

# UNDER THE JUNGLE INTRO TO TEC SCHEDULE



Below is the suggested schedule for Under the Jungle's Introductory to Technical Diving Course. The instructor will adjust the plan based on the students' abilities. The more theory you can review and learn before the course, the more efficient your Intro to Cave Course will be and the more you will get out of it. Courses contain an incredible amount of information! Please review all listed theory lectures on the website before starting your course.

Presentations are located at: [www.underthejungle.com](http://www.underthejungle.com) -> Downloads -> Student Resources -> Intro to Tec

## DAY 1- SUGGESTED SITE PONDEROSA OR CHIKIN HA

### UNIT 1

#### Theory

- ☐ Intro to Tec Course Orientation and Limits
- ☐ Equipment workshop
- ☐ Gear up, dry checks, and in-water checks

#### Land drills

- ☐ Controlled descent/ascent
- ☐ Hovering/body tension
- ☐ Valve access
- ☐ Propulsion techniques

### UNIT 2

#### Dive 1

- ☐ Gear up and dry checks
- ☐ In-water pre-dive checks
- ☐ Controlled descent
- ☐ Warm-up swim
- ☐ Hovering with equipment assessment
- ☐ Valve access
- ☐ Propulsion techniques
- ☐ SMB demonstration and controlled ascent
- ☐ Blow tanks down and weight check
- ☐ Debriefing

#### Theory

- ☐ Communication

## DAY 2 - SUGGESTED SITE X'TABAY OR PONDEROSA

### UNIT 3

#### Theory

- ☐ Diving planning basics

#### Land drills

- ☐ Back-up mask deployment
- ☐ Long hose deployment
- ☐ SMB deployment and ascent

#### Dive 2

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Warm-up swim with red light/ green light
- ☐ Review of previous skills as needed
- ☐ Back-up mask deployment
- ☐ Long hose deployment
- ☐ SMB deployment and ascent
- ☐ Debrief

### UNIT 4

#### Land drills

- ☐ Valve drill

#### Dive 3

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Warm-up swim with red light/green light
- ☐ Review of previous skills as needed
- ☐ Valve drill
- ☐ SMB deployment and ascent
- ☐ Debrief

#### Theory

- ☐ Chain of command



# UNDER THE JUNGLE INTRO TO TEC SCHEDULE

## DAY 3 - SUGGESTED SITE CARWASH OR ORQUIDEA

### UNIT 5

#### Theory

- ☐ MOD and ideal gas calculations

#### Land drills

- ☐ Gas donation drill
- ☐ Back-up light deployment

#### Dive 4

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Warm-up swim with red light/green light
- ☐ Review of previous skills as needed
- ☐ Gas donation drill
- ☐ Valve drill
- ☐ Back-up light deployment
- ☐ SMB deployment and controlled ascent
- ☐ Debriefing

### UNIT 6

#### Land drills

- ☐ Long hose recovery
- ☐ LPI freeflow/sweet spot/disconnect drill
- ☐ LPI hose swap (drysuit divers)

#### Dive 5

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Warm-up swim with red light/green light
- ☐ Review of previous skills as needed
- ☐ Gas donation drill
- ☐ Long hose recovery
- ☐ LPI freeflow/sweet spot/disconnect drill
- ☐ LPI hose swap (drysuit divers)
- ☐ Valve drill
- ☐ SMB deployment and controlled ascent
- ☐ Debriefing

#### Theory

- ☐ Physiology

## DAY 4 - SUGGESTED SITE ORQUIDEA OR ANGELITA

### UNIT 7

#### Theory

- ☐ Problem-solving

#### Land drills

- ☐ Bubble trouble
- ☐ Gas donation ascent with SMB

#### Dive 6

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Surprise skills and practice scenarios
- ☐ Debriefing

### UNIT 8

#### Dive 7

- ☐ Gear up and dry checks (student-led)
- ☐ In-water pre-dive checks (student-led)
- ☐ Controlled descent (student-led)
- ☐ Surprise skills and practice scenarios
- ☐ Debriefing

#### Theory

- ☐ Advice for independent team diving