



LAMP SCIENTIFIC DIVING PROGRAM

Diving Conditions & Requirements

Thank you for expressing interest in our training and research program here at the St. Augustine Lighthouse Archaeological Maritime Program (LAMP).

Please note that diving conditions in St. Augustine are challenging. We have low visibility (often blackout conditions), jagged/sharp wreckage, and sometimes strong currents and surges. As such, we require somewhat higher dive training standards than the typical introductory scuba course may provide you. Those entering our program with limited dive experience may have a difficult time in these conditions when combined with the added task-loading of submerged excavation. Nevertheless, all of the students that come through our field school receive additional training in low-vis conditions and on-water safety protocols. If you have any concerns or questions, please reach out at the contact information below.

On the second page is a list of our entry requirements. As we adhere to the standards outlined by the American Academy of Underwater Sciences (AAUS), we follow strict safety and training protocols. You must be able to pass a swimming test, scuba skills test, and participate in a black-out mask underwater obstacle course at the start of the field school before any open water diving takes place. 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 these 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 open water dives (in a variety of environments) 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 covering at least \$125,000 for skin and scuba diving injuries, and a thorough and stringent diving physical exam. Your medical exam records will be reviewed by one person only – the LAMP Diving Safety Officer – and will otherwise remain private unless a dive safety concern necessitates an official meeting with the LAMP Diving Control Board. This completed medical exam must be submitted to us 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:

<https://www.staugustinelighthouse.org/explore-learn/research-archaeology/maritime-archaeology-training-and-education/>

If you cannot pass the medical or swimming/scuba evaluation to our standards, you will not be able to 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. Please reach out if you have any questions or concerns.

Thanks again for your interest in our field school. We look forward to diving with you this summer!

Airielle Cathers | Diving Safety Officer
acathers@staugustinelighthouse.org

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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:
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 pushing off _____
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 _____

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 _____