

## Experience counts.

Welcome to High Plains Scuba Center, Northern Colorado's oldest and largest full-service scuba facility. Thank you for choosing us for your aquatic adventures.

## Everything you need.

High Plains Scuba Center offers the finest in professional education, quality travel services, state of the art equipment, **and an onsite heated pool.** Whether you are just getting started or you're an experienced diver, High Plains Scuba Center has what you need.

**Training.** Learn scuba diving from our highly trained and experienced instructors. We conduct courses from entry level through all professional levels.

**Equipment.** Our friendly and knowledgeable retail staff can counsel you in finding the equipment that's best suited to you. And we stand behind what we sell.

**Service and Repair.** Our service department has the expertise to keep your equipment working safely. Protect your investment with regular maintenance.

**Travel.** Rely on HPSC's expertise in dive travel. We'll help you find the right destination, choose the accommodations that fit your interests, and put together a vacation package you'll love.

**READY?** Let us help you get started on your lifetime of **SCUBA ADVENTURE!!!!**

## Begin...

- Scuba Ranger
- Snorkeling Course
- Try Scuba
- Open Water Diver
- Open Water Certification

## Continue...

- Scuba Skills Update
- Advanced Diver
- Stress & Rescue Diver**
- Continuing Education

## ➤ Share...

- Dive Control Specialist
- Open Water Instructor



# STRESS & RESCUE DIVER Program Year 2010



## High Plains Scuba Center

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## STRESS & RESCUE

Improve your diving confidence, enjoyment and safety with the Stress & Rescue Diver course by Scuba Schools International (SSI). Learn to recognize situations that lead to problems, prevent accidents and handle situations when they do arise. You'll become a better diver and buddy.

## REQUIREMENTS

To participate in the Stress & Rescue Diver course, you must:

- Be at least 14 years old.
- Be certified as an Open Water Diver or Junior Open Water Diver or equivalent.
- Have logged at least 12 dives.
- Have dive experience within the past 1 year.
- Complete the home-study academic portion of training. Fill out the study guide questions.
- Complete and sign a confidential medical questionnaire. If certain medical conditions exist, you must have a signature from a physician.

## TRAINING

The Stress & Rescue Diver course is a 3-step process:

1. Study academics at home at your convenience. Review the text, watch the video, and complete the study guide.
2. Complete academic review in the classroom and pool sessions with your SSI instructor.
3. Complete open water dives. Apply your skills during 2 open water training sessions.



## OPTION A: Complete Course Package

Option A bundles all of the components of the Stress & Rescue Diver course into one package. Option A includes:

- Stress & Rescue Diver course academic training
- Stress & Rescue Diver course confined water training
- CPR/First Aid course with certification\*\*
- Oxygen Provider course with certification\*\*
- Stress & Rescue Diver course open water training scenarios

**FEE:** Local \$295.00  
Blue Hole \$395.00\*  
\* (Includes 2 Nights Lodging)

\*\* Text kits are extra. You must schedule these classes before taking the Stress & Rescue course.

## OPTION B: Individual Course Selection

Option B is for those people who already have training in CPR/First Aid and/or Oxygen Provider. Option B includes selection of any individual or combination of the following:

Rescue Course Local	\$175.00 *
Rescue Course Blue Hole	\$275.00 *
First Aid/CPR	\$60.00
Oxygen Provider	\$60.00

\* Proof of current CPR /First Aid & Oxygen Provider certifications are required to complete the course.

## SYSTEM SENSE

Owning your own equipment will reduce stress and minimize the chance of a diving accident. Receive **FREE** Stress & Rescue class, pool and local open water training when you purchase a scuba system at MSRP. Books not included.

## WHAT'S INCLUDED

Your course fee includes:

- Academic sessions
- Confined water training
- 2 days of diving scenarios
- Air tanks and weights
- Use of appropriate wetsuit for open water
- Certification card upon completion of course
- Two nights lodging based on double occupancy

## WHAT'S NOT INCLUDED

Your course fee does **not** include:

- Local parking permits
- Santa Rosa dive fee for Blue Hole entry
- Student training packet
- Scuba equipment except as defined above
- Gloves & hood
- Compass, slates, and reel w/ at least 75ft. of line
- Transportation
- Meals

## 2010 SCHEDULE

Class / Pool		Open Water	
March	3 - 4	March	6 - 7
April	28 - 29	May	1 - 2
June	16 - 17	June	19 - 20*
August	18 - 19	August	21 - 22*
November	17 - 18	November	20 - 21

\* Local Dive Site

## AFTER GRADUATION

Complete 4 additional specialties, have 50 logged dives and receive your MASTER DIVER rating. Or continue onto the DIVE CONTROL SPECIALIST course.