

e-aquanauts

Twinset Fundamentals Workshop £125.00

Regardless of the equipment being used by the participants during training or on workshops, we promote certain elements of safer diving at all levels addressing UK diving conditions. These can be taken as a general guideline of our views with regard to safer and streamlined diving.

The "Twinset Fundamentals" workshop develops divers in the basic aspects of twin set diving, increasing diver fun and efficiency whilst reducing stress and diver risk. Skills will focus on: improving proficiency, team building skills, precision buoyancy control, perfecting trim, reducing drag, perfecting equipment configurations, refining propulsion techniques and improving underwater communications. This is an all day practical session and typically runs from 8:00am to 9:00pm. This will be video-ed so that you can see and critique yourself.

[\(http://www.e-aquanauts.com/twin_fun/\)](http://www.e-aquanauts.com/twin_fun/)

These skills are;

- Proficiency in a variety of dive techniques and buoyancy control: modified flutter, modified frog, modified dolphin and standard shuffle kicks.
- Be able to hover horizontally at constant depth for 3 minutes.
- Remove and replace tank and BCD at a depth greater than 6msw.
- Simulated air sharing situations, including mask free options
- Perform valve shutdowns, two different methods will be used..
- Deploy lift bag or DSMB to use as an ascent platform, in less than 2 minutes.
- Demonstrate buoyancy control by a timed ascent at a rate of 6 meters per minute & perform a gas sharing ascent using the backup and long hose second stage
- Remove and replace tank and BCD at surface.
- Demonstrate acceptable navigation / orientation abilities (both in terms of location and depth)
- Demonstrate the ability to execute a dive plan
- Demonstrate a safe attitude and awareness.

Where conventional UK kit (dry suit/wing/twin set) is used, we promote minimalism in all kit and configuration.

- Understanding and using the correct gas mixtures (Nitrox and Trimix)
- Streamlining your kit configuration (No Snorkel, minimising snag points on your legs, hose routing/rigging)
- Use of a Wing and Backplate, including the selection and configuration of this.
- Maintaining an acceptable level of physical and mental fitness for diving.
- Breathing from the primary long hose configured Hogarthian style and wearing the short hose as backup under chin.
- Maximising your options for redundancy (Eg Using matching LPI feeds on your wing and dry suit)
- Wearing the canister torch on right hand side of the harness (or using pouch).
- Properly marking and connecting stage bottles.
- Selection and use of attachment hardware (bolt snaps, no steel-steel connections etc)
- Selection and use of reels/DSMB's (including colour protocols, orange/yellow)
- Carefully planning a dive and diving it as a unified team.

For the more adventurous
<http://www.e-aquanauts.com>

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This forms the first day and practical aspects of our Advanced Nitrox and technical crossover programs involving twin sets. Videos of these skills can be seen on our web site (http://www.e-aquanauts.com/twin_fun/)

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