

UNDER THE JUNGLE COURSE SCHEDULE

SIDEMOUNT CAVE CROSSOVER



Outlined below is the suggested schedule for Under the Jungle's Sidemount Cave Crossover 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. When an applicable theory lesson is available for review on the website, "**review before class on website**" is noted next to the relevant theory session, so that you may prepare for your course adequately. Presentations are located at: www.underthejungle.com -> Downloads -> Student Resources -> Sidemount

DAY 1: SUGGESTED SITE TAJMA HA OPEN WATER

UNIT 1

- Gear philosophy and set up
- Land drill: Donning your sidemount harness
(**review before class on website**)
- Land drill: Checking your sidemount gear before entering the water (dry check)
(**review before class on website**)
- Land drill: Donning your sidemount tanks in the water.
(**review before class on website**)

UNIT 2

- Demonstration: Gear donning at dive site
- Demonstration: Dry check
- In-water weight check and dump valve review
- Demonstration: Don sidemount tanks in water
- Initial swim and familiarization with gear
- Inflating and deflating your wing
- Quick gear adjustments if needed
- Trim assessment at 160 BAR / 2200 PSI
- Trim assessment with legs extended and bent
- Buoyancy and trim assessment at 40 BAR/ 600 PSI
- Demonstration: Removing your sidemount tanks
- Trim assessment at 40 BAR / 600 PSI
- Debriefing at shop/ gear adjustments + log dive
- Theory: Sidemount Gas Management
(**review before class on website**)

DAY 2: SUGGESTED DIVE SITE PONDEROSA OR CARWASH

UNIT 3

- Gear set up.
- Theory: Signals and communication review (if applicable)
(**review before class on website**)
- Land drill: Pre-dive checks
(**review before class on website**)
- Land drill: Regulator switching
- Land drill: Pressure gauge checking (if applicable)
- Land drill: Ascents and descents
- Gear up at dive site
- Dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Descent and ascent practice
- Warm-up swim
- Regulator switching (right handed + left handed)
- Propulsion techniques assessment for later review
- Swim and practice
- Student balances tanks and clips tanks down
- Surface, quick debrief, quick dive accounting calculation
- Ten minute-penetration cavern dive
- Remove tanks
- Debriefing + log dive

UNIT 4

- Land drill: Simple long hose deploy with light
- Land drill: Full long hose deploy and stow
- Land drill: Full and partial tank removal
- Land drill: Ambidextrous b-ring access
- Gear up and dry check
- Don tanks
- Pre-dive checks
- Controlled team descent
- Warm-up swim
- Remove a tank + propulsion techniques
- Partial tank removal + propulsion techniques
- Simple long hose deploy (starting with either regulator)
- Full long hose deploy and restow
- Ambidextrous b-ring access
- Practice
- Controlled team ascent
- Remove tanks
- Debriefing + log dive
- Gear adjustments
- Theory: SAC Rate Calculations
(**review before class on website**)

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DAY 3: SUGGESTED SITE: CHIKIN HA OR NAHARON

UNIT 5

- Theory: The Chain of Command (if needed)
(review before class on website)
- Gear set up
- Land drill: Full gas share drill
- Land drill: Valve drills
- Land drill: Tank feathering
- Gear up at dive site
- Dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent
- Warm up swim
- Full air share as donor and receiver
- Valve drills
- Tank feathering
- Swim in all orientations for fun, skill practice
- Surface, dive accounting + plan for short cave dive
- Student runs reel, penetration tie-in + 10 minutes
- Air share drill in cave
- Remove tanks
- Debriefing + Log dive

UNIT 6

- Land drill: Clip replacement (two methods)
- Land drill: Bungee replacement
- Land drill: Back-up wing use
- Land drill: Freeflowing LPI hose (two methods)
- Land drill: LPI hose swap (drysuit configuration)
- Gear up at dive site/dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent/ warm up swim
- Full gas share drill
- Clip replacement (two methods)
- Bungee replacement
- Back-up wing use
- Freeflowing LPI hose (two methods)
- LPI hose swap (drysuit configuration)
- Swim and skill practice
- Valve drill
- Remove tanks
- Debriefing + log dive, gear adjustments
- Theory: History of Sidemount

DAY 4: SUGGESTED DIVE SITE PONDEROSA OR CARWASH

UNIT 7

- Gear set up and loading.
- Land drill: Helmet removal (if applicable)
- Land drill: Mask replacement
- Land drill: Line cutter use
- Land drill: Switch to back-up light
- Land drill: Tank swap (optional)
- Land drill: SMB deployment
- Gear up at dive site/ dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent/ warm up swim
- Full gas share
- Helmet removal and replacement (if applicable)
- Mask removal and replacement
- Line cutter deployment
- Switch to back-up light
- Tank swap (optional)
- Valve drill
- Swim and skill practice
- SMB deployment
- Surface, dive accounting and plan, for short cave dive
- Student runs reel, penetration tie-in +10 minutes
- Back up light drill and mask drill in cave
- Remove tanks/ debriefing + log dive, gear adjustments

UNIT 8

- Land drill: Zero visibility circuit
- Gear up and dry check
- Don tanks
- Pre-dive checks
- Controlled team descent
- Warm-up swim
- Zero visibility alone, eyes open
- Zero visibility alone, eyes closed
- Zero visibility in team, as position one and two
- Air share to zero visibility as donor and receiver
- Mask off, problem solving circuit
- Controlled team ascent
- Remove tanks
- Debriefing + log dive
- Gear adjustments
- Theory: Rule of Thirds
(review before class on website)

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DAY 5: SUGGESTED SITE: MINOTAURO

UNIT 9

- Theory: Sidemount Restriction Techniques
- Gear set up at shop
- Gear up at dive site
- Dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent
- Warm up swim
- Advanced deflation techniques
- Advanced hovering techniques
- Advance propulsion techniques
- Air share to single file
- Surface, dive accounting + plan for short cave dive
- Upstream cave dive 15 minutes dive time
- Sidemount skill in open water for safety stop
- Remove tanks
- Debriefing + Log dive

UNIT 10

- Dive planning
- Gear up at dive site
- Dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Upstream or downstream cave dive as appropriate
- Remove tanks
- Debriefing + log dive, gear adjustments
- Theory: Pros and Cons of Sidemount

DAY 6: SUGGESTED DIVE SITE ABEJAS

UNIT 11

- Gear set up and loading.
- Dive briefing including hazards! Reduce usable gas.
- Gear up at dive site/ dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent
- Student runs reel
- Dive with complex navigation in adverse conditions!
- Skills at instructors discretion
- Safety stop with sidemount skill at instructor's discretion
- Remove tanks/ debriefing + log dive, gear adjustments

UNIT 12

- Dive briefing including hazards! Reduce usable gas.
- Gear up at dive site/ dry checks
- Don sidemount tanks in water
- Pre-dive checks
- Team descent
- Student runs reel
- Dive with complex navigation in adverse conditions!
- Skills at instructors discretion
- Safety stop with sidemount skill at instructor's discretion
- Remove tanks/ debriefing + log dive, gear adjustments