

UNDER THE JUNGLE SIDEMOUNT COURSE SCHEDULE

Outlined below is the suggested schedule for Under the Jungle's Sidemount Diver Course. Course schedules are adjusted to student abilities and time requirements. The more theory you can review and learn before the course, the more efficient your course will be and the more you will get out of it.

Presentations are located at: www.underthejungle.com -> Downloads -> Student Resources -> Sidemount.

DAY 1: TAJMA HA

LECTURE AND WORKSHOP

- Equipment configuration

LAND DRILLS

- Donning your sidemount harness
- Dry checks
- Weight checks
- In-water gear up

DIVE 1

- Don harness
- Dry checks
- Weight checks
- In-water gear up
- Warm-swim
- Gear evaluation at different pressures
- Doff Gear
- Debriefing and gear adjustment

LECTURE

- Tank and gas management

DAY 2: PONDEROSA

LECTURE

- Communication

LAND DRILLS

- Power-LEAPS
- Descents and ascents
- Safe regulator switches (+ SPG checking)
- Kicking techniques

SURFACE SKILLS

- Kicking techniques with a buoy

DIVE 2

- Power-LEAPS (instructor lead)
- Descent/ascent practice
- Safe regulator switching
- Frog kick
- Reverse kick
- Helicopter turns
- Ascent with notes

LECTURE

- SAC rate calculations

DAY 3: X'TABAY

LAND DRILLS

- Right tank removal, drop and retrieval
- Partial tank removal (bungee)
- Partial long hose deploy
- Full long hose deploy

DIVE 3:

- Right tank removal, drop and retrieval
- Partial tank removal (bungee)
- Partial long hose deploy
- Full long hose deploy

LAND DRILLS

- Full Gas Donation Drill (s-drill)
- Feather for neutral lung volume and switch
- Pouch access options

DIVE 4:

- Full Gas Donation Drill (s-drill)
- Feather for neutral lung volume and switch
- Pouch access
- B-ring access

LECTURE

- Chain of command

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DAY 4: CHIKIN HA

LAND DRILLS

- Shutdowns and valve drills
- Power inflator free flows
- LPI hose swap (drysuit configuration)
- Switch to back up buoyancy (if applicable)

DIVE 5:

- 10-minute S-drill
- Valve drill
- Power inflator free flows
- LPI hose swap (drysuit configuration)
- Switch to back up buoyancy (if applicable)

LAND DRILLS

- Bungee failure
- Clip failure two ways

DIVE 6:

- Full gas donation drill (s-drill)
- Valve drill
- Bungee failure
- Clip failure two ways

LECTURE

- S.H.I.T.E. Problem solving

DAY 5: ORQUIDEA

LAND DRILLS

- Helmet removal (if applicable)
- Blind regulator switch
- Switch to a back-up mask
- Switch to back-up light
- SMB deployment

DIVE 7:

- Full gas donation drill
- Valve drill
- Helmet removal (if applicable)
- Blind regulator switch
- Switch to a back-up mask
- Switch to back-up light
- Boom drills
- SMB deployment

LAND DRILLS

- Tank swap
- Line cutter deployment
- Mouthpiece swap

DIVE 8:

- Blue-water S-drill
- Blue-water valve drill
- Tank swap
- Line cutter deployment
- Open water skill practice
- Mouthpiece swap
- Open water skill practice
- SMB deployment

LECTURE

- Equipment configuration notes

TDI EXAM