

Syllabus Number: 3.B.32 / BOD n. 185 (01-25-2014)

CMAS Sidemount Diver Training Programme

Minimum Training Programme Content

1. Required theoretical knowledge

1.1 Subject Area 1: Introduction

- 1.1.1 The participant shall be provided with all such information, as provided for in Clause 4.2 of Chapter 1 in order to enable him to take an informed decision about his participation in the CMAS Sidemount Diver Training Programme.
- 1.1.2 The participant shall be provided with the information about the CMAS as provided for in Clause 4.3 of Chapter 1.

1.2 Subject Area 2: Equipment

- 1.2.1 The participant shall have an appropriate knowledge concerning the physical characteristics operating principles, maintenance and use of the following items of specific diving equipment.
 - 1.2.1.1 Specific Equipment
 - 1.2.1.1.1 One or two sidemount rigged tanks/cylinders. (DIN threaded systems are recommended)
 - 1.2.1.1.2 One or two sets of sidemount rigged regulators, one of the second-stage regulators must be on a 1.5 -2.1 meter hose and the other must be fitted with a necklace. Each first stage must supply a pressure gauge and provide inflation for an inflatable buoyancy device and a dry suit (where applicable).
 - 1.2.1.1.3 A sidemount Rig inflatable buoyancy device and harness.
 - 1.2.1.1.4 At least one cutting device.

Note: Prior to the commencement of class, students should consult with a CMAS representative to verify equipment requirements

1.3 Subject Area 3: Physics and theory of Sidemount diving

- 1.3.1 The participant shall have an appropriate knowledge concerning the physical principles and their application to sidemount equipment and hazards relating to:
 - 1.3.1.1 Buoyancy and trim
 - 1.3.1.2 Streamlining and equipment configuration
 - 1.3.1.3 Propulsion techniques
 - 1.3.1.4 Situational awareness

1.3.1.5 Sidemount specific incident procedures.

1.4 **Subject Area 3: Land Drills and topics**

1.4.1 Basic sidemount equipment configuration:

1.4.1.1 Cylinder rigging for sidemount:

1.4.1.1.1 Single cylinder sidemount rigging

1.4.1.1.2 Two cylinder sidemount rigging (Right cylinder/Left cylinder)

1.4.1.2 Regulators for sidemount:

1.4.1.2.1 Regulator choice and configuration

1.4.1.2.2 Low pressure hose length and rigging

1.4.1.2.3 SPG hose length and storage

1.4.1.2.4 Sidemount long hose configuration

1.4.1.3 Additional equipment placement (reels, SMB, lights etc.)

1.4.1.4 Gas Management:

1.4.1.4.1 SAC rates

1.4.1.4.2 Gas switching procedures

1.4.1.5 Rescue techniques

1.4.1.5.1 Self rescue techniques

1.4.1.5.2 Gas sharing protocol

1.4.1.5.3 Dealing with unconscious diver in sidemount configuration

1.4.1.6 Diving with mixed teams (Sidemount and Backmount).

1.4.1.7 Pre-dive drills

1.4.1.8 Water entry and exit in sidemount configuration

2 **Required SCUBA skills**

2.1 Demonstrate proficiency in sidemount equipment configuration (single tank and two tank) and setup

2.2 Demonstrate proficiency in safe diving techniques in sidemount configuration; this would include pre-dive preparations, in water activity, and post-dive assessment.

2.3 Demonstrate awareness of team-member location and a concern for safety, responding quickly to visual cues and dive-partner needs.

2.4 Efficiently and comfortably demonstrate how to donate gas to an out-of-gas diver while using sidemount configuration.

2.5 Demonstrate appropriate gas monitoring maintaining pressure difference within 20 bar between cylinders.

2.6 Demonstrate a safe and responsible demeanour throughout all training.

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- 2.7 Demonstrate basic sidemount equipment proficiency and an understanding of the CMAS Sidemount equipment configuration.
- 2.8 Demonstrate good buoyancy and trim, especially during the open water skills/exercises.
- 2.9 Demonstrate safe ascent and descent procedures.
- 2.10 Demonstrate proficiency in executing rescue/incident skills in sidemount configuration.