

A NOTE ON DIVING CONDITIONS AND REQUIREMENTS, LAMP MARITIME ARCHAEOLOGY FIELD SCHOOL



Thank you for expressing interest in our training and research program here in St. Augustine, Florida. We are proud of our exemplary safety record here at LAMP. In the summer of 2009, we conducted 421 dives and 397 hours, 20 minutes of bottom time, using 38 divers of various experience levels, without any significant incidents or accidents. To date, none of our staff, student, or volunteers have suffered a single diving accident on any LAMP project. Scientific diving safety is one of the topics we will stress as we teach the field school.

Please note that the diving conditions in St. Augustine are challenging (particularly low visibility, often zero visibility, jagged or sharp wreckage, and sometimes strong current or surge) and we require somewhat higher dive training standards than the typical introductory scuba course may provide you. Attached at the second page is a list of our entry requirements. As we follow the standards endorsed by the American Academy of Underwater Sciences (AAUS), we follow strict safety protocol. You must be able to perform with confidence the swimming and scuba skills listed below, and you will demonstrate these skills and also participate in a black-out mask underwater obstacle course, at the start of class before any open water diving. Some of these skills, such as buddy breathing without a mask or the unconscious diver rescue, are not typically included in an SSI, PADI, or other agencies basic scuba class. If you are a new diver, or are learning scuba in preparation for this field school, I recommend that you share this required skill list with your instructor and ask if he/she or a divemaster of their recommendation might be willing to conduct a little extra pool time with you to practice these and other skills. The more dives, open water or pool, you can get under your belt before arriving in St. Augustine, the better! If you feel you are out of shape, you should consider practicing the swimming skills before your arrival in St. Augustine.

Other requirements are DAN insurance (at least the Master Plan of coverage, or an equivalent policy covering at least \$125,000 for skin and scuba diving injuries), and a thorough and stringent diving physical exam (this can get expensive depending on your insurance or access to a student health center). Your medical exam records will be reviewed by one person only—the LAMP Diving Officer—and will otherwise remain private. If you are planning a career in scientific diving, fulfilling the AAUS certification requirements will be an important part of your ability to volunteer or seek employment on research diving projects, so the investment of time and money will be worth it. You can wait until after your Field School acceptance to do your medical exam, as again it may be a significant expense, but as a scuba diver there's no reason to delay getting DAN coverage. If you are accepted to our Field School you **must** complete the medical exam before arriving in St. Augustine. Details on the diving physical exam and its exact requirements (downloadable forms to take with you to the doctor's office) are available on our webpage – www.LAMPmaritime.org – in the Scientific Diving section (look for How to Join LAMP's Scientific Diving Team).

If you cannot pass the medical or swimming/scuba evaluation to our dive officer's satisfaction, you cannot dive with us. We cannot guarantee refund of Field School fees, though you may still participate in the Field School as a non-diving student.

Thanks again for enquiring about our field school, we hope to dive with you this summer!

Chuck Meide
LAMP Director and Diving Safety Officer

LIGHTHOUSE ARCHAEOLOGICAL MARITIME PROGRAM

Scientific Diving Program Entry Procedures

NAME: _____ DATE: _____

EVALUATOR: _____

All persons wishing to dive as a Scientific Diver under the auspices of LAMP must possess the appropriate prerequisites and qualifications. Divers may be evaluated for their fitness and ability to dive. This evaluation will be conducted by arrangement with the University Diving Officer or his designee. Scientific divers completing this process meet the requirements of AAUS and the LAMP Standards for Scientific Diving. The evaluation may include the following:

Review of Diving Credentials:	Date/ By
a) Diving Questionnaire completed.	_____
b) Waiver forms completed	_____
c) Certifications copied	_____

Written Exam:
 a.) Grade _____ % (minimum passing score 80%) b.) Corrected and discussed w/candidate _____

Medical Evaluation:	
a.) Forms discussed with	_____
b.) Medical approval received	_____
c.) Any physical limitations discussed with candidate	NONE _____

Confined Water Skills Evaluation: (Scheduled AFTER receiving medical clearance)

- a.) Swimming Skills Evaluation (Without the use of swim aids)
 - 1. Swim underwater for 75 feet on one breath without surfacing or using swim aids _____
 - 2. Swim 400 yards using at least 2 strokes in 12 minutes or less _____
 - 3. Tread water for 10 minutes (last 2 minutes with no hands) _____
 - 4. Transport a person of equal size 75 ft. at the surface without using swim aids. _____
- b.) Skin Diving Skills Evaluation
 - 1. Using only mask, snorkel & fins, surface dive to 10 ft., recover a 6 lb. weight, return to surface, and clear snorkel using only one breath. _____
- c.) SCUBA Skills Evaluation (Skills Performed at the Surface)
 - 1. Perform water entry wearing full SCUBA equipment. _____
 - 2. Establish positive and neutral buoyancy _____
 - 3. Alternate between snorkel and SCUBA while kicking _____
 - 4. Swim 400 yards wearing full SCUBA breathing only through snorkel. _____
 - 5. Recover and surface an unconscious, non-breathing diver, and perform rescue breathing while towing to exit point. _____
 - 6. Perform ladder exit wearing full SCUBA _____
- d.) SCUBA Skills Evaluation (Skills Performed While Submerged)
 - 1. Establish neutral buoyancy _____
 - 2. Remove, replace and clear face mask of water. _____
 - 3. Remove, relocate and clear regulator _____
 - 4. Buddy breathe as both the donor and recipient, with and without face mask. _____
 - 5. Remove and replace all equipment underwater _____
 - 6. Simulate a swimming free ascent (CESA) _____
 - 7. Properly use underwater signs and signals for: OK, up, down, low on air, out of air, buddy breathe, help, look and any other requested by evaluator. _____

Open-Water Skills Evaluation: (As described in LAMP Standards, Section 4.23)
 I have performed each of the skills listed above. I have been advised of any deficiencies and encouraged to seek additional training in identified areas of weakness.

CANDIDATE SIGN _____ DATE _____