

14. Indoor Diver

14.1 Introduction

This certification course is designed to give students the necessary skills to conduct dives in large indoor pools in conditions similar to their training without the direct supervision of an instructor. Divers completing this program are not qualified to conduct dives in open water.

14.2 Definitions

Indoor Pool = any confined body of water where water quality and condition can be controlled by way of: salinity, chlorine, filtration system, heating, cooling, etc. The size of the pool must have a section 6m/20ft or deeper and a section shallow enough for divers to stand with their head out of the water. Pools commonly used for swimming and in residential areas do not meet the definition of an indoor pool for the purposes of this training

14.3 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Conduct dives in indoor pools in conditions similar to their training to a maximum depth of 18 metres/ 60 feet.
2. Conduct Indoor dives with other certified divers at the same or higher level of certification.
3. Conduct dives that do not require decompression.
4. Upgrade to SDI Open Water Scuba Diver

14.4 Who May Teach

An active SDI Open Water Scuba Diver Instructor

14.5 Student to Instructor Ratio

Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of subject matter

Pool

1. A maximum of 8 students per instructor
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters

Indoor Pool

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters

14.6 Student Prerequisites

1. Minimum age 18; 10 through 17 with written parental consent
2. Students between the ages of 10 through 14 may obtain an SDI Junior Indoor Diver Certification if the following conditions are met: junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional
3. When an SDI Junior Indoor Diver reaches the age of 15, they may upgrade to an SDI Indoor Diver certification by completing the Junior Indoor Diver Upgrade form and submitting to World HQ.

14.7 Course Structure and Duration**Water Execution**

1. Students must complete a minimum of 4 indoor scuba dives, and remain underwater for minimum of 15 minutes on each dive, for a minimum of 80 minutes total
2. Training depth must be between 5 to 18 meters/ 15 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet
3. A maximum of 3 scuba dives per day are allowed
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
6. Instructors are not allowed to carry any photo or video equipment while conducting the dives

Course Structure

1. SDI allows instructors to structure courses according to the number of students participating and their skill level

Duration

1. The suggested number of total course training hours is 20

14.8 Administrative Requirements

Administrative Tasks:

1. Collect the course fees from all the students
2. Ensure that the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete the:
 - a. *SDI Liability Release and Express Assumption of Risk* Form
 - b. *SDI Medical Statement* Form

Upon successful completion of the course the instructor must:

1. Issue the SDI Indoor Diver certification by submitting the *SDI Diver Registration* form to SDI Headquarters or registering the students online through member's area of the SDI website

14.9 Required Equipment

Basic scuba equipment as described in section two of this manual. The following material is required:

1. *SDI Open Water Scuba Diver* Manual and associated SDI Knowledge Quest Book (or *SDI Open Water Diver* Online Training course)
2. *SDI Open Water Scuba Diver* Instructor Guide

The following material is available and recommended

1. SDI Log Book
2. *SDI Open Water Scuba Diver* Video or DVD
3. *SDI Open Water Scuba Diver* PowerPoint Presentation
4. *SDI Confined Water / Open Water Teaching* slates
5. *SDI Skill Check-off* slate

Instructors may use any additional text or materials that they feel help present these topics.

14.10 Required Subject Areas

The following topics must be covered during this course:

1. History of Diving
2. The Aquatic Environment
 - a. Vision
 - b. Light
 - c. Sound
 - d. Heat loss
 - e. Tides
 - f. Currents
 - g. Waves
 - h. Surge
3. Physics and Physiology
 - a. Buoyancy
 - b. Pressure
 - c. Boyle's Law
 - d. Air spaces
 - i. Lung over-expansion problems
 - ii. Equalization techniques
 - e. Breathing air under pressure
 - i. Decompression sickness
 1. Repetitive dives
 2. Safety stops
 3. Emergency decompression
 4. Omitted decompression
 - ii. Nitrogen narcosis
 - iii. Oxygen toxicity
 - iv. Carbon monoxide poisoning
 - v. Mixed gases
 - vi. Hyperventilation, shallow water blackout
4. Scuba Equipment
 - a. Mask, fins, and snorkel
 - b. Exposure protection
 - i. Wetsuits
 - ii. Dry suits
 - c. Buoyancy compensator device (BCD)
 - d. Regulator
 - i. Primary regulator
 - ii. Alternate air source

- e. Cylinders
 - f. Weight systems
 - g. Underwater instruments
 - i. Submersible pressure gauge
 - ii. Dive computers
 - iii. Dive watch
 - iv. Depth gauges
 - v. Compass
 - h. Accessories
 - i. Dive lights
 - ii. Equipment bag
 - iii. Logbook
 - iv. Slate
 - i. Equipment permitted for use in facility
5. Planning Your Dive
- a. Diver fitness and overexertion
 - b. Orientation to new indoor diving facility
 - c. Proper diving etiquette in the facility
 - d. Buddy system
 - e. First aid
 - f. Scheduling your dive time
6. What's next
- a. Searching for other indoor facilities
 - b. Getting certified as an SDI Open Water Scuba Diver

14.11 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation (Must be completed prior to any scuba skill being taught)
 - a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel *or* any swimming aids, or 300 metres non-stop using mask, snorkel, and fins
 - b. Survival swim / float of 10 minutes

Note: If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills
 - a. Scuba system assembly and disassembly
 - b. Weight system adjustment with proper weighting
 - c. Removal and replacement of weight system on the surface
 - d. Removal and replacement of weight system at depth
3. Pre-dive check of self and buddy
4. Partial mask clear at depth
5. Full mask clear at depth
6. Breathing and swimming underwater without a mask
7. Buoyancy compensator device (BCD) use:
 - a. Inflation and deflation (oral/power) at the surface
 - b. Inflation and deflation (oral/power) at depth
 - c. Removal and replacement at surface
 - d. Removal and replacement at depth
8. Buoyancy Control
 - a. Hovering
 - b. Controlled ascents
 - c. Controlled descents
9. Regulator use
 - a. Breathing, clearing, and recovery at the surface
 - b. Breathing, clearing, and recovery at depth
10. Underwater swimming; proper use of fins
11. Entries and exits
 - a. Shallow water entry
 - b. Deep water entry
 - c. Shallow water exit
 - d. Deep water exit
12. Snorkel use
 - a. Adjustment
 - b. Clearing; blast method
 - c. Regulator snorkel exchange at the surface
 - d. Surface snorkel swim in full equipment
13. Computer use
 - a. Reading and understanding data
 - b. Understanding functions of computer
14. Use of gauges
15. Underwater communications
16. Rescue techniques
 - a. Tired diver tows
 - b. Cramp relief

17. Out-of-air emergencies
 - a. Controlled swimming ascent
 - b. Alternate air source use; air sharing with a buddy while making a controlled ascent
18. Underwater Navigation

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver* Instructor Resource CD
3. Complete all water requirements safely and efficient

14.12 Indoor Diver to Open Water Scuba Diver

Upgrade Procedure:

For any SDI Indoor Diver to upgrade to SDI Open Water Scuba Diver, the following requirements must be met:

1. Student must have been certified as an SDI Indoor Diver.
2. An additional academic session must be conducted covering the following topics:
 - a. Marine life injuries
 - b. The Aquatic Environment
 - i. Tides
 - ii. Waves
 - iii. Surge
 - c. Accessories
 - i. Dive flag
 - ii. Rescue signal
 - iii. Knife
 - d. Underwater Navigation
 - i. Compass
 - ii. Natural
3. Complete a minimum of 2 Open Water dives, the instructor may use their discretion with reference to additional skills needed to complete the dives. The dives must include:
 - a. Complete briefs and debriefs of the local environment
 - b. Emergency procedures