

# 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. 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 -> Sidemount.

## DAY 1

### 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

### UNIT 3

- ☐ Gear set up.
- ☐ Theory: Signals and communication  
(**review before class on website**)
- ☐ Land drill: Pre-dive checks  
(**review before class on website**)
- ☐ Land drill: Propulsion techniques
- ☐ Land drill: Regulator switching
- ☐ Land drill: Pressure gauge checking
- ☐ 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
- ☐ Swim and practice
- ☐ Student balances tanks and clips tanks down
- ☐ 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**)

# UNDER THE JUNGLE SIDEMOUNT COURSE SCHEDULE

## DAY 3

### UNIT 5

- ☐ Theory: The Chain of Command  
(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 and skill practice
- ☐ Remove tanks

### 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)
- ☐ Back-up wing use
- ☐ Freeflowing LPI hose (two methods)
- ☐ LPI hose swap (drysuit configuration)
- ☐ Swim and skill practice
- ☐ Valve drill
- ☐ Bungee replacement
- ☐ Remove tanks
- ☐ Debriefing + log dive, gear adjustments
- ☐ Theory: The History of Sidemount  
(review before class on website)

## DAY 4

### UNIT 7

- ☐ Gear set up and loading.
- ☐ Land drill: Helmet removal (if applicable)
- ☐ Land drill: Mask replacement and blind reg switch.
- ☐ Land drill: Line cutter use
- ☐ Land drill: Switch to back-up light (optional)
- ☐ 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, with blind reg switch
- ☐ Line cutter deployment
- ☐ Switch to back-up light
- ☐ Tank swap (optional)
- ☐ Valve drill
- ☐ Swim and skill practice
- ☐ SMB deployment
- ☐ Remove tanks
- ☐ Debriefing + log dive, gear adjustments

### UNIT 8

- ☐ Gear up at dive site
- ☐ Dry checks
- ☐ Don sidemount tanks in water
- ☐ Pre-dive checks
- ☐ Team descent
- ☐ Warm up swim
- ☐ Full gas share
- ☐ Mouthpiece swap (optional)
- ☐ Valve drill
- ☐ Swim and skill practice
- ☐ SMB deployment
- ☐ Remove tanks
- ☐ Debriefing + log dive, gear adjustments
- ☐ Theory: Pros and Cons of Sidemount  
(review before class on website)