

# ANDP SYLLABUS



Outlined below is the suggested schedule for Under the Jungle's ANDP 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. 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](http://www.underthejungle.com) -> Downloads -> Student Resources -> ANDP.

## DAY 1: SKILLS PRATICE -- SUGGESTED SITE X'TABAY

### UNIT 1

- *Theory:* ANDP 1: Gear and Certification Limits
- *Gear Workshop*
- *Land Drills:*
  - gas switch procedure
  - air share review (if needed)
  - SMB release
  - controlled descents/ascents, positioning

### UNIT 2

- *Dive 1:* Skills practice in controlled environment
  - controlled descent/ swimming warm up
  - hovering
  - gas switch procedure
  - gas share (no full deploy in sidemount)
  - SMB release
  - ascent with 3 min stop at 3 meters
  - log dive a debriefing
- *Theory:* Oxygen Theory and Physiology Bascis
  - dangers of oxygen
  - calculating PPO2
  - inert gas narcosis
  - CO2 effects
  - work of breathing
  - ideal gas calculation

## DAY 2: SKILLS PRATICE -- SUGGESTED SITE X'TABAY

### UNIT 3

- *Theory:* Oxygen Part 2
  - tracking OTUs
  - oxygen clock
- *Theory:* Decents and Ascent Rates
  - speed at different parts of the ascent
  - regulator switching in sidemount
- *Dive 1:* Skills practice in controlled environment
  - controlled descent/ swimming warm up
  - gas share (no full deploy in sidemount)
  - 15-meter horizontal breathhold swim
  - tank drops
  - mask swap
  - SMB release
  - gas switch at 3 meters
  - 3 min stop at 3 meters

### UNIT 4

- *Dive 2:* Skills practice in controlled environment
  - controlled descent/ swimming warm up
  - air share (no full deploy in sidemount)
  - shut down and feather combined skills
  - LPI free flows
  - rescue skills
  - descend again
  - SMB release
  - gas switch at 3 meters
  - 3 min stop at 3 meters
- *Theory:* Choosing your gas mixture
  - discussion of different deco gas options
  - SAC rate reviews
  - deco tables review
  - introduction to planning software
  - deco gas options



# ANDP SYLLABUS

## DAY 3: SIMULATED DECO - SUGGESTED SITE ORQUIDEA

### UNIT 5

- *Theory:* Deco tables/software comparison
  - oxygen window
  - gradient factors
  - generate a simulated deco plan for the day's dive
- *Dive 1:* Simulated deco dive
  - controlled descent (consider rate, etc)
  - swimming SAC rate notes
  - deco tank drop and pick up (AL80)
  - primary SMB release
  - emergency SMB release (instructor demo)
  - ascent with stops (instructor leads)
  - gas switch
  - surface from last stop and take notes

### UNIT 6

- *Dive 2:* Simulated deco dive
  - descent and warm up swim
  - air share
  - mask swap
  - shut downs
  - instructor releases primary SMB
  - student release emergency SMB
  - ascent with stops student is deco captain
  - gas switch
  - buddy breathing deco gas skills
  - weight check with low pressure tanks
- *Theory:* Computer Planning
  - plan the next deco dive using both software and hand calculations
  - minimum ascent gas calculations

## DAY 4: SIMULATED OR REAL DECO DIVES - ANGELITA

### UNIT 7

- *Theory:* planning for contingency scenarios
  - too long
  - too deep
  - loss of deco gas
  - omitted decompression
- *Dive 1 & 2:* Real or simulated deco dive
  - real deco dive is just a dive with no emergency skills
  - simulated deco dives for skills review and practice

### UNIT 8

- *Theory:* decompression history and treatment
  - history and development
  - DCS causes and treatment
  - review exam

## DAY 5: REAL DECO DIVES - ANGELITA

### UNIT 9

- Dive planning in the morning
- Real deco dive and debriefing