

**Los Angeles Port Police Dive Team
Dry Suit Certification**

- 0700-0930 Introduction
Course Introduction & Definitions
Learning Objectives
Dry suit fitting & care
Viking dry suit videos
- 1000-1130 Confined water
Stretching (pool)
Knowledge Review/Practical Skills
1. Donning equipment
 2. Entries
 - Walk-in
 - Giant stride
 3. Buoyancy check & control
 4. Descent – uses the BC dump valves & dry suit arm valve
- 1130-1200 Lunch
- 1200-1330 Knowledge Review/Practical Skills (continued)
5. Emergencies drills
 - Detach/attach dry suit inflator hose
 - Push off an object/bottom to right self
 - Invert feet ascending, tuck and roll in order to right self and dump arm from the arm valve
 - Horizontal, flatten and spread to create drag
 6. Controlled ascent
 7. Fun dive around the confined area no deeper than 40 feet to get comfortable diving with the dry suit
 8. Can be performed on another day – open water dive no deeper than 40 feet
- 1330-1430 Clean & secure equipment
Debrief

WELLNESS CHECK