

Dolphin Scuba Center

Stress and Rescue Class

Class (includes Class, Pool, and Open Water): \$250.00

Digital Materials: \$80.00

All tuition must be paid upon sign up for the class. The tuition pays for the instructor and classroom. Save on your continuing education and ask us about bundling your React Right and Stress and Rescue courses!

Diver stress is a major cause of diving accidents, but it can easily be prevented and resolved! Learn how to help yourself and other divers stay safe.

The goal of the SSI Diver Stress and Rescue program is to provide you with the in-depth knowledge, skills, and experience to quickly recognize and correct stressful and emergency situations in a variety of dive conditions and environments. With a combination of pool and open water practice sessions, you will learn the skills and knowledge required to recognize and deal with stress, prevent accidents, and properly deal with emergency situations encountered by divers. A prerequisite for this class is React Right where you learn and practice CPR, oxygen delivery and defibrillator usage.

To Do Before Class

1. If you don't already have one, create a diver profile at: <https://my.divessi.com/register>
Ensure that "Dolphin Scuba Center" is selected as the Training Center.
2. Upload a photo clearly showing your face (no hat, hood, or sunglasses)
3. Read and watch the videos in your digital materials (6 sections/chapters) located in the SSI app/via the SSI website after creating your diver profile.
4. Complete the Knowledge Reviews at the end of each section.
5. Complete the Final Exam at the end of the material.

What to Bring to Class

1. Bring your mobile device, and charger (laptop, tablet, or phone).
2. Bring a pen/notebook for taking notes.
3. The second day will be pool work, we recommend using your personal equipment.
4. The third day is in open water. Bring all equipment needed to complete 3 open water dives.

Required Student Information

Have an SSI account with a photo. If you are certified under a different scuba certifying agency, please bring proof of certification to the class. Additionally, log into your SSI Account, and check that the Responsible Divers Code, the Assumption of Risk, Medical Form, and Liability Release & Hold Harmless Agreement have been signed within the last year.

We thank you for trusting Dolphin Scuba Center as you expand your safety skills. Please give us a call any time with any questions - our staff are happy to help you feel as comfortable as possible before you make the plunge!

See you in the water soon!

Michael Johnson, Owner

ph: 916-929-8188

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