

FULL CAVE SYLLABUS



Outlined below is the suggested schedule for Under the Jungle's Full Cave Diver. 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 -> Full Cave.

DAY 1: SUGGESTED SITE TAJMA HA

UNIT 1

- Theory*: Full Cave 1 -- Rule of Thirds
* **review before class on website**
- Theory*: Full Cave Two -- Jumps, T's and Gaps
* **review before class on website**
- Gear Preparation*: Spools and Markers
- Land Drill*: Jumps, Gaps T's

UNIT 2

- Dive 1*: Short Demo Dive w/ a Jump
 - instructor leads
- Dive 2*: Short Demo Dive w/ a Jump
 - students lead
 - skill review
- Full Cave 3: Limits
* **review before class on website**
- Student(s) independently plan next dive for tomorrow

DAY 2: SUGGESTED SITE PONDEROSA

UNIT 3

- Dive 1*: Jumps and Ts off 90° corner on River Run
 - zero visibility over a jump
 - lost line drill

UNIT 4

- Dive 2*: Gaps/ midline jumps from first arrow
 - free for all with problem management

DAY 3: RESTRICTIONS SUGGESTED SITE MINOTAURO

UNIT 5

- Theory*: Restrictions
- Open Water*: Restriction skills
- Demo Dive*: Mainline Minotauro
 - maximum 20 minutes penetration
 - environmental references
 - video feedback

UNIT 6

- Dive along the mainline
 - extreme note taking
 - air share through restriction
 - problem management
 - video feedback
 - student attempts to locate the reference points on the map
- Evening Theory*: Circuits and Traverses



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DAY 4: CIRCUITS SUGGESTED SITE TORTUGAS

UNIT 7

- Theory*: profile planning using software
- Planning using range calculations/software
- Gear*: create completion markers
- Dive 1*: Circuit set-up dive
 - O2 drop if deco certified

UNIT 8

- Dive 2*: Circuit completion dive

DAY 5: PUTTING IT ALL TOGETHER: ABEJAS OR MANAK BALAM

UNIT 9

- Dive putting everything together
 - real-life challenging conditions
 - skills and drills at instructor's discretion

UNIT 10

- Dive putting everything together
 - real-life challenging conditions
 - skills and drills at instructor's discretion
- Review TDI e-learning if student did not complete Intro to Cave with Under the Jungle

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