msw. At least 2 dives should be conducted at a minimum of 60 msw depth. Required ascent/deco time should not exceed 60 minutes
- H) Practical skills:** The dives should include the proper planning, gas analysing and labelling, equipment familiarization (Travel/Deco mix bottles removal/replacement) emergency and out-of-air procedures (Gas sharing, Rescue ascent, etc.), ascent reel and lift bag deployment, and proper decompression techniques.

## IART Standards & Procedures

- I) **Certification requirements:** The student must satisfactorily complete a written exam. Once training requirements are met the instructor must submit an application in order to obtain the corresponding IART certification card. In accordance with IART Quality Control, the student and Instructor are required to fill in the training protocol form. The instructor must retain this form with the student file.
- J) **Certification:** IART HQ
- K) **Certification Renewal:** not required