

3-605 IDC Prep

Purpose

The “IDC Prep” class is workshop-based class to prepare UTD Instructor Candidates for the in-water portion of an Instructor Development Course. IDC Prep is not a pass-fail class, but is specifically designed for instructor candidates who have not taken a UTD class, or any candidate who wants to be sure their skills are in order prior to an IDC. In IDC Prep, instructor candidates will work on personal and team skills to demonstration quality.

IDC Prep generally takes place in 20-30' / 6-10m of open water. It is a personal skills class that prepares you to demonstrate all the foundational UTD skills (as noted below). All skills are done to demonstration quality in preparation to teach a UTD class.

IDC Prep may be taught at a recreational or technical level and can be taught by any UTD instructor to their level.

Prerequisites

1. Must meet UTD General Course Prerequisites as outlined in Section 1.6.
2. Must be a minimum age of 21 years of age.
3. UTD Rec 2 (Nitrox) or equivalent.
4. Minimum of 100 dives beyond open water certification, 75 of which must be non-training dives.
5. All participants must be able to swim at least 300 yards/285 meters in 12 minutes.
6. All participants must be able to swim a distance of at least 50'/15m on a breath hold.
7. All participants must demonstrate the rescue of a diver simulating oxygen toxicity.

Course Limits

1. General training limits as outlined in Section 1.4
2. Student to Instructor ratio is not to exceed 6:1 during any in-water training and will be adjust down according to conditions and visibility
3. Maximum depth 60 feet/18 meters
4. Standard gas is Air or Nitrox 32
5. Must stay within no-decompression limits
6. No overhead environment diving

Course Content

IDC Prep is normally conducted over 2 to 3-day period combining lecture, in-water sessions and video debriefings with a minimum of 20 hours of instruction. The course focuses on the foundational skills required by all UTD instructor candidates.

Course requirements include a minimum of eight hours of academics/dry runs and four in water sessions.

Online Classroom Courses & Text

1. Online Classroom Materials – IDC Prep
2. Essentials of Tech Worksheet
3. Essentials of Tech DVD is recommended

Academic Topics

1. UTD organization
2. Teaching Methodology
3. Buoyancy Control and Trim
4. Proper Weighting
5. Streamlining and Equipment Configuration
6. Propulsion Techniques
7. Air Sharing and Valve Drill procedures
8. Situational Awareness
9. Communication
10. Breathing Gas Overview
11. Dive Planning and Gas Management

Land Drills & Topics

1. Propulsion techniques
2. Basic-6
3. S-Drills
4. Valve Drills
5. Pre-Dive Drills
6. Use of safety spools and surface marker buoy
7. Deco bottle use (Deploy and Stow)
8. Basic navigation skills

In Water Skills & Drills

Learn how to perform:

1. Demonstration quality buoyancy and trim
2. Demonstration quality propulsion – Frog, Mod Frog, Mod Flutter, Back, Helicopter
3. Demonstration quality Basic-6
4. Demonstration quality S-Drills
5. Demonstration quality Valve Drills
6. Demonstration quality SMB Deployment
7. Demonstration quality Deco Bottle Deploy/Stow
8. Demonstration quality Toxing Diver rescue.