

*NATIONAL ASSOCIATION FOR
CAVE DIVING
STANDARDS AND PROCEDURES
MANUAL*



*Safety, Education, Conservation
Service & Exploration*

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Section One

NACD Orientation

Orientation

INTRODUCTION

The NACD is a professional cave diving organization serving cave divers throughout the world. It is dedicated to promoting a greater appreciation and a full understanding of the unique underwater cave environment and to the special needs required for safe cave diving for the casual visitor and serious explorer alike.

The NACD offers special training and certification programs, regular seminars, and workshops along with a variety of specialized publications.

The NACD is a tax-exempt non-profit organization whose membership is open to all that have an interest in underwater caves. Voting membership is restricted to fully certified cave divers. ALL members receive discounts on publications, reduced admission fee for NACD events, seminars and workshops, subscriptions to the NACD newsletter as well as copies of NACD research bulletins and proceedings.

The NACD also promotes and encourages safe scientific and research diving as well as a closer cooperation among members of the recreational and cave diving communities in conjunction with the general public.

"The NACD does not condone or disapprove of Solo diving. The NACD believes that individuals have the right to make decisions to dive in the manner that they choose as long as it does not endanger other divers or the environment. We believe that there are many ways to dive safely. We believe in the freedom to make decisions regarding your own well being."

Additional information is available by writing:

NATIONAL ASSOCIATION FOR CAVE DIVING
P.O. BOX 14492
GAINESVILLE, FLORIDA 32604

Or by visiting the World Wide Web at: <http://www.safecavediving.com>

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NACD TRAINING STANDARDS

STATEMENT OF PURPOSE AND LEGAL EFFECT

The purpose of the NACD Training standards is to provide each NACD instructor with a general statement of the technical and philosophical principles of cave and cavern diving espoused by the NACD, with a view to insuring that every student receives training consistent with the policies and goals of the NACD. Unlike other certifying agencies which required their instructors to slavishly follow a rigid curriculum and training regimen, the NACD believes that a professional educator should have the discretion and freedom to bring his or her own unique knowledge, experience, and teaching style to the classroom, whether above or below the water, as long as the result is a well-trained cave or cavern diver. This freedom not only recognizes the competence and professionalism of each NACD instructor, but also allows each course to meet adequately the varying needs, interests, and skill levels of each student. The NACD further acknowledges that many facets of cave and cavern diving practice, procedure, and equipment configuration remain topics of debate by equally qualified experts and that it is in the best interest of the student to be presented with differing views.

Accordingly, these Training Standards are not intended to establish, nor should they be construed as, legal standards of care, and the failure of an instructor to adhere to one or more of the Training Standards shall not be evidence of; nor give rise to any inference of; a lack of the requisite degree of care on the part of such instructor.

Orientation

Dedicated to Safe Cave Diving

The NACD was established in 1968, for the purpose of achieving safer cave diving through proper training and the development of maturity in judgment which minimizes taking unnecessary risks. It is the pioneer in cave diving training, education, exploration, and research with the following goals:

- To establish and maintain current guidelines in the form of physical and psychological standards, as well as equipment and techniques necessary for safe cave diving.
- To encourage education and dissemination of safe cave diving information throughout the facilities of the organization and to provide a program of education and advanced training essential for safe cave diving.
- To achieve closer cooperation and understanding among members of the cave and recreational diving communities (and the general public) so they may work together toward the common goal of increasing safety in cavern and cave diving.
- To explore underwater caves and to encourage education and dissemination of information to government, private industry and the general public. To accomplish these goals the NACD is organized to provide the following services:

Training and Education-The NACD establishes and maintains standards for safe cavern and cave diving.

Seminars and Workshops-The NACD is active in organizing and planning seminars and workshops, often in cooperation with organizations concerning equipment, techniques, safety, education, training, conservation and exploration.

Information Services-The NACD publishes and disseminates information regarding cavern and cave diving in the form of newsletters, journals, pamphlets, seminar proceedings, training manuals, cave maps, textbooks and safety reports.

Membership and Record Maintenance-The association maintains the records of certified cavern and cave divers and instructors as well as individual members of the organization.

Conservation-The NACD supports the preservation of the cave habitat and its unique flora and fauna through education, periodic clean-ups at popular dive sites and safety sign campaigns.

Exploration and Research-The NACD is active in conducting studies of accident prevention, management of cave diving sites, and stress in cave diving, and promotes scientific endeavors relative to archaeology, cave ecology, geology, hydrology and ground water pollution.

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THE NACD PHILOSOPHY: QUALITY TRAINING, SAFE TECHNIQUES RESPECT FOR THE SUB AQUATIC CAVE ENVIRONMENT

The goal of the NACD is not to encourage people to cave or cavern dive. The responsibility of the organization is to aid interested divers in becoming safe cavern or cave divers and to discourage those who may not meet minimum standards. The NACD philosophy of safe cave diving is based on a system of checks and balances to insure that NACD standards are maintained in each course.

A Strong Diving Partner Philosophy. The NACD strongly advocates diving with a partner as the best approach to safe cave diving. This system is one, which unites two or more individuals into an effective dive team. A partner is a member of a team who, in case of emergency, provides both emergency equipment, and the emergency gas supply. The divers must recognize individual strengths and weaknesses, create an attitude of mutual trust and honesty, and avoid personality differences to maximize team safety.

Pre-Dive Planning and Post Dive Critiques. A safe cave dive is totally dependent upon sensible dive planning based on common sense and good judgment. A dive plan does not set objectives; rather it delineates maximum guidelines for each dive. Preparation and planning for a cave dive must take into consideration the equipment, training, experience and abilities of each team member. Constructive critiques after the dives are equally important in order to allow the cave divers to mature as a team.

Development of Physical and Mental Capabilities. During a cave diving course, students are trained to avoid stressful situations and anticipate potentially hazardous conditions. Physical abilities of the diver are initially developed in confined and open water exercises. Students lacking the necessary skills and coordination are discouraged at this level. The cave diving student must learn to develop a safe diving philosophy and continually think through the proper application of common sense, good judgment, techniques, skills, and experience.

Appreciation of The Cave Environment. The NACD promotes a basic understanding of this unique environment with its flora and fauna so that it can be fully enjoyed. Such respect helps establish the foundation for conservation efforts.

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NACD MEMBERSHIP

Voting membership in the NACD is open to all individuals who have been successfully certified through a recognized complete cave diving course and who have paid the annual membership fee of \$35.00

Instructor membership requires successful completion of an NACD Instructor Training/Evaluation Course, the payment of the instructor's annual membership fee of \$100.00, and maintaining current status requirements.

Associate membership is open to the public and all certified cavern divers regardless of certifying agency. This offers all membership benefits except voting privileges. Associate membership allows one to stay informed of developments in cavern and cave diving as well as scheduled courses. (This category provides direct input and support for the cave diving community.) Dues are \$35.00 annually. To encourage savings in monies and to maintain loyal support, the NACD offers 10-year memberships at \$270.00 and lifetime memberships at \$550.00. All members receive a discount on single copy orders of NACD publications, reduced admission fees to NACD events, seminars and workshops and an annual subscription to the NACD quarterly journal.

NACD ANNUAL SEMINAR

The purpose of the NACD Annual Seminar since its inception in 1968 has been to promote SAFE CAVE DIVING THROUGH EDUCATION AND TRAINING. These seminars are conducted for the purpose of making cave diving a safer and more enjoyable activity for the diver and to bring a better understanding of cave diving to the recreational diving community, property owners, and the general public. With presentations and slide/video shows on a variety of topics including ecology, geology, hydrology, equipment, training, and exploration - a universal interest is assured. Held each year in the "heart" of North Florida spring country, the **NACD ANNUAL SEMINAR** is sponsored by the cave community. For specific information, contact the NACD national address.

NACD PUBLICATIONS

The NACD maintains a complete library of publications for the cave diver and general public consisting of training texts, newsletters, safety reports, journals, research bulletins, pamphlets and specialized subjects related to the cave environment. **For a complete listing of all NACD publications and price list, write to the NACD address, attention: Publications Chairman.**

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NACD LIBRARY

The NACD maintains a list of available cave diving related books, publications, reports, newsletters, etc., which is accessible through the Bureau of Geology, State of Florida Department of Natural Resources. See NACD Journal for current address.

NACD WAKULLA SAFETY AWARD

The NACD established the Wakulla award in recognition of safe cave dives accomplished. This award is named in honor of the first use of compressed air and diving equipment in an underwater cave in the United States in 1935 along with being one of the world's most awesome and spectacular cave Systems explored. The award is given upon suitable documentation and authentication at the following levels:

Bronze Wakulla Award: 100 or more hours of bottom time in the cave zone or 100 or more cave dives

Silver Wakulla Award: 500 hours or more of bottom time in the cave zone or 500 or more cave dives.

Gold Wakulla Award: 1000 hours or more of bottom time in the cave zone or 1000 or more cave dives.

A certifiable cave dive is any dive on scuba in the sub aquatic cave zone, which lasts 20 minutes or more and is separated from other such dives by a surface interval of 10 minutes or more. The "hours" question is similarly answered as all time spent in the cave zone on scuba. An instructor on training dives will accumulate numbers of dives more quickly than an explorer, however, the explorer will accumulate hours of bottom time more quickly.

The award represents all cave diving formats in providing recognition for safe cave diving accomplished. All **certified full** cave divers worldwide are eligible for this award. To be a recipient, a diver must provide evidence of the stipulated number of dives/hours by submission of photo copies of logged dives **after full cave training is completed** which have been verified by a NACD Instructor. There is no fee for the award for members and it is provided as an incentive to safe cave diving. Inquiries and applications should be addressed to:

**Wakulla Award Administrator
NACD
Box 14492
Gainesville, Florida 32604**

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"A NEED FOR BETTER UNDERSTANDING" WORKSHOP

These workshops are presented by the NACD for the benefit of all Scuba Diving leaders and Scuba Divers who are interested in learning more about diving in the cave environment so that they may better inform the constantly growing recreational diving community of the need for specialized training before attempting to dive in caves and caverns.

The purpose of this workshop is to expose the participants to the special nature and requirements of diving the "overhead environment," whether in a "cavern" or cave zone. The vast majority of victims related with fatal, cave-related diving accidents were divers who have NO TRAINING in the special skills required for cave or cavern diving.

One of the main points to be made in the reduction of tragic accidents is informing Scuba Leaders of the NEED FOR SPECIALIZED TRAINING and discussing the best approach to take with sport divers and diving students regarding cave and cavern diving.

NACD INTERNATIONAL BRANCH

The purpose of this branch organization is to fulfill the need to serve ALL cave divers from around the world. As cave diving grows in interest and popularity, cave sites will be discovered and enhanced in many countries on many continents. The International Branch appoints representatives from established cave diving areas to better communicate and expedite information, publication, training, exploration projects, and science/research tools.

PURPOSES AND GOALS OF THE NACD

The primary goals for the NACD training program are:

1. Establish and maintain standards for the training of SCUBA divers in cavern and cave diving.
2. Establish and maintain quality standards for the training/evaluation and certification of instructor members.
3. Promotion and encouragement of education and awareness of the general public in the safety and training aspects unique to cavern and cave diving.
4. Supervise and control the professional activities of instructor members while they are engaged in cavern and cave diving instruction.
5. Introduce training programs for instructor members and inform them of current practices.
6. Provide and circulate course curriculum guidelines, materials, and publications for cavern and cave training.
7. Coordinate with other professional organization's programs and activities of cavern and cave diving safety and education.

Orientation

NACD PROGRESSION OF TRAINING

(Leadership Levels)

Five leadership levels are available. They are: Cavern Instructor, Introduction to Cave Instructor, Cave Instructor, Specialty Cave Instructor, and Instructor Trainer. **For details on the various ratings, refer to the standards for the specific rating.**

MEMBERSHIP CATEGORIES, STATUSES AND PRIVILEGES

Teaching Status

To qualify for teaching status, an NACD Instructor must:

1. Meet the requirements for current membership as follows:
 - A. Current year's association dues paid.
 - B. Current year's renewal agreement signed and on file with NACD.
2. Submit proof of current open water SCUBA Instructor status (photocopy of instructor card), and/ or liability insurance coverage.
3. Have been renewed with a renewal agreement signed and on file at NACD during the previous year and have met at least two of the following requirements:
 - A. Have become certified as an NACD Cavern or Cave Instructor.
 - B. Have been in teaching status the previous year and certified at least six students as NACD divers to any level in that year.
 - C. Have assisted a teaching status NACD instructor with at least one complete course.
 - D. Have become certified as an NACD ITC Staff Instructor.
 - E. Have attended a Specialty Instructor Training Course conducted by an authorized and currently qualified NACD Instructor Trainer.
 - F. Have attended a status update program conducted by a qualified NACD Instructor Trainer.
 - G. Have assisted with an NACD "A Need for Better Understanding" workshop.
 - H. Have attended the annual NACD seminar and attended a presentation conducted by an NACD member.
 - I. Have published an article on cave diving training in the NACD Journal or the Instructor newsletter. Instructors must hold teaching status to be authorized to teach NACD courses and to certify students as NACD Cavern/Cave Divers.
4. Certify a minimum of four NACD cave divers, to any course completion or level, in a minimum of two or more courses. *(unless waived by the training director)
5. Minimum of 12 logged non-training cave dives during the previous year.

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NON-TEACHING STATUS

Non-teaching status is provided for an instructor who has met the requirements of membership of having the current year's dues paid and current renewal agreement on file, but either does not meet at least one of the requirements specified previously for teaching status, or has been temporarily placed in a non-teaching status as a result of a quality assurance action, or has chosen to sustain a membership with NACD for the current year and elects this status.

PROBATIONARY STATUS

A teaching status member may be placed in probationary status due to violations of NACD standards. Additional violations of standards during probationary status may result in a suspension or termination of membership. A member in probationary status is authorized to teach NACD courses and certify NACD divers and continue to receive all benefits of membership until further action is taken and a decision is reached regarding the allegations which resulted in the probationary status designation.

SUSPENDED STATUS

When a member's conduct is deemed detrimental to the organization as the result of an ethics committee investigation/formal hearing, the member may be suspended.

Examples of actions that result in suspension include:

1. Gross violations of NACD standards, which jeopardize the safe conduct of students in training.
2. Non issuance of student certification when all requirements for certification have been satisfactorily completed.
3. Financial irresponsibility in transacting business with the NACD.
4. Wrongful discrimination against the NACD organization or its members.
5. Failure to respond to official quality assurance inquiries.

A member assigned a suspended status is not authorized to represent himself or herself as an NACD instructor, to teach NACD courses or to certify NACD divers. Nor may they take advantage of any other benefits of instructor membership.

6. Criminal activity (suspension will occur upon learning of an arrest or citation issued).

EXPELLED STATUS

When a member's conduct is considered to be harmful to public safety or is deemed detrimental to the cave diving community/professions, the organization or its members, by the NACD Ethics Committee and no favorable resolution is possible, the member will be expelled. Examples of action that can result in a member being expelled include:

1. Willfully or knowingly violating NACD standards and or compromising the safety of students in training
2. Wrongfully discrediting the organization, its officers, staff; or other members.

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3. Attempting to deliberately damage the organization and or its members' ability to provide instructional programs or conducts business.

An expelled member is no longer a member of NACD and is not authorized to represent themselves as an NACD instructor, teach NACD courses or certify NACD divers, and does not receive any other benefits of membership.

NON-TEACHING MEDICAL STATUS

When NACD receives information indicating that an instructor has suffered a serious illness or injury, the instructor may be assigned a Non-Teaching Medical Status pending medical approval for continued diving. The NACD instructor will be required to submit an approved medical statement documenting a successful diving medical examination to regain teaching status. The form is to be signed by a licensed physician and is to state that the instructor is fit for diving. The physician signing the form is not to be the instructor or a relative thereof. While assigned a Non-Teaching Medical Status, the member is not authorized to teach NACD courses or certify NACD divers, but will continue to receive all other benefits of membership.

INACTIVE STATUS

Inactive status is provided to NACD instructors whose membership has lapsed. No benefits or certification rights accrue to an instructor on inactive status until the lapsed membership is rectified via payment of fees or correction of other delinquencies. An inactive instructor may gain reinstatement by submitting a current renewal application and association dues, along **with the required \$250.00 re-instatement fee. If an instructor has been inactive for over (1) one year, the training director may require inactive instructor to attend an Instructor Evaluation Course.**

Inactive NACD instructors are not authorized to represent themselves as NACD instructors, teach NACD courses, certify students as NACD divers or receive any of the benefits of NACD membership.

The instructor requesting reinstatement of membership may not meet the teaching status requirements due to inactivity in the years prior to the request for reinstatement. If this is the case, the instructor will initially be renewed in a Non-Teaching Status. To be returned to Teaching Status, it will be necessary for the instructor to submit a request in writing. The number of years that the instructor has been inactive will directly effect the requirements that have to be met for resumption of Teaching Status. Once the designated requirements have been met, the instructor must forward the required documentation along with a written request for return to teaching status to NACD.

NACD BUSINESS MEMBERS/FACILITIES

The NACD business member/facility program was developed to provide services for businesses, which support the NACD and cave diving community. NACD instructors are encouraged to utilize the NACD training programs and services through NACD business members/facilities to promote safe cave diving and training for all interested divers.

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Approved NACD business member/facilities are entitled to benefits including: special advertising and promotion in NACD informational literature and the NACD Journal, discounts on all materials and publications from NACD, wall certificate, NACD S.T.O.P. posters, a regular supply of the NACD Journal to sell and promote the association, special rates for NACD seminars and workshops and the availability of specially designed business support services and products.

NACD BUSINESS MEMBER/FACILITY MEMBERSHIP REQUIREMENTS

An authorized NACD business member/facility is to meet the following criteria:

1. Be a licensed business with regular hours.
2. Display the professional NACD business member/facility wall certificate.
3. Display the NACD S.T.O.P. warning display and safety posters.
4. Promote safe cavern/cave diving through NACD safety pamphlets and publications.
5. Distribute the NACD Journal to all interested readers.
6. Promote NACD instruction for cavern/cave diving, provide NACD instruction as advertised and provide NACD certifications in accordance with current standards and procedures as outlined in the NACD instructor manual.
7. Provide NACD certification programs through qualified NACD instructor members.
8. Support the educational concepts of NACD.

NACD Business Member/Facility Membership

APPLICATION PROCEDURES

To apply for NACD business member/facility memberships, an application must be submitted as specified. The NACD will review the application, and upon acceptance, the NACD will deliver a membership package to the new member. The NACD reserves the right to deny membership in the business/facility program for actions detrimental to the images of the NACD.

RENEWAL REQUIREMENTS

Membership in the business/facility program is from time of application acceptance for one year. To continue active membership, members must submit a completed renewal application and the appropriate renewal fees annually. Failure to renew results in the cessation of all benefits associated with this membership category. The renewal

application is reviewed to ensure continued compliance with NACD membership requirements.

Note: At the time of submission of the application for renewal, the applicant must report any unethical actions taken by another organization during the previous year. Such reports will be reviewed by the NACD ethics committee prior to approval of the renewal. Failure to report ethic's violations may result in immediate termination of membership.
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ADVERTISEMENT

If a cavern or cave course is advertised as an NACD sanctioned training course, the instructor is required to award NACD certification to all students satisfactorily completing course.

The NACD name and registered trademarks may be used by members for advertising purposes and is subject to approval by the Quality Assurance committee if questioned. If use of the NACD name or trademarks is considered harmful to the interests of the NACD, its members, or the general public, its use may be prohibited by the NACD.

NACD PROGRESSION OF TRAINING

(Non-Leadership Levels)

NACD encourages continuing education in overhead environment diving to increase both safety and the enjoyment of those who wish to participate in this unique subaquatic realm. Non leadership certifications from cavern diver through full cave diver and specialty cave diver are offered.

CAVERN DIVER IS THE NORMAL ENTRY LEVEL COURSE FOR PROGRESSION THROUGH THE TRAINING COURSES. AN OPTION IS PERMITTED FOR STUDENTS WHO COMMIT TO A SEVEN TO EIGHT DAY FULL CAVE DIVER PROGRAM.

(See standards section for details)

Section Two

NACD Diving Course Standards

General Standards

GENERAL STANDARDS

(Apply to all NACD courses)

IT IS THE PURPOSE OF THE NACD TRAINING STANDARDS TO FULFILL THE CAVEAT OF SAFE CONDUCT TO THE PEOPLE WHOSE LIVES ARE ENTRUSTED TO OUR CARE. IT IS FURTHER THE INTENT OF THESE STANDARDS TO BE DEFENSIBLE BOTH MORALLY AND LEGALLY.

OBJECTIVES

1. To provide awareness of the cavern and cave environment thereby encouraging cave conservation.
2. To demonstrate and educate divers about the need for proper training and to cavern or cave dive only with those who are also trained in the cave environment, regardless of other diving experience.
3. To develop in the individual exceptional diving technique and equipment awareness.
4. To provide insight into the need for physical and psychological fitness for cave diving.
5. To promote an appreciation for gaining additional experience and training prior to advancing into a specialized area of cave diving, i.e., stage diving, D.P.V.'s, etc.
6. To develop a skill level of measurable performance. This is done by completion of mandatory skills and obtaining a reasonable amount of practical experience in the training level undertaken. It is based on the law of frequency thereby making one more proficient, safe and relaxed in the cave environment.
7. To recognize divers with previous training in the cavern/cave environment and to enable instructors the option, upon evaluation of a student to credit a limited amount of previous training towards the applicable course while still maintaining completion of all skills in that course.
8. To permit experienced cave divers without benefit of formal training, credit of experience and learned skills toward the applicable course, if deemed acceptable by the instructor based on a performance evaluation and with approval of the training director. A minimum number of dives as specified in the course undertaken will still be required. All performance skills will be done in the course under the supervision of the instructor.
9. To develop a logical progression into the leadership levels of the NACD by established levels of progression. This process insures exceptional training and performance of NACD instructors.

Prior to instructor certification at any level or in any specialties, candidates must complete an instructor evaluation course.

10. To periodically review and update courses to insure, they are in the best interest of quality cavern/cave diver training and assurance that conservation of the environment is emphasized.

11. For any diver to go beyond the natural light zone they shall be required to be in full control of their buoyancy, trim and anti-silt propulsion techniques.

12. Dissimilar cylinder volume calculations shall be required at all levels of training.

13. Instructors shall be required to match gas volume with their students.

14. An NACD Instructor shall not take divers beyond their certification level unless the dive is part of a NACD sanctioned course.

15. All NACD courses require direct supervision by an active status NACD instructor certified to the course level of instruction.

General Standards

ETHICAL STANDARDS

1. Members shall at all times uphold the STANDARDS AND PROCEDURES as set forth by the NACD.
2. Members shall support the NACD programs and shall not disparage the NACD organization or its members in good standing.
3. Members shall conduct themselves and their courses in a professional manner and shall not disparage other diving professionals or organizations.
4. Members shall evidence common honesty and courtesy in dealing with all NACD activities.
5. Members shall report, in writing, to the Quality Assurance Committee any violations of NACD standards that have been personally observed.
6. Members shall cooperate during official inquiries and investigations (in ethics matters) and fully and promptly respond to inquiries from the ethics committee.
7. Only NACD instructors who are in teaching status shall represent themselves as being capable of issuing NACD certifications. Misrepresentations by previous members, non-members, or current members (in a non-teaching status) shall be grounds for legal action by the NACD.
8. Members shall comply with the intent of NACD Standard Safe Cavern and Cave Diving Practice Statement of Understanding while in a teaching or supervising capacity.
9. Promoting students to undertake diver training in the overhead environment is a violation of NACD ethical standards.
10. Instructors will abide by all site regulations of private, county, state and federal facilities while conducting NACD training programs.

THE NACD HAS THE ABSOLUTE RIGHT TO TERMINATE MEMBERSHIP IN THE ASSOCIATION BASED UPON THE DETERMINATION THAT A VIOLATION OF ANY OF THE ELEMENTS IN THE PUBLISHED STANDARDS HAS OCCURRED.

General Standards

NACD INSTRUCTOR CODE OF ETHICS

- Each NACD Instructor shall maintain an attitude of professionalism and objectivity and support the concept of safety in cavern and cave diving.
- Each NACD Instructor will refrain from encouraging or recruiting individuals to cavern or cave dive if unqualified to do so.
- Each NACD Instructor will make every effort to pass on their knowledge to novice cavern and cave divers and the diving community if requested to do so, whether through formal instruction, answering questions or via appropriate publication in books, journals and magazines.
- Each NACD Instructor recognizes that they have access to a unique and fragile underwater environment and shall encourage and practice an awareness of conservation of this environment at all times.
- Each NACD Instructor, by virtue of voluntary membership in NACD, recognizes a responsibility and obligation to promote NACD and support the official decisions and policies adopted by NACD. In fulfilling this obligation to the organization, the NACD Instructors shall:
 - Publicly support NACD as an organization.
 - Make every effort to bring about necessary changes in a professional manner by direct contact with those fellow NACD Members who are in positions of authority and responsibility.
- Each NACD Instructor has an obligation to report violations of NACD's Code of Ethics.
- Each NACD Instructor should strive to set an example of professional behavior and ethical conduct in all activities including public speaking, articles and books and various forms of Internet style discourse.
- Unwarranted critical comment and deliberate inflammatory statements of diving peers is inappropriate and undesirable.
- Each NACD Instructor shall refrain from encouraging or recruiting others to dive beyond present limitations of training and experience.
- Each NACD instructor shall refrain from making any public comment which, in any manner, endorses or encourages the violation of limitations of training or minimizes the need for training. Each NACD instructor is expected to fully support the absolute necessity for training and the strict adherence to NACD diver limitations. As used in this policy statement, the term "public comment" shall include, but not be limited to, those made in publications, Internet forums and all other media of mass distribution.
- Violation of these provisions shall result in appropriate disciplinary action by the NACD Training Director against the instructor in violation of any Section of this Code of Ethics.

General Standards

PROVISION FOR NORMAL QUARTERLY TRAINING STANDARD REVISIONS

In order to provide the **BEST POSSIBLE SAFE CONDUCT** to the students entrusted to our care, as well as adapt to the rapidly changing technology of our specialized diving, we must be able to make regular quarterly revisions to our training standards.

It is the intent of this proposal to set forth a procedure for quarterly training standard revisions that will allow us to accomplish these changes in a timely manner.

To do this, we must become efficient and streamline the procedure to avoid as much bureaucracy as possible. The following will put the process in motion:

1. Written inputs from two or more instructors in the field.
2. Changes in analytical data related to dive table, dive computers, or other equipment.
3. Recommendations of the training committee.
4. Recommendations of the Training Director or his/her assistant.
5. Recommendations of the members of the BOD.
6. Recommendations of the Instructor Trainers.

Once a recommendation has been made, it will be implemented in the following way:

The change will be sent by **certified mail and/or email**, from the training director or his/her assistant to the members of the BOD. Each of these individuals will vote to accept or reject the proposed change. A **majority vote** will implement the change. **If no response is received within two weeks of the date of the certified mailing, this will be taken as a consenting vote for implementing the change.**

General Standards

DIVING COURSE STANDARDS APPLICABLE TO ALL NACD TRAINING PROGRAMS

STUDENT TO INSTRUCTOR RATIOS

1. ACADEMIC SESSIONS:

The maximum ratio for lecture and classroom sessions is at the discretion of the instructor.

2. WATER SKILL SESSIONS:

The maximum student to instructor ratio for in-water training is:

POOL/CONFINED WATER:

6 students per NACD cavern/cave diving instructor.

CAVERN/CAVE SKILL SESSIONS:

CAVERN DIVER/ CAVERN TOUR:

4 students per NACD cavern/cave diving instructor.

INTRODUCTION TO CAVE DIVING:

3 students per NACD cave diving instructor.

APPRENTICE CAVE DIVING:

3 students per NACD cave diving instructor.

CAVE DIVING:

3 students per NACD cave diving instructor.

SPECIALTY CAVE DIVING:

Maximum 2 or 3 students per NACD specialty cave diving instructor, depending on specialty offered.

It is at the instructor's discretion to determine, at any time, if conditions warrant reduced ratios for student safety and control.

NOTE: All students participating in Cavern, Intro to Cave, Apprentice and Full Cave programs will be required to use the NACD Student Cavern/Cave Workbook.

General Standards

IN-WATER TRAINING

1. Confined water is defined as a pool or any body of water that gives an instructor the same degree of control as a pool.
2. For training purposes, cavern diving is defined as that portion of the natural cave environment illuminated by natural sunlight which has no restrictions, is not deeper than 100 feet, does not exceed 200 linear feet from the surface entrance and has a minimum starting visibility of 30 feet. There is no cavern diving at night.
3. For training purposes, cave diving is defined as penetrating any underwater cave beyond the limits specified for cavern diving or a cavern at night.
4. A training dive is to consist of the following elements to insure an organized and safe dive.
 - A. Pre-dive plan
 - B. Preparation for the dive
 - C. Mandatory "Matching" and "S-drill" with every training dive
 - D. Outline of the activity
 - E. Primary tie-off in open water for a safe entry and exit.
 - F. Post dive review
 - G. A recommended three (3) minute safety stop or appropriate deco must be done on all dives.
5. Dive sites should be chosen at the instructor's discretion in keeping with the following considerations:
 - A. Water conditions - including temperature, visibility, depth, and flow
 - B. Level of training
 - C. Requirements of the particular course
 - D. Type of equipment
 - E. Weather conditions
 - F. Instructor familiarity with the site
 - G. Other relevant considerations as deemed appropriate by the NACD instructor

NOTE: All emergency procedure exercises to be performed after dive is turned during exit. *LECTURES FROM ALL PRIOR COURSES TO BE CREDITED TO THE FULL CAVE REQUIREMENT OF 12 HOURS.

CAVERN DIVER IS THE NORMAL ENTRY LEVEL COURSE FOR PROGRESSION THROUGH THE TRAINING COURSES. Within the cavern diver course, we are able to pre-assess our student's presence in the water, as well as buoyancy skills, and other general open water diving skills, without exposing them to the hazards of the full overhead environment. It further gives us the opportunity to assess their ability to deal with task loading and other factors that will be stress producing in the cave.

AN OPTION IS PERMITTED FOR STUDENTS WHO COMMIT TO A 7 TO 8 DAY FULL CAVE
General Standards

General Standards

PROGRAM. This will consist of a 15 +1-dive program, one open water, and 15 full cave dives. This open water dive will be an assessment dive for the suitability of the student to the cave environment. It will include buoyancy control, general open water diving skills, and presence in the water and stress tolerance. **A LINE LAYING/RETRIEVING EXERCISE MUST BE PART OF THIS EVALUATION.**

LENGTH OF TRAINING DAY

IT IS STRONGLY RECOMMENDED THAT NO MORE THAN EIGHT (8) HOURS AND FORTYFIVE MINUTES PER DAY ARE TO BE SPENT IN TRAINING. (IN ANY COMBINATION OF ACADEMIC, BRIEFING, EQUIPMENT PREPARATION, DIVING, EQUIPMENT BREAKDOWN AND DEBRIEFING.) NOTE: Meal intervals and transportation are **not** included in this time.

DIVE TABLES

IN THE INTEREST OF SAFETY, TABLES MORE CONSERVATIVE THAN U.S. NAVY ARE HIGHLY RECOMMENDED. IF NAVY TABLES ARE USED, RECOMMENDED IS THE USE OF THE NEXT GREATER DEPTH OR TIME.

DEFINITION OF RESTRICTIONS

For training purposes, restrictions are defined as follows:

Minor restriction - An area too small to allow two (2) divers to pass through at the same time, forcing divers to swim single file.

Major restriction – Forces diver to manipulate body and/or equipment to pass through.

No removal of life support equipment shall be permitted within the overhead environment.

GUIDELINES

A continuous guideline that starts in open water to allow for a safe exit will be in place at all times during any NACD training in a cavern or cave.

Cavern Course Standards

CAVERN DIVER COURSE

1. PURPOSE:

To teach the safe exploration of the cavern environment within specified limits. This course is an extension of recreational diving designed for the use of single tanks. The course develops and establishes minimum skills, knowledge, dive planning abilities, problem solving procedures and the basic abilities to safely cavern dive. Unlike the other NACD courses, prospective students may be encouraged to enroll in the Cavern Diver Course. The NACD feels that this course is comparable to other open water specialty classes and will have a significant safety benefit for all active scuba divers who enroll, even if they do not continue to dive in the overhead environment. Promoting students to continue training or diving in the overhead environment beyond this level is a violation of NACD ethical standards.

2. COURSE DURATION:

This course may be taught over a period of two days.

3. PRE-REQUISITES:

A. Open water certification.

B. Minimum age 16, with signed parental consent. Provisional status certification for younger divers with written approval of NACD training director only.

NOTE: Nitrox certification is recommended.

4. LECTURES:

A. Minimum of four (4) hours to cover listed topics.

B. Definition and purpose of safe cavern diving.

C. Review of medical aspects of diving.

D. Review of dive tables.

E. Use and misuse of dive computers.

F. The cavern environment.

G. Buoyancy control and body/attitude positioning.

H. Cavern diving techniques.

I. Communications.

J. Accident Analysis.

K. Psychological aspects of cavern diving (stress, attitude, awareness, reaction to stress in self/others, building tolerance, etc.).

L. Equipment and equipment configuration principles (including mixed team diving).

M. Lines and line technique.

N. Dive planning and gas management.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

O. History and philosophy of NACD.

P. Emergency prevention and procedures.

5. LAND DRILLS:

- A. Proper use of guidelines and reels.
- B. Techniques in following guide lines.
- C. Touch contact procedures.
- D. Lost line drill with visibility.

6. OPEN WATER OR POOL SKILLS:

Minimum of one open water or pool session to practice skills listed:

- A. Use of guidelines.
- B. Following line with blacked out mask or loss of visibility.
 - a. Repeat sharing air, first with vision and then with eyes closed.
 - b. Touch contact.
 - c. Following the line without a mask.
- C. Use of reel.
- D. Use each of the following techniques for sufficient distance to satisfactorily demonstrate proficiency to the instructor: modified flutter kick, modified frog kick, and modified dolphin. Each technique to be combined with correct body attitude and buoyancy control.
- E. Select two to be included in open water or pool during course. (OPTIONAL).
 - a. In full equipment, swim underwater (slowly) without breathing simulating a loss of breathing gas supply, place regulator in mouth and take three breaths at rest, then swim some distance.
 - b. Two divers side by side swim underwater without air, commence sharing air via alternate air source (octopus), remain at rest for completion of three breaths, and share air for an approximate distance of 50 feet/ 17 meters underwater.
 - c. Share air between three divers for several cycles while swimming an approximate distance of 50 feet/ 17 meters underwater.
 - d. With eyes closed, student swims to locate line, then swims an approximate distance of 50 feet/17 meters along line with eyes closed.
 - e. Partners are an approximate of 20 feet/ 6 meters and maximum of 30 feet/9 meters apart with the line halfway between them. With eyes closed, locate line and make contact with partner, then negotiate the line in the direction of exit.

7. CAVERN DIVES:

- A. Minimum four cavern dives (five recommended), to be conducted in two or more cavern zones.
- B. All dives to include:
 - a. Pre dive briefing.
 - b. Bubble check
 - c. "S" Drill
 - d. Good dive team skills
 - e. Post dive critique
- C. Exercises to include: touch contact, use of reel and guideline, air sharing, and equipment matching.
- D. Proper finning and propulsion skills.
- E. Proper use of BC and body positioning/ buoyancy.
- F. Communications with both light and hand signals.
- G. Familiarization with cavern zone.
- H. A recommended three (3) minute safety stop on all dives.
- I. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. SKILLS/EXERCISES – to be performed in the overhead (cavern) environment:

- A. Use of guide reel and line
- B. Touch contact drill while following guideline
- C. Share air while exiting cavern zone

NOTE: No removal of life support equipment shall be permitted within the overhead environment.

9. LIMITS:

- A. Natural sunlight.
- B. Maximum 200 feet penetration distance.
- C. No decompression diving.
- D. No restrictions.

NOTE: Restrictions refer to the ability to travel through in backmount configuration or sidemount configuration. All passages used in this course must allow both divers in backmount and sidemount configuration to be able to pass through at the same time. If a passage is too low to allow a diver in backmount configuration to travel through then students in sidemount configuration must also consider it a restriction.

- E. Maximum depth - 100 feet.
- F. Minimum visibility - 30 feet.
- G. Minimum starting psi - 2000 psi or 58 cubic feet.
- H. 1/3 gas rule on singles, 1/6 on doubles.

10. MINIMUM EQUIPMENT:

- A. Mask, low volume type recommended.
- B. Power fins-straps taped together, if applicable.
- C. 72 cubic foot single cylinder. Recommended: Single cylinder with dual valve orifice.
- D. Single hose regulator with an octopus as the alternate air source and submersible pressure gauge.

Recommended length of hose is 7 feet/ 2 meters. Students using double cylinders must use at least one primary hose of approximately length 7 feet/2 meters.

- E. Exposure suit, suitable for diving location.
- F. Buoyancy compensator with auto inflator, CO2 devices rendered inoperative.
- G. Submersible dive tables or computer must be used
- H. Knife, preferable small and sharp, or line cutter acceptable to instructor.
- I. Slate and pencil.
- J. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- K. Weight belt or other instructor approved weights.
- L. Battery powered dive lights, at least two per diver. These lights should have a suitable burn time for the dive being planned.
- M. Minimum of one safety reel per diver.
- N. One primary reel per team.

11. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of specified dives.

- C. Maintain an appropriate awareness of safety procedures and the protection of the cavern zone. A cavalier attitude may constitute grounds for denying certification, regardless of proficiency.
- D. Demonstrate knowledge of pertinent information by passing a written Cavern examination with a minimum score of 80%.
- E. Submit all appropriate records.
- F. Payment of appropriate fees.
- G. Recommendation for certification by instructor.

NOTE: Certification may be denied if it is determined that the course was not conducted according to established NACD course standards.

12. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cavern or cave diving instructor in current teaching status.
- B. Maximum student to instructor ratio for pool or confined water, 6: 1.
- C. Maximum student to instructor ratio in cavern/open water, 4: 1. When emergency drills are done, instructor must be within easy swimming distance of students. Instructor must use cave configured equipment, doubles mandatory, manifolds recommended.
- D. Instructor must maintain appropriate records of the course. (It is recommended that student records be maintained for a minimum of ten years).
- E. Must have Oxygen/first aid kit available for surface support.
- F. Instructor must be in the same configuration as students (unless students are in single cylinder configuration, then instructors must be in full cave configuration using dual cylinders). Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Cavern Tour Standards

CAVERN TOUR**1. PURPOSE:**

The purpose of these standards is to guide recreational divers into the cavern environment to popular sites such as those found in North Florida, the Bahamas, and the Yucatan peninsula of Mexico. The cavern tour recommendations are offered as guidelines for certified cavern/cave instructors.

2. PRE-REQUISITES:

Certified open water diver.

3. LIMITS:

- A. Natural sunlight.
- B. Maximum linear distance from surface: 200 feet.
- C. Maximum depth: 100 feet.
- D. No restrictions.
- E. No decompression.
- F. Minimum visibility: 30 feet.
- G. Guide ratio, 4:1
- H. Minimum psi to begin cavern dive: 2000 psi or 50 cubic feet.

4. GUIDE QUALIFICATIONS:

NACD Cavern, Intro or Full Cave Instructor on active status. Must use full cave equipment configuration. For air management, handling of potential emergencies and as an example to student doubles mandatory, manifold recommended. Instructor must have a first aid kit and Oxygen available for surface support.

5. PROCEDURES:

- A. Detailed briefing before each dive.
- B. Explanation and review of rules for cavern diving.
- C. It is not necessary to go through extensive equipment modifications as the cavern tour is considered a controlled experience. Minor changes may be necessary, such as addition of alternate air source, removal of snorkel and proper weighting.
- D. Use of guideline is essential to ensure that its need and importance are demonstrated. It is essential that the guide demonstrate proper overhead protocol at all times.
- E. A recommended three (3) minute safety stop on all dives.

F. Definitions:

- I. speleogenesis and hydrology
- II. cavern/cave environment (unique and fragile)
- III. accident analysis
- IV. problems

G. Techniques.

- I. Brief review of:
- II. buoyancy control
- III. finning techniques
- IV. light use and signals
- V. line referencing

H. Review of basic communications

- I. "OK"
- II. "Stop or Hold"
- III. "Dive is over, exit"
- IV. "Out of air"
- V. Instructor's choice for additional hand signals

I. Equipment: Equipment is the same as for the cavern course, with the following exceptions; no reel is required.

- I. Mask, low volume type recommended.
- II. Power fins-straps taped together, if applicable.
- III. 72 cubic foot or greater single cylinder.
- IV. Single hose regulator with an octopus as the alternate air source and submersible pressure gauge.
- V. Exposure suit, suitable for diving location.
- VI. Buoyancy compensator with auto inflator, CO2 devices rendered inoperative.
- VII. Submersible dive tables or computer must be used
- VIII. Knife, preferable small and sharp, or line cutter acceptable to instructor.
- IX. Slate and pencil.
- X. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- XI. Weight belt or other instructor approved weights.
- XII. Battery powered dive lights, at least two per diver. These lights should a suitable burn time for the dive being planned.

J. Complete post dive review: Guide should stress that divers on the tour are under supervision and in a controlled experience, and urge the divers to participate in a cavern course if they wish to continue to cavern dive.

Cavern/Intro Course Standards

CAVERN/INTRODUCTION TO CAVE TRAINING COURSE

The NACD has established Standards of Training for Cavern and Introduction to Cave Diving instruction that have been taught as two separate courses, requiring two days of instruction for each Course. These standards shall apply to the Cavern/Intro to Cave course. The NACD recognizes that its Instructors may at their discretion combine the training elements of the Cavern and Introduction to Cave Diving courses for qualified students who have enrolled in both courses and require that training for both courses be conducted over a three day period.

At the Instructor's discretion, students who have demonstrated knowledge of course materials and exhibited proficient diving skills may be awarded an Introduction to Cave Diving certification. To do so, the Cavern/Introduction to Cave Diving course must meet the following additional requirements.

1. COURSE DURATION:

The course must be taught over a three day period.

2. PREREQUISITES:

- A. Minimum age of sixteen (16).
- B. Student diving gear must be configured for Intro to Cave Diving Standards for all dives.
- C. Students must meet all other prerequisites for the Cavern and Introductory to Cave courses.

3. STANDARDS:

- A. Cavern and Intro to Cave Standards are followed for teaching the three-day Cavern/Introduction to Cave Course.

4. INSTRUCTOR REQUIREMENTS:

- A. Student-Instructor ratio shall be no more than six to one (6:1) for all confined/open water training.
- B. Student-Instructor ratios shall be no more than three to one (3:1) during the overhead training portion of the course.
- C. No skills, drills, lectures or dives may be omitted from the Cavern or Introduction to Cave Courses because of lack of training time.

Intro Course Standards

INTRODUCTION-TO-CAVE DIVING COURSE**1. PURPOSE:**

To develop basic cave diving skills with limited penetrations in the cave environment. This is the second level of the progression to the full cave diver certification. It is a recreational cave diving course. The course develops and establishes minimum skills, knowledge, dive planning abilities, problem solving procedures and the basic abilities necessary to safely cave dive to limited penetrations, using single tanks.

2. COURSE DURATION: Minimum time: two days

3. PRE-REQUISITES:

- A. NACD cavern diver or equivalent.
 - B. Minimum of 25 logged non training dives.
 - C. Minimum age 16, with signed parental consent. Provisional status certification for younger divers with written approval by the NACD training director.
- NOTE: Nitrox certification is recommended.

4. LECTURES:

Minimum number of hours is eight. The four hours lecture from the cavern course may be credited toward the Introduction-to-cave diver requirement of eight hours. Lectures are to include but not be limited to:

- A. Review of medical aspects of diving with a discussion of DCS.
- B. Review of dive tables.
- C. Use and misuse of dive computers.
- D. The cave environment.
- E. Cave diving techniques (includes buoyancy control and body positioning).
- F. Communications.
- G. Accident Analysis and emergency procedures/situation management (Includes group discussion with problem solving).
- H. Recognition of potential stressful/emergency situations.
- I. Psychological aspects of cave diving, to include: stress, attitude awareness, reaction to and building tolerance to stress in self/ others, management, and philosophy.
- J. Cave conservation.
- K. Guide lines and guide line techniques.
- L. Dive planning and gas management.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- M. Equipment and equipment configuration principles (including mixed team diving)
- N. Inert gas narcosis.
- O. Physiology, with emphasis on breathing techniques.
- P. Cave orientation, referencing and navigation.
- Q. History and philosophy of NACD.
- R. Visualization techniques (recommended).

5. LAND DRILLS:

These drills are to include but not be limited to:

- A. Proper use of guide lines and reels.
- B. Techniques in following guide lines.
- C. Touch contact procedures.
- D. Lost line/ diver drill.
- E. Use of line markers.

6. OPEN WATER/ POOL SKILLS:

The session is to include, but not be limited to the following:

- A. Use of guidelines.
- B. Following line with blacked out mask or loss of visibility.
 - a. Sharing air, first with vision and then with eyes closed.
 - b. Touch contact, may be incorporated with air sharing.
 - c. Following line without mask.
- C. Use of reel.
- D. Satisfactorily demonstrate proficiency to the instructor of various techniques such as the modified flutter kick, modified frog kick, modified dolphin kick while maintaining correct cave position and buoyancy control. **Credit may be given for these skills (A-D) if they were performed previously in the student's NACD or equivalent cavern course. This may be done at Instructor's discretion if the cavern course was done with that instructor.**
- E. Select two to be included in open water or pool during course. **OPTIONAL**
 - a. With eyes closed, team swims along a line for some distance without using air, commence sharing air (alternate air source - eyes still closed), travel correct direction by use of line arrows on line for reasonable distance, solving line traps, entanglements, etc.
 - b. Air sharing (prior to skill, have students swim area to be used in order to develop mental reference). Students are apart, eyes closed, with no air. Find each other and commence sharing air (alternate air source). Take three breaths at rest, and swim some minutes at a normal swim pace while sharing air.
 - c. Students swim side by side without air for some distance, then commence sharing air (alternate air source), continue sharing air while swimming at normal pace for some minutes.
 - d. With mask removed, students operate safety reel, to a line already placed, tie reel off and recover and clear mask maintaining contact with line. Complete a line drill of instructor's choice at this point.

7. CAVE DIVES:

- A. Intro to Cave diver certification is based on satisfactory performance of ALL skills listed in these standards by ALL students regardless of prior training. Students will complete a minimum of four cave dives for certification and at instructor discretion one open water evaluation dive. Students using double tanks will use 1/6 air rule. If certified at this level students must be informed they can only dive with a single tank.
- B. Minimum number of dives is four.
- C. Minimum bottom time for a dive is 20 minutes.
- D. Students who have not completed all the performance requirements for this course within the minimum number of dives, may not be certified until the remaining skills are performed successfully during an additional dive or dives.
- E. Cave dives are to be conducted in at least two different cave entrances; with three recommended. Every effort should be made to have the students gain experience in different types of flow, visibility, tunnels, etc. Exceptions are allowable during times of poor diving conditions and weather, with training director or his/her designee approval.

- F. Equipment matching and "S" drills are required on every training dive.
- G. Pre-dive briefing, bubble checks, good dive team skills, post dive critique and logging of data is to be accomplished on all dives.
- H. A recommended three (3) minute safety stop on all dives.
- I. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. **SKILLS/ EXERCISES** - to be performed in the overhead (cave) environment:

- A. Proper finning and propulsion skills.
- B. Proper body positioning and buoyancy control.
- C. Use of reel and guide line.
- D. Touch contact.
- E. Air sharing.
- F. Communications with light hand signals.
- G. Familiarization with the cave
- H. Use of line arrows.
- I. Lost diver procedures.
- J. Dive planning.
- K. Stress detection and management.
- L. Conservation behavior and techniques.
- M. Simulated emergencies:
 - a. Share air while exiting cave
 - b. Lost visibility, touch contact, team line following
 - c. Lost visibility, out-of-air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 ft. in each position, and to include a minimum of three stations for hand changes on line between students)
 - d. Diver lost from team/diver lost from guideline
 - e. Broken/lost line
 - f. Primary light failure, exit on smallest backup light
 - g. Air/ gas valve management. Diver practices turning own valves on/ off, simulate various regulator/ valve failures. (May be done in open water at start or end of dive)
 - h. Simulated line entanglement recommended

NOTE: ALL SIMULATED EMERGENCY DRILLS ARE TO BE PERFORMED AFTER THE DIVE IS TURNED, DURING THE EXIT.

NOTE: No removal of life support equipment shall be permitted within the overhead environment.

NOTE: Concentrate on developing awareness in the divers. Demand good technique, for the safety, comfort and efficiency of the divers and for the preservation of the cave environment.

9. **LIMITS:**

- A. Penetration/ depth.
- B. Dive one: 600 feet recommended
- C. All succeeding dives: no penetration limit
- D. Depth: 100 ft
- E. Gas rules - 1/3 gas rules may be used for single tank dives. Students using doubles will use the 1/6 gas rule

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan. This is especially true for dives in single tank configuration.

- F. Minimum starting visibility thirty (30) feet.
- G. Minor restrictions acceptable. (A minor restriction is when divers are prevented from traveling through at the same time, forces them into single file travel). No major restrictions. NOTE: Restrictions refer to the ability to travel through in backmount configuration or sidemount configuration. A minor restriction must be passable by both a diver in backmount configuration and sidemount configuration. If a restriction is passable by a diver in sidemount configuration but not a diver in backmount configuration because of its height, then it is considered a major restriction and is not allowed at this level.
- H. It is highly recommended that additional dives be added at this level. The four dives are the minimum.

10. MINIMUM EQUIPMENT:

- A. Minimum 72 cubic foot single cylinder with dual outlet valve.
- B. Mask, low volume type recommended.
- C. Power fins, with straps taped together, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with five (seven foot strongly recommended) foot hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot hose must be provided. Octopus inflation system is not allowed.
- F. Exposure suit, suitable for diving conditions.
- G. Buoyancy compensator with auto inflator. (CO₂ emergency inflation devices must be rendered inoperative) Back mount BC is highly recommended, but not required.
- H. Submersible dive tables or computer must be used.
- I. Slate and pencil.
- J. Knife, preferable small and sharp, or line cutter acceptable to instructor.
- K. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- L. Three lights per diver.
 - I. A primary light with an illumination and burn time sufficient for the dive being undertaken.
 - II. Two backup lights. The backup lights should have a suitable burn time for the dive being planned
- M. One primary guide reel per team and two safety reels per diver.
- N. Line arrows or line clips, minimum of three per diver.

11. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
 - B. Perform the minimum number of dives specified.
 - C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
 - D. Demonstrate knowledge of pertinent information by passing a written Introductory to Cave examination with a minimum grade of 80% on exam.
 - E. Submit all appropriate records as required.
 - F. Payment of all appropriate fees.
 - G. Recommendation for certification by the cave instructor.
- NOTE: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.**

12. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD introduction to cave or cave diving instructor in current teaching status.
- B. Maximum student to instructor ratio for pool/ confined water, 6: 1. Maximum student to instructor ratio in the cave, 3:1. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- C. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- O. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years).
- E. Instructor must have a first aid kit and Oxygen available for surface support.
- F. Instructor must be in the same configuration as students (unless students are in single cylinder configuration, then instructors must be in full cave configuration using dual cylinders). Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

13. The NACD recognizes that some students are proficient in the use of double cylinders and has elected to recognize and adopt a Double Cylinder Introduction to Cave Diving (Double Cylinder Intro) program within the limits and subject to the provisions set forth in this Paragraph. Such provisions are as follows:

- A. All General and Course Standards applicable to the Introduction to Cave Diving course are the same for the Double Cylinder Intro course except as specifically stated in this Paragraph.
- B. An Active Status NACD Instructor may issue a Double Cylinder Intro training completion card if:
 - a. The student diver completes all required dives using double cylinders properly configured and approved by such Instructor;
 - b. The student diver demonstrates a high level of proficiency in the use of double cylinders during the course. This training level is not intended to teach the use of double cylinders, but instead assumes the student possesses a high level of doubles-proficiency as a prerequisite to successful completion.
- C. The Double Cylinder Intro course is considered a training level only and shall result in the issuance of a time-limited temporary card. Such temporary card shall expire of its own force and effect one (1) year from the date of its issuance and is not subject to renewal or extension. The student diver, prior to expiration of Double Cylinder Intro, may request a training completion card from the original issuing instructor reflecting Introduction to Cave Diving status and must pay the appropriate registration fees to the NACD for issuance of an Introduction to Cave Diving card.
- D. Nothing in this Paragraph is intended to limit the ability of an Active Status NACD Instructor, in his discretion and subject to applicable Standards, from subsequently issuing a Provisional and Temporary Certification.
- E. While stated in the General and Course Standards, the NACD emphasizes that the Double Cylinder Intro Diver is limited to use of a maximum of one-sixth (1/6) of total gas

supply for penetration and must reserve a minimum of five sixths (5/6) of gas supply for exit and reserve.

F. DEFINITIONS:

As used in this Paragraph the term "Introduction to Cave Diving" shall refer to the program resulting in the issuance of a training completion card permitting only the use of a single cylinder. "Double Cylinder Intro" or "Double Cylinder Introduction to Cave Diving" shall refer to the program resulting in a one (1) year time-limited training completion card allowing the use of double cylinders.

G. All NACD Instructors who participate in the Double Cylinder Intro course are required, during the course, to fully and adequately explain the limitations of this program to all student divers. It is encouraged, but not required, that such explanation be provided in writing to the student diver so as to avoid the potential for student confusion or misunderstanding.

Apprentice Course Standards

APPRENTICE CAVE DIVER COURSE**1. PURPOSE:**

Although the NACD strongly supports and encourages the four-day Cave Diver course, it recognizes that some students may benefit from a program that provides for two separate two-day courses to attain the Cave Diver level. For this reason, the NACD has elected to recognize and adopt the Apprentice Cave Diver/Cave Diver program.

Education of the student in proper cave diving techniques and procedures, cave awareness and conservation, dive planning and dive execution is emphasized at the Apprentice level of training. While the student shall be introduced to jump and gap procedures, skills and emergency drills previously presented at the Cavern and Intro to Cave courses are reinforced and refined. The student shall be encouraged to continue to develop safe cave diving techniques and practices, awareness of the cave environment and conservation of the cave environment through personal and dive team planning and technique.

2. COURSE DURATION:

The Apprentice Cave Diver course shall consist of a minimum of four dives over two days as a training level following Intro to Cave. This course may be taught separately or in a modular program consisting of Cavern, Intro to Cave and Apprentice Cave Diver with a minimum of twelve dives over five days. The Cave Diver Course, if preceded by the Apprentice program, shall consist of a minimum of four dives over two days.

3. PRE-REQUISITES:

- A. NACD Intro to Cave, or equivalent program; and
- B. 18 years of age.
- C. If training dives are conducted in which the dive plan results in required decompression students must be certified in decompression diving. In all cases it is recommended that students have completed a decompression course prior to participating in the Apprentice Cave Diver course.

4. LIMITATIONS:

Upon successful completion of Apprentice Cave Diver training, students shall have demonstrated sufficient proficiency in double tanks in the overhead environment to be permitted the use of doubles for cave penetration utilizing the gas management Rule of Thirds.

Limitations of this training level shall be:

- A. No stage diving- decompression and safety cylinders are permitted.
- B. No DPV use.
- C. No traverses and circuits are permitted at this level without the direct supervision of the cave instructor.
- D. Simple jumps and gaps are allowed
- E. No dive shall exceed depths of 130 fsw.
- F. No removal of life support equipment shall be permitted within the overhead environment.
- G. It is recommended that PP02 shall not exceed 1.4 ATA for the working portion of the dive and 1.6 ATA for decompression

The Apprentice Cave Diver is considered a training level only and shall result in the issuance of a time limited temporary card. Such temporary card shall expire of its own force and effect

one year from the date of issuance. Upon expiration, the diver will be required to repeat the Apprentice Cave Diver program in full to subsequently dive at that level.

5. LECTURE:

The same subject matter required for the four-day Cave Diver Course shall be presented at this level except to the extent that it has been previously covered at the Cavern and Intro to Cave levels.

6. LAND DRILLS:

The following drills are to be conducted as part of the Apprentice Cave Diver/Cave Diver Course:

- A. Proper use of guidelines and reels.
 - B. Techniques in following guidelines.
 - C. Touch contact procedures.
 - D. Lost line/lost diver drills.
 - E. Use of line markers.
 - F. Line entanglement and cut line procedures.
 - G. Gas share procedures.
- Credit may be given for these previous skills (A-G) if they were satisfactorily performed during the student's NACD or equivalent Cavern and Intro to Cave courses. This may be done at the instructor's discretion.
- H. Jumps.
 - I. Gaps.
 - J. "T's".
 - K. Use of line markers in the above applications.

7. OPEN WATER/POOL SKILLS:

Minimum session length is 30 minutes. These drills are required only at the entry level to the Apprentice Cave Diver/Cave Diver program. If these skills were not performed in the Cavern Diver or Introduction to Cave Diver courses with the instructor conducting the Apprentice Cave Diver class within the previous 12 months, then they must be accomplished prior to any dives in the cave environment.

They are to include, but not be limited to:

- A. Use of guidelines.
- B. Following a line with blacked-out mask or loss of visibility:
 - a. Sharing air, first with vision and then with eyes closed;
 - b. Touch contact- may be incorporated with air sharing; and
 - c. Following line without mask.
- C. Use of reel.
- D. Satisfactorily demonstrate proficiency to the instructor of various techniques such as the modified flutter kick, modified frog kick and modified dolphin kick while maintaining correct cave position and buoyancy control.

8. CAVE DIVES:

Certification is based upon the satisfactory performance of ALL skills listed in these standards by ALL students regardless of prior training. Students without prior training are to complete the open water evaluation dive and a minimum of **eleven (11)** cave dives for completion of the Apprentice Cave Diver training level and a minimum of **fifteen (15)** cave dives for certification to the Cave Diver level. A minimum of **eight (8)** dives must be completed in double tanks.

- A. Credit from previous courses.

- a. If entry to the Apprentice Cave Diver course is Cavern certification, three dives may be credited to the Apprentice Cave Diver training requirement of eleven dives.
- b. If entry level to the Apprentice Cave Diver course is Intro to Cave certification, seven dives may be credited to the Apprentice Cave Diver training requirement of eleven dives.

NOTE: Regardless of course progression, a minimum of FOUR dives must be done in double tanks for Apprentice Cave Diver course completion and a minimum of EIGHT dives in double tanks for Cave Diver certification.

- B. Students who have not completed all the performance requirements for this course within the minimum number of dives may not be certified until the remaining skills are successfully performed during an additional dive or dives.
- C. Cave dives are to be conducted in at least four different entrances for Apprentice Cave Diver and at least five different entrances or main passages that share a common cavern entrance for Cave Diver- these minimum numbers shall include those utilized at the Cavern and Intro to Cave courses. Every effort should be made to have the students gain experience in different types of flow, visibility, tunnels, etc. Exceptions are allowable during times of poor diving conditions and weather with the approval of the Training Director or his/her designee's approval.
- D. Equipment matching and "S" drills are required during all training dives at all levels of training.
- E. Pre-dive briefing, bubble checks, proper dive team skills and post-dive critique are required during all training dives at all levels of training.
- F. A recommended three (3) minute safety stop should be performed on all dives.
- G. The number of dives is a minimum with more dives performed at instructor discretion.

9. SKILLS/EXERCISES:

- A. At both Apprentice Cave Diver and Cave Diver Levels:
 - a. Proper finning and propulsion skills.
 - b. Proper body positioning and buoyancy control.
 - c. Use of reel and guideline.
 - d. Touch contact.
 - e. Gas sharing.
 - f. Communications with light/hand signals.
 - g. Familiarization with the cave.
 - h. Use of gap/jump reels.
 - i. Use of line arrows.
 - j. Lost diver/lost line procedures.
 - k. Dive planning and gas management.
 - l. Conservation- behavior and techniques.
 - m. Multiple jumps/gaps, requiring the use of several reels on the same dive.
 - n. Circuits and/or traverses- if not performed due to environmental constraints, must be simulated. While circuit and traverse procedures may be reviewed at the Apprentice Cave Diver level, it must be emphasized to the Apprentice student that both are beyond their limits of training.
 - o. Decompression procedures.
- B. Simulated emergencies (to be fully completed upon completion of the Cave Diver course):
 - a. Share air while exiting the cave on two occasions.
 - b. Lost visibility, touch contact, team line following.
 - c. Lost visibility, out of air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 feet in each position, and to include a minimum of three stations for hand changes on line between students).
 - d. Diver lost from team/diver lost from guideline.

- e. Primary light failure, exit on smallest backup light.
- f. Line entanglement.
- g. Gas management. Diver practices turning own valves off/on, simulate various regulator/valve failures. (Must be done in open water at start or end of dive.)
- h. The following is recommended only: Have one diver per team at a time try to exit the cave with loss of visibility and not following a guideline in a cave. (Instructors must keep students out of silty areas during this drill.) DO NOT ALLOW STUDENTS TO BE PLACED IN A HAZARDOUS SITUATION.

NOTE: ALL SIMULATED EMERGENCY DRILLS ARE TO BE PERFORMED AFTER THE DIVE IS TURNED, DURING THE EXIT.

NOTE: No removal of life support equipment shall be permitted within the overhead environment except as specifically stated in Section 4(G).

NOTE: The instructor should concentrate on developing awareness of dive technique, procedures and skills in the students. Each instructor should require proper technique for the safety, comfort and efficiency of the diver and for the conservation and preservation of the cave environment.

10. LIMITS:

- A. 130 feet maximum depth.
- B. 1/3 gas rule. This represents the maximum allowable gas rule. It is up to the discretion of the instructor to determine if more conservative gas rules are appropriate for a given set of circumstances.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions during the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- C. 20 feet of minimum starting visibility.
- D. A minimum starting volume of 116 cubic feet of gas.
- E. Simple jumps and gaps only- no circuits or traverses.
- F. No stage diving.
- G. No DPV use.
- I. PP02 of 1.4 ATA for working portion of dive/1.6 ATA for decompression.
- J. Minor restrictions acceptable. (A minor restriction is when divers are prevented from traveling side by side, forces them into single file travel). No major restrictions.

NOTE: Restrictions refer to the ability to travel through in backmount configuration or sidemount configuration. A minor restriction must be passable by both a diver in backmount configuration and sidemount configuration. If a restriction is passable by a diver in sidemount configuration but not a diver in backmount configuration because of its height, then it is considered a major restriction and is not allowed at this level.

11. MINIMUM EQUIPMENT:

- A. Double tanks are mandatory, minimum volume 142 cubic feet, manifolds are recommended.
- B. Mask, low volume type recommended.
- C. Power fins with straps taped, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with approximately seven foot/two meter hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot/two meter hose must be provided.
- F. Exposure suit suitable for the diving environment.

- G. Buoyancy compensator with auto inflator. (CO2 emergency inflation devices must be rendered inoperative.) A back mounted BC is highly recommended, but not required.
- H. Dive computer and backup dive computer or bottom timer and depth gauge and submersible dive tables.
- I. Slate and pencil.
- J. Two cutting tools - knife, preferably small and sharp, and line cutter acceptable to the instructor.
- K. Three lights per diver:
- L. A primary light with an illumination and burn time sufficient for the dive undertaken.
- M. Two backup lights with suitable burn time for the dive undertaken.
- N. One primary guide reel per team and two safety reels per diver. Specific dive planning will dictate additional reels required for executing jumps and gaps.
- O. A minimum of three directional markers and one non-directional marker per diver.

12. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of specified dives.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate an appropriate respect for conservation of the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification regardless of technical ability.
- D. Demonstrate knowledge of pertinent information required by passing a written Full Cave examination with a minimum grade of 80%.
- E. Submit all appropriate records as required.
- F. Pay all appropriate fees.
- G. Recommendation for certification by the cave instructor.

NOTE: Certification may be denied if it is determined that the course was not conducted according to the Standards established by the NACD.

13. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status.
- B. Maximum student to instructor ratio for pool/confined water is 6: 1. Maximum student to instructor ratio in the cave is 3:1. When emergency drills are conducted, the instructor must be within easy swimming distance of the students.
- C. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- D. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years.)
- E. Instructor must have a first aid kit and Oxygen available for surface support.
- F. Instructor must obtain copies of student's dive log for all training dives prior to completion of certification.
- G. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Cave Diver Course Standards

CAVE DIVER COURSE

1. PURPOSE:

To teach the openwater diver the necessary skills to safely dive in the overhead (cave) environment.

2. COURSE DURATION:

May be taught in a week long program, (7-8 straight days); or in a modular program consisting of Cavern, Intro-to-cave, Apprentice and Full Cave.

3. PRE-REQUISITES:

A. NACD Intro-to Cave or equivalent when entering the 4 day Cave Diver course; NACD Apprentice Cave or equivalent if entering the 2 day Cave Diver course.

B. 18 years of age.

C. If training dives are conducted in which the dive plan results in required decompression students must be certified in decompression diving. In all cases it is recommended that students have completed a decompression course prior to participating in the Cave Diver course.

4. LECTURE:

Lectures are to include but not be limited to:

A. Review of medical aspects of diving with an in depth discussion of DCS.

B. Thorough review of dive tables.

C. Use and misuse of dive computers.

D. The cave environment.

E. Cave diving techniques (includes buoyancy control and body positioning).

F. Communications.

G. Accident Analysis and emergency procedures/ situation management (includes group discussion with problem solving).

H. Recognition of potential stressful/ emergency situations.

I. Psychological aspects of cave diving, to include: stress, attitude, awareness, reaction to and building tolerance to stress in self/ others, management, and philosophy.

J. Cave conservation.

K. Guide lines and guide line techniques.

L. Dive planning and gas management.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive.

Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

M. Cave orientation, referencing and navigation.

N. Inert gas narcosis and Oxygen poisoning.

O. Physiology, with emphasis on breathing techniques.

P. Equipment and equipment configurations.

Q. Stage decompression theory and procedures.

R. History and philosophy of NACD.

S. Overview of specialty courses (recommended).

T. Scientific application of cave diving (recommended).

U. Visualization techniques (recommended).

V. Exploratory cave diving (recommended).

5. LAND DRILLS:

The following drills are to be conducted as part of the Cave Diver course:

- A. Proper use of guide lines and reels.
- B. Techniques in following guide lines.
- C. Touch contact procedures.
- D. Lost line/ diver drill.
- E. Use of line markers.

Credit may be given for these previous skills (A-E) if they were performed previously during the student's NACD or equivalent Intro to Cave course with the instructor conducting the Cave Diver course within the previous 12 months. This may be done at instructor's discretion.

- F. Jumps
- G. Gaps.
- H. "T"s.
- I. Use of line arrows in the above applications.

6. OPEN WATER/ POOL SKILLS:

Minimum session length is 30 minutes. These drills are only required at the entry level to the full cave diver program. If these skills were not performed in the cavern diver or Introduction to cave diver courses then they must be completed prior to any dives in the cave environment. They are to include (but not be limited to):

- A. Use of guidelines.
 - a. Following line with blacked out mask or loss of visibility.
 - b. Sharing air, first with vision and then with eyes closed
 - c. Touch contact, may be incorporated with air sharing.
 - d. Following line without mask.
- B. Use of reel.
- C. Satisfactorily demonstrate proficiency to the instructor of various techniques such as the modified flutter kick, modified frog kick, and modified dolphin while maintaining correct cave position and buoyancy control
- D. Select two to be included in open water or pool during course. (OPTIONAL).
 - a. One diver, with back to partner, waits while the other partner swims over without air, gets their attention and communicates the need to share air, then commence sharing air (alternate air source). Remain at rest for three complete breaths, then swim for some minutes underwater.
Reverse roles and repeat except the students need not share air for the full time, just long enough to demonstrate to the instructor that they have the situation under control. The repeat is so both partners experience the need for air during the out-of-air swim.
 - b. Two divers who are apart, swim with eyes closed, without air, until they locate each other and begin to share air. Open eyes and swim while sharing air for some distance.
 - c. Three divers all without air swim a distance then begin sharing air using both manual and alternate air source air sharing, then continue for some minutes while swimming. Be sure and trade off with the divers sharing air manually so each diver gets a periodic break. Students should swim at near normal pace, stopping to prevent becoming winded. The exercise is to simulate a possible real emergency.

7. CAVE DIVES:

Cave diver certification is based on satisfactory performance of ALL skills listed in these standards by ALL students regardless of prior training. Students without prior training are to

complete the open water evaluation dive and a minimum of **fifteen (15)** cave dives for certification. A minimum of **eight (8)** must be completed in double tanks.

- A. Credit from previous courses.
 - a. If entry level to the cave diver course is cavern certification, three dives (3) may be credited to the cave diver certification requirement of fifteen (15) dives.
 - b. If entry level to the cave diver certified course is through the introduction to cave diver course, seven (7) dives may be credited to the cave diver certification requirement of fifteen (15) dives.

NOTE: Regardless of course progression, a minimum of EIGHT dives must be done in double tanks for cave diver certification.

- B. Students who have not completed all the performance requirements for this course within the minimum number of dives, may not be certified until the remaining skills are performed successfully during an additional dive or dives.
- C. Cave dives are to be conducted in at least five different cave entrances or main passages that share a common cavern entrance. Every effort should be made to have the students gain experience in different types of flow, visibility, tunnels, etc. Exceptions are allowable during times of poor diving conditions and weather, with training director or his/her designee approval.
- D. Equipment matching and "S" drills are required during all training dives at all levels of training.
- E. Pre-dive briefing, bubble checks, good dive team skills, and post dive critique.
- F. A recommended three (3) minute safety stop on all dives.
- G. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. SKILLS/ EXERCISES:

- A. Proper finning and propulsion skills.
- B. Proper body positioning and buoyancy control.
- C. Use of reel and guide line.
- D. Touch contact.
- E. Gas sharing.
- F. Communications with light / hand signals.
- G. Familiarization with the cave.
- H. Use of gap/ jump reels.
- I. Use of line arrows.
- J. Circuits and traverses, if not performed due to environmental constraints, must be simulated.
- K. Lost diver procedures.
- L. Dive planning.
- M. Stress detection and management.
- N. Conservation - behavior and techniques.
- O. Stage decompression procedures.
- P. Multiple jumps, requiring the use of several reels on the same dive.
- Q. Simulated emergencies:
 - a. Share air while exiting cave on two occasions.
 - b. Lost visibility, touch contact, team line following.
 - c. Lost visibility, out of air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 ft in each position, and to include a minimum of three stations for hand changes on line between students).
 - d. Diver lost from team/ diver lost from guideline.
 - e. Broken/lost line.

- f. Primary light failure, exit on smallest backup light.
- g. Line entanglement.
- h. Gas valve management. Diver practices turning own valves on/ off, simulate various regulator/valve failures. (May be done in open water at start or end of dive)
- i. The following is recommended only: Have one diver per team at a time try to exit the cave with loss of visibility and not following the guideline. This drill is to demonstrate the absolute necessity to run a guideline in a cave. (Instructors must keep students out of silty areas during this drill) **DO NOT ALLOW STUDENTS TO BE PLACED IN A HAZARDOUS SITUATION.**

NOTE: ALL SIMULATED EMERGENCY DRILLS ARE TO BE PERFORMED AFTER THE DIVE IS TURNED, DURING THE EXIT.

NOTE: No removal of life support equipment shall be permitted within the overhead environment.

NOTE: Concentrate on developing awareness in the divers. Demand good technique, for the safety, comfort and efficiency of the divers and for the preservation of the cave environment.

9. LIMITS:

- A. Depth - 130 feet
- B. 1/3 gas rules

These represent maximum allowable gas rules. It is up to the discretion of the instructor to determine if more conservative gas rules are appropriate for a given set of circumstances.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- C. Minimum starting visibility - 20 feet
- D. A minimum starting volume of 116 cubic feet of gas.
- E. Minor restrictions acceptable. (A minor restriction is when divers are prevented from traveling side by side, forces them into single file travel). No major restrictions.

NOTE: Restrictions refer to the ability to travel through in backmount configuration or sidemount configuration. A minor restriction must be passable by both a diver in backmount configuration and sidemount configuration. If a restriction is passable by a diver in sidemount configuration but not a diver in backmount configuration because of its height, then it is considered a major restriction and is not allowed at this level.

10. MINIMUM EQUIPMENT:

- A. Double tanks are mandatory, minimum volume 142 cubic feet, manifolds are recommended.
- B. Mask, low volume type recommended.
- C. Power fins, with straps taped together, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with seven foot/two meter hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot hose must be provided.
- F. Exposure suit, suitable for diving conditions.
- G. Buoyancy compensator with auto inflator. (CO2 emergency inflation devices must be rendered inoperative) Back mount BC is highly recommended, but not required.
- H. Submersible dive tables or computer must be used.
- I. Slate and pencil.

- J. Two cutting tools - knife, preferable small and sharp, and line cutter acceptable to instructor.
- K. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- L. Three lights per diver.
 - I. A primary light with an illumination and burn time sufficient for the dive being undertaken.
 - II. Two backup lights. The backup lights should have a suitable burn time for the dive being planned.
- M. One primary guide reel per team and two safety reels per diver. Specific dive planning will dictate additional reels required for executing jumps and gaps.
- N. A minimum of three line arrows and one non-directional marker per diver.

11. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written Full Cave examination with a minimum grade of 80%.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

NOTE: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.

12. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status.
- B. Maximum student to instructor ratio for pool/ confined water, 6: 1. Maximum student to instructor ratio in the cave, 3:1. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- C. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- D. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- E. Instructor must have a first aid kit and Oxygen available for surface support.
- F. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Speciality Cave Diver Course Standards

SPECIALTY CAVE DIVER (GENERAL STANDARDS)

COURSES OFFERED: NACD currently approves the following specialties.

- Survey techniques and procedures
- Stage diving / extended penetration techniques and procedures
- Cave Side mount / advanced configuration diving techniques and procedures
- Submersible diver propulsion vehicle techniques and procedures

NOTE: At the present time, there are specific standards for Survey, Stage, Side mount/advanced configuration and Submersible diver propulsion vehicle techniques.

1. PURPOSE:

The purpose of the specialty cave diver program is to provide continuing education and experience for the fully trained cave diver under the supervision of a qualified specialty cave diving instructor. As more scuba divers pursue training and become certified cave divers, the interest and demand for training in specialized / advanced techniques in safe cave diving grows at a steady rate. It is the intent of the NACD training program to meet this challenge by providing an organized format that will professionally and safely guide the interested cave diver in the proper direction using the most current procedures.

2. COURSE DURATION:

Minimum two days.

3. PREREQUISITES:

- A. NACD full cave diver or equivalent.
- B. Must verify the completion of 25 or 50 non-training cave dives after Full Cave certification depending on specialty.
- C. It is recommended that Cave DPV students have completed an NACD Cave Stage Diving course or equivalent.
- D. Minimum age eighteen.

4. LECTURE:

Minimum two to four hours. The information presented **must be approved** by the training director via a written outline or evaluation of instructor experience/ ability.

5. LAND DRILLS:

Optional, at instructor's discretion.

6. OPEN WATER/ POOL SKILLS:

Optional, at instructor's discretion.

7. CAVE DIVES:

A minimum of three cave dives to be conducted at a minimum of two cave entrances, with a fourth dive optional.

Cave dives are to include:

- A. Dive planning and equipment/ bubble check on each dive.

- B. Review and practice out-of-air emergency through use of "5" type safety drill in open water prior to every training dive.
- C. Skills and exercises pertinent to the specialty being taught.
- D. Post dive review after each dive.
- E. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. LIMITS:

- A. Depth - 130 feet.
- B. Gas rules - 1/3 gas rules are maximum for all bottles on all dives. This includes stage bottles. If any unusual drills are to be conducted or abnormal diving conditions exist, it is suggested that the 1/3 gas rule be modified with a minimum of a 200 PSI adjustment. Use of DPV's requires a more conservative gas rule of at most 1/4 during the penetration part of the dive. Diving in sidemount restrictions requires a more conservative gas rule of at least 4 times the gas required for the sidemount restriction portion of the dive. These gas rules may be modified to a more conservative model.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- C. Minimum starting visibility is twenty (20) feet.

9. MINIMUM EQUIPMENT:

- A. Double tanks are mandatory, minimum volume 142 cubic feet, manifolds recommended. Side mount specialty does not need double tanks.
- B. Mask, low volume type recommended.
- C. Power fins, with straps taped together, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with an approximate seven foot/two meter hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot/two meter hose must be provided.
- F. Exposure suit, suitable for diving conditions.
- G. Buoyancy compensator with auto inflator. (CO2 emergency inflation devices must be rendered inoperative) Back mount BC is highly recommended, but not required.
- H. Submersible dive tables or computer must be used.
- I. Slate and pencil.
- J. Two cutting tools - knife, preferable small and sharp, and line cutter acceptable to instructor.
- K. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- L. Three lights per diver.
 - a. A primary light with an illumination and burn time sufficient for the dive being undertaken.
 - b. Two backup lights. The backup lights should have a suitable burn time for the dive being planned.
- M. One primary guide reel per team and two safety reels per diver. Specific dive planning will dictate additional reels required for jumps and gaps.
- N. Line arrows or line clips, minimum of three per diver.
- O. Other equipment as deemed appropriate to the specialty being taught at the instructor's discretion.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of 80%.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

NOTE: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.

11. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status and approved to teach appropriate specialties.
- B. Maximum student to instructor ratio for pool confined water - 6: 1. Maximum student to instructor ratio - 3:1. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- C. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- D. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- E. Instructor must have a first aid kit and Oxygen available for surface support.
- F. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Underwater Cave Survey Course Standards

SPECIALTY CAVE DIVER UNDERWATER CAVE SURVEYING

1. PURPOSE:

The purpose of the Underwater Cave Survey specialty course is to expose the trained cave diver to the basic fundamentals of survey in the phreatic cave environment. This course will promote safety and accuracy in a standardization of cave survey. The intent is to develop a better understanding of the caves, and better use of maps in dive planning. The participants will understand a new importance of buoyancy control and clean/efficiency equipment configuration.

2. COURSE DURATION:

This is a two-day program.

3. PREREQUISITES

- A. NACD Cave Diver or equivalent.
- B. 25 non training cave dives(number of dives may be waived by instructor).

4. LECTURES:

- A. Grades of Survey
- B. Motives for Surveying
- C. Safe Dive Planning
- D. Communications
- E. Special equipment and techniques
- F. Data collection, verification and preparation

5. LAND DRILLS:

A circuit will be surveyed and plotted on paper.

6. OPEN WATER/ POOL SKILLS:

Optional, at instructor's discretion.

7. CAVE DIVES AND SKILLS:

Four (4) survey dives over two days.

Cave dives are to include:

- A. Dive planning and equipment/ bubble check on each dive.
- B. Review and practice out-of-air emergency through use of "S" type safety drill in open water prior to every training dive.
- C. Post dive review after each dive.
- D. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. LIMITS:

- A. Depth - 130 feet.
- B. Gas rules - 1/3 gas rules are maximum for all bottles on all dives. This includes stage bottles. If any unusual drills are to be conducted or abnormal diving conditions exist, it is suggested that the 1/3 gas rule be modified with a minimum of a 200 PSI adjustment.
NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a

new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

C. Minimum starting visibility is twenty (20) feet.

9. MINIMUM EQUIPMENT:

The same as Full Cave Diver with the following special equipment:

- A. Underwater compass
- B. Slate, note pad and pencils
- C. Scientific calculator
- D. Scale ruler
- E. Circular protractor
- F. Graph paper

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of **80%**.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

11. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status and approved to teach underwater cave surveying.
- B. Maximum student to instructor ratio for pool confined water, 6: 1.
- C. Maximum student to instructor ratio 3:1
- D. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- E. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- F. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- G. Instructor must have a first aid kit and Oxygen available for surface support.
- H. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

12. TEXTS AND REFERENCES:

Basic Underwater Cave Surveying by John Burge, NSS-CDS, 1989
Stage Diver Course Standards

SPECIALTY CAVE DIVER STAGE

1. PURPOSE:

The purpose of the stage diving course is to increase the knowledge of the certified cave diver in extending their bottom times in the cave environment. For the reasons of longer penetrations, complex dives or any task requiring extended time.

2. COURSE DURATION:

Minimum 2 Days

3. PREREQUISITES:

- A. NACD Cave diver or equivalent
- B. 50 non training cave dives after full cave certification.
- C. If training dives are conducted in which the dive plan results in required decompression students must be certified in decompression diving. In all cases it is recommended that students have completed a decompression course prior to participating in the Stage Cave Diver course.

4. LECTURES:

- A. Minimum 2 hours.
- B. Equipment configuration.
- C. Reasons for extended time and penetration.
- D. Decompression.
- E. Dive planning.
- F. Cave environment (i.e. proper places for dropping of bottles).
- G. Gas management.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

5. LAND DRILLS:

Optional at instructor's discretion.

6. OPEN WATER/ POOL SKILLS:

Removal and replacement of stage bottle(s) while maintaining neutral buoyancy. May be done in the cavern zone.

7. CAVE DIVES:

A minimum of three cave dives to be conducted at a minimum of two cave entrances, with a fourth dive optional. All skills are to be done while maintaining neutral buoyancy and proper cave position.

Cave dives are to include:

- A. Dive planning and equipment / bubble check on each dive.
- B. Review and practice out-of-air emergency through use of "S" type safety drill in open water prior to every training dive.
- C. Post dive review after each dive.
- D. Dropping and replacing bottles - stationary.
- E. Dropping and replacing bottles - while swimming

- F. Use of reels while using stage bottles.
- G. Gas sharing drill to be done on one dive, while exiting.
- H. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. LIMITS:

- A. Depth - 130 feet.
- B. Gas rules - 1/3 gas rules are maximum for all bottles on all dives. This includes stage bottles. If any unusual drills are to be conducted or abnormal diving conditions exist, it is suggested that the 1/3 gas rule be modified with a minimum of a 200 PSI adjustment.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- C. These gas rules may be modified to a more conservative model.
- D. Minimum starting visibility is twenty (20) feet.

9. MINIMUM EQUIPMENT:

The same as Full Cave Diver with the following special equipment: 2 single tanks rigged for stage diving.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of **80%**.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

11. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status and approved to teach stage cave diving.
- B. Maximum student to instructor ratio for pool confined water, 6:1.
- C. Maximum student to instructor ratio 3:1
- D. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- E. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- F. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- G. Instructor must have a first aid kit and Oxygen available for surface support.
- H. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations,

backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Side Mount Course Standards

SPECIALTY CAVE DIVER SIDE MOUNT

1. PURPOSE:

Provide to the cave diver, who wishes to continue their education in diving small caves or learning to conserve the environment by advanced buoyancy skills, the fundamental basics of Side Mount Cave Diving. An alternative gear configuration and gas management system for diving in unusually confined cave environments.

2. COURSE DURATION:

Minimum 2 days

3. PREREQUISITES:

- A. NACD or equivalent Cave Diver.
- B. 50 non training cave dives after full cave certification.

4. LECTURE:

- A. Loss of visibility.
- B. Unusually tight spaces
- C. Line entanglements, or getting stuck.
- D. Unexpected equipment failure.
- E. Conservation
- F. Buddy systems
 - a. Solo buddies
 - b. Totally independent
- G. Extraordinary circumstances.
 - a. Limited gas fills or remote sites (management of smaller bottles)
 - b. Steep climbs or difficult entry to dive sites
 - c. Rappelling to water
- H. Equipment
- I. Gaps.
- J. Arrows and clothespins.
- K. Gas Management:
 - a. Maintaining 1/3s or more conservative
 - b. Balancing your tanks. (Managing enough reserve in each tank.)
 - c. Management of separate gas sources.
 - d. Gas management in unexpected situations.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Rule of Thirds is not conservative enough for true sidemount restriction passages and a more conservative gas management plan should be used. Situations, such as a new system, new dive partner, low flow system, multiple sidemount restrictions, etc, may dictate a more conservative gas management plan.

5. LAND DRILLS:

Optional, at instructor's discretion.

6. OPEN WATER/POOL SKILLS:

Optional, at instructor's discretion.

7. CAVE DIVES:

A minimum of three cave dives to be conducted at a minimum of two cave entrances, with a fourth dive optional.

Cave dives are to include:

- A. Dive planning and equipment/bubble check on each dive.
- B. Review and practice out-of-air emergency through use of "S" type safety drill in open water prior to every training dive.
- C. Post dive review after each dive.
- D. Number of dives required are a minimum, more dives may be performed at instructor discretion.
- E. Demonstrate the ability to manage your gas supplies.
- F. Demonstrate the ability to easily change regulators under water.
- G. Demonstrate the ability to maintain excellent buoyancy skills
- H. Be able to remove and replace tanks underwater.
- I. Be able to at least remove one of the mounting clips on your primary light.
- J. Be conservation minded in small caves.

8. LIMITS:

- A. 130 ft. maximum depth.
- B. 10 ft minimum starting visibility with one student, 20 ft minimum with 2 students, etc.
- C. Instructor must be able to get to all students.

9. MINIMUM EQUIPMENT:

- A. Traditional open water BC, Technical BC, or specialized harness designed for the technical diving.
- B. Typical compliment of standard cave diving equipment and accessories, i.e. Multiple regulators, lights, reels, line arrows, etc.
- C. Two single cylinders for Side Mount.
- D. Assortment of tools, hardware and snaps.
- E. Any additional equipment or accessories intended for Side Mount, i.e. Special mounting plates.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of 80%.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

11. INSTRUCTOR REQUIREMENTS:

- A. Instructor must be an NACD cave diving instructor in current teaching status and approved to teach Cave Sidemount configuration cave diving.
- B. Maximum student to instructor ratio for pool / confined water, 6:1.

- C. Maximum student to instructor ratio 2:1
- D. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- E. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- F. Instructor must have a first aid kit and Oxygen available for surface support.
- G. Instructor must be in the same configuration as students.

DPV Course Standards

SPECIALTY CAVE DIVER D.P.V.

1. PURPOSE:

The purpose of this level of training is to give the cave diver a base knowledge and minimum understanding of the skills and specialized techniques required to effectively and safely use a diver propulsion vehicle (DPV) in the cave environment.

2. COURSE DURATION:

Minimum 2 days

3. PREREQUISITES:

- A. NACD Full Cave Diver certification or equivalent.
- B. Minimum of 50 non training full cave dives after full cave certification.
- C. If training dives are conducted in which depth results in required decompression students must be certified in decompression diving for the penetration part of the dive. In all cases it is recommended that students have completed a decompression course prior to participating in the Stage Cave Diver course.

4. LECTURES :

Minimum hours of lecture is three. Lectures are to include but are not limited to:

- A. Decompression procedures and theory
- B. Different styles of DPV's available, and their practical applications in the cave environment
- C. DPV Technique appropriate for the cave environment
- D. Buoyancy Control
- E. Streamlining
- F. Towing:
 - a. Towing Back Up DPV
 - b. Emergency Towing
- G. Gas Management Considerations

NOTE: It should be stressed that the Rule of Thirds is not conservative enough for use in Cave DPV dives. Gas management should be planned based on swimming out from the maximum penetration of the dive.

- H. DPV Maintenance and Care
- I. Emergency Procedures:
 - a. Air sharing
 - b. DPV failure and towing
 - c. Light failures
 - d. Low and Zero Visibility
 - e. Line Following
 - f. Team Separation
 - g. Lost Line
- J. Conservation:
 - a. Techniques
 - b. Low flow systems
 - c. Ceiling and floor impact
 - d. Conditions not to use a DPV

5. LAND DRILLS:

Optional, at instructor's discretion.

6. OPEN WATER/POOL SKILLS:

Students are to satisfactorily complete the following skills in open water prior to any cave dives.

- A. Maintain proper buoyancy while completing the following procedures:
 - a. Swimming under normal conditions (without the DPV)
 - b. Swimming with a DPV "in hand" without using the DPV for propulsion
 - c. Using the DPV in a normal manner
 - d. Completing numerous turns and directional changes, including 1800 and 3600 turns
- B. Simulated Air Sharing
- C. Simulated towing of a failed DPV and team member

7. CAVE DIVES:

The following Skills are to be satisfactorily completed prior to certification

Cave dives are to include:

- A. Dive planning and equipment / bubble check on each dive.
- B. Review and practice out-of-air emergency through use of "S" type safety drill in open water prior to every training dive.
- C. Post dive review after each dive.
- D. Minimum of 3 caves dives in at least 2 different cave entrances
- E. Exit cave while sharing air, with full visibility while maintaining visual contact with the guideline
- F. Simulate the removal of a failed DPV from the cave
- G. Exit the cave while sharing air and towing a disabled DPV
- H. Simulated primary light failure and exit cave while using smallest backup light
- I. Restriction negotiation
- J. Maintain proper buoyancy control and use of appropriate anti-silt techniques under various situations
- K. Proper use of guideline and reels, both primary and jump reels
- L. Practice proper teamwork protocol at all times
- M. Student must exhibit a calm, comfortable, and safe demeanor and demonstrate commonly accepted safe cave diving skills and attitude
- N. Number of dives required are a minimum, more dives may be performed at instructor discretion.

8. LIMITS:

- A. 130 ft maximum depth
- B. 20 ft minimum starting visibility
- C. No gear removal in the cave

9. MINIMUM EQUIPMENT:

The same as Full Cave Diver with the following special equipment:

- A. DPV appropriate for the cave system to be used
- B. Emergency towing needs

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.

- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of 80%.
- E. Submit all appropriate records as required
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the cave instructor.

11. **INSTRUCTOR REQUIREMENTS:**

- A. Instructor must be an NACD cave diving instructor in current teaching status and
- B. Approved to teach DPV.
- C. Maximum student to instructor ratio for pool confined water, 6:1.
- D. Maximum student to instructor ratio 2:1
- E. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- F. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.
- G. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- H. Instructor must have a first aid kit and Oxygen available for surface support.
- I. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Cavern Diver Instructor Course Standards

CAVERN DIVER INSTRUCTOR (evaluation)**1. PURPOSE:**

To develop qualified instructors for the NACD cavern diver course. Cavern diving instructor candidates receive training in standards and procedures, philosophy of and teaching methods. They are evaluated in areas that include: practical teaching ability, watermanship, cavern/ cave diving knowledge, attitude and professionalism. The NACD Training Director is responsible for determining the procedures and orchestrating the Instructor candidate intern and IE programs for the NACD.

2. COURSE DURATION:

Minimum time - two days

Maximum time - one year

3. PREREQUISITES:

A. Certified NACD cave diver or equivalent.

B. Certified open water instructor for a minimum of 24 months, in active teaching status, through an internationally recognized scuba agency and have taught at least four open water courses.

C. Minimum one hundred and twenty-five logged dives of which fifty must be non-training full cave dives. .

D. Have assisted with a minimum of three (3) complete NACD cavern courses with three (3) active NACD instructors within the past (12) twelve months and be recommended by the same three instructors in writing. One of whom must be a Training Committee member or be appointed by the Training Director.

E. Minimum age eighteen.

F. Such further written requirements as required by the NACD Training Director prior to commencement of any co-teaching activities.

4. LECTURES:

Candidates will be required to present lectures on topics within NACD cavern diver course curriculum.

5. LAND DRILLS:

Candidates will be required to demonstrate their ability to set up and conduct the cavern diver land drills.

6. OPEN WATER/POOL SKILLS:

Candidates must be capable of demonstrating their ability to conduct all cavern diver open water drills. Candidates will make a minimum of one open water/ pool dive for skill evaluation and simulated emergency practice. Candidates must be capable of demonstrating their ability to perform all cavern diver stress management and confidence building exercises, along with a practical exam.

7. CAVERN DIVES:

Candidates must participate in at least two NACD supervised cavern dives. Evaluator may choose to act as student. Candidates must be capable of demonstrating their ability to perform all of the following (evaluators may choose any or all):

- A. Pre dive briefing, equipment matching, bubble check, "S" drill, post dive critique, and logging of dives and demonstrate good dive team skills.
- B. Lost diver procedures - simulated.
- C. Dive planning.
- D. Stress detection and management.
- E. Conservation behavior and techniques.
- F. Simulated emergencies involving students.
- G. Serve as a positive role model for the students.

8. LIMITS:

- A. Natural sunlight.
- B. Maximum 200 feet penetration distance.
- C. No decompression diving. (A recommended three (3) minute safety stop on all dives.)
- D. No restrictions.

NOTE: Restrictions refer to the ability to travel through in backmount configuration or sidemount configuration. All passages used in this course must allow both divers in backmount and sidemount configuration to be able to pass through at the same time. If a passage is too low to allow a diver in backmount configuration to travel through then students in sidemount configuration must also consider it a restriction.

- E. Maximum depth - 100 feet.
- F. Minimum visibility - 30 feet.
- G. 1/3 gas rule on all dives.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

9. MINIMUM EQUIPMENT:

- A. Mask, low volume type recommended.
- B. Power fins-straps taped together, if applicable.
- C. Double tanks are mandatory, minimum volume is 142 cubic feet, manifolds recommended.
- D. Suitable tank harness.
- E. Two single hose regulators - one with approximately seven foot/two meter or longer hose, one with a submersible pressure gauge. Some recognized method of securing the long hose must be provided.
- F. Exposure suit, suitable for diving location.
- G. Buoyancy compensator with auto inflator, CO2 devices rendered inoperative.
- H. Submersible dive tables or computer must be used.
- I. Two cutting tools - knife, preferable small and sharp, and line cutter acceptable to instructor.
- J. Slate and pencil.
- K. Watch or bottom timer and depth gauge. A dive computer may be used in place of these.
- L. Three lights per candidate.
- M. A primary light with an illumination and burn time sufficient for the dive being undertaken.
- N. Two backup lights. The backup lights should have a suitable burn time for the dive being planned.
- O. One primary guide reel per team and two safety reels per diver.
- P. Line arrows or line clips, minimum of three per diver.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination, approved by the training director or his/her designee with a minimum grade of 80%. This test must include a section on NACD standards and procedures. The test MAY include:
 - a. Multi day repetitive diving.
 - b. Differences between open water instruction and cavern/ cave instruction.
 - c. Typical problems encountered by cavern diving students and how to help students overcome them.
 - d. Appropriate use and misuse of stress and anxiety in teaching cavern diving.
 - e. Basic elements of instruction:
 - I. Knowledge of the subject.
 - II. Complete teaching plans.
 - III. Logical progression of learning.
 - IV. Ability to demonstrate.
 - V. Ability to explain.
 - VI. Ability to correct students.
 - f. History and overview of cavern/ cave diving instructional program.
 - g. Organization and structure of NACD.
 - h. Methods and techniques for conducting cavern dives and drills.
 - i. Evaluating psychological status of students.
 - j. Principles of class organization.
 - k. Socialization of the student into the cavern/ cave diving community.
 - l. NACD record keeping procedures and requirements.
 - m. Criteria for successful completion of cavern diver course.
 - n. Emergency planning and procedures pertinent to the cavern environment.
 - o. Definition and purpose of safe cavern diving.
 - p. Medical aspects of diving.
 - q. Use and misuse of dive computers.
 - r. The cavern environment.
 - s. Buoyancy control and proper "cave" positioning.
 - t. Cavern diving techniques.
 - u. Communications.
 - v. Accident analysis.
 - w. Psychological aspects of cavern diving, (stress, attitude, awareness, reaction to stress in self/ others, building tolerance to, etc.).
 - x. Equipment and equipment configurations.
 - y. Lines and line technique.
 - z. Dive planning and gas management.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- aa. History and philosophy of the NACD.
- bb. Cave Conservation.

E. Submit all appropriate records as required. Proof of age and prerequisite certifications, NACD liability release, medical history form, student registration/ statement of understanding, etc.)

F. Payment of all appropriate fees.

G. Recommendation for certification by the Training Director.

NOTE: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.

11. RENEWAL REQUIREMENTS (annual):

A. Instructor renewal/ membership fees paid.

B. Teach or assist in a minimum of two cavern classes.

C. Minimum of ten logged non training cave dives.

D. Current teaching status with a recognized open water scuba agency.

12. INSTRUCTOR REQUIREMENTS:

A. Instructor must be an NACD cave diving instructor in current teaching status and must coordinate IEC with Training Director.

B. Maximum student to instructor ratio for pool confined water, 6: 1. Maximum student to instructor ratio in the cavern, 4:1. When emergency drills are conducted, the instructor must be within easy swimming distance of students.

C. Instructor must use cave configured equipment with double tanks mandatory, manifold recommended.

NOTE: All instructors must demonstrate the ability and skill to dive in backmount configuration.

D. Instructor must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)

E. Instructor must have a first aid kit and Oxygen available for surface support.

NOTE: The cavern diver instructor standards presented here contain the complete requirements for an NACD cavern diver instructor. As the NACD has a progression in training leadership, it is recognized that instructor candidates will have been exposed to evaluations containing many of the requirements for this training leadership role. It is the responsibility of the instructor trainer to ensure all requirements are met, by an adequate degree of testing and evaluation at this level. IT IS NOT REQUIRED OR EVEN EXPECTED that candidates be evaluated on all parts of every level of these standards. Waivers for individual candidates may be readily obtained by approval of the training director or his/her associate.

F. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Intro Cave Diver Instructor Course Standards

INTRODUCTION TO CAVE DIVER INSTRUCTOR (Evaluation)

1. PURPOSE:

To develop qualified instructors for the NACD Introduction to Cave diver course. Introduction to cave diving instructor candidates receive training in standards and procedures, philosophy of and teaching methods. They are evaluated in areas that include: practical teaching ability, watermanship, cave diving knowledge, attitude and professionalism. The NACD Training Director is responsible for determining the procedures and orchestrating the Instructor candidate intern and IE programs for the NACD.

2. COURSE DURATION:

Minimum time - two days

Maximum time - one year

3. PREREQUISITES:

A. Certified NACD cave diver or equivalent.

B. Certified NACD cavern diver instructor or equivalent.

C. Certified open water instructor, in active teaching status, through an internationally recognized scuba agency and have taught at least eight open water courses.

D. Minimum two hundred logged dives of which one hundred must be logged non training full cave dives.

E. Taught a minimum of four NACD cavern diving courses and assisted in teaching a minimum of three (3) complete NACD introduction to cave diver courses with 2-3 active NACD cave instructors within the past (12) twelve months and be recommended by the same two-three instructors in writing one of whom must be a Training Committee member or be appointed by the Training Director.

F. Minimum age twenty-one.

G. Such further written requirements as required by the NACD Training Director prior to commencement of any co-teaching activities.

4. LECTURE:

Candidates will be required to present lectures on topics covered in the NACD introduction to cave diver course.

5. LAND DRILLS:

Candidates must be capable of demonstrating their ability to set up and conduct the land drills in the NACD introduction to cave diver course, as set forth in the introduction to cave diver course standards.

6. OPEN WATER OR POOL SKILLS:

Candidates must be capable of demonstrating their ability to conduct all introduction to cave diver open water drills. Candidates will make a minimum of one open water/ pool dive, under the supervision of the certifying NACD instructor trainer, for skill evaluation and to practice emergency procedures. Candidates must be capable of demonstrating their ability to perform all of the cave diver stress management and confidence building exercises.

7. CAVE DIVES:

Candidates must participate in at least two NACD supervised cave dives. Evaluator may choose to act as the student. Candidates must be capable of demonstrating their ability to perform all of the following (evaluators may choose any or all):

- A. Pre-dive briefing, equipment matching, bubble check, "S" drill, post dive critique, and logging of dives and demonstrate good dive team skills.
- B. Lost diver procedures-simulated.
- C. Dive planning.
- D. Stress detection and management.
- E. Conservation behavior and techniques.
- F. Serve as a positive role model for the students.
- G. Proper finning and propulsion skills.
- H. Proper body positioning and buoyancy control.
- I. Use of reel and guide line.
- J. Touch contact.
- K. Gas sharing.
- L. Communications with light/ hand signals.
- M. Use of gap/ jump reels.
- N. Use of line arrows.
- O. Circuits and traverses.
- P. Lost diver procedures
- Q. Dive planning.
- R. Conservation behavior and techniques.
- S. Stage decompression procedures.
- T. Basic survey techniques.
- U. Simulated emergencies:
 - a. Share gas while exiting cave on two occasions
 - b. Lost visibility, touch contact, team line following
 - c. Lost visibility, out-of-air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 ft. in each position, and to include a minimum of three stations for hand changes on line between students)
 - d. Diver lost from team/ diver lost from guideline
 - e. Broken/ lost line
 - f. Primary light failure, exit on smallest backup light
 - g. Line entanglement
 - h. Gas valve management. Diver practices turning own valves on off; simulate various regulator/valve failures. (May be done in open water at start or end of dive.)
 - i. The negotiating of a restriction while sharing air. The out-of-air diver takes four slow breaths, then gives his partner back the long hose, and remains stationary while his partner negotiates the restriction. (During this period, the out-of-air diver places their own primary regulator in their mouth, but does not breathe from it unless absolutely necessary) The out-of-air diver then traverses the restriction and begins sharing air again.
 - j. Have one diver per team at a time try to exit the cave with loss of visibility and not following the guideline. This drill is to demonstrate the absolute necessity to run a guideline in a cave. (Instructors must keep students out of silty areas during this drill) **DO NOT ALLOW STUDENTS TO BE PLACED IN A HAZARDOUS SITUATION.**

NOTE: ALL SIMULATED EMERGENCY DRILLS ARE TO BE PERFORMED AFTER THE DIVE IS TURNED, DURING THE EXIT.

NOTE: Removal of equipment is prohibited.

8. LIMITS:

- A. No penetration limit.
- B. Maximum depth - 130 ft
- C. Gas Rules - 1/3 gas rules.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- D. Minimum starting visibility 30 feet.

9. MINIMUM EQUIPMENT:

- A. Double tanks are mandatory, minimum volume is 142 cubic feet, manifold recommended
- B. Mask, low volume type recommended.
- C. Power fins, with straps taped together, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with seven foot/two meter hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot hose must be provided.
- F. Exposure suit, suitable for diving conditions.
- G. Buoyancy compensator with auto inflator. (CO₂ emergency inflation devices must be rendered inoperative) Back mount BC is highly recommended, but not required.
- H. Submersible dive tables or computer must be used.
- I. Slate and pencil.
- J. Two cutting tools - knife, preferable small and sharp, and line cutter acceptable to instructor.
- K. Watch or bottom timer and depth gauge. A Dive computer may be used in place of these.
- L. Three lights per diver.
 - a. A primary light with an illumination and burn time sufficient for the dive being undertaken.
 - b. Two backup lights. The backup lights should have a suitable burn time for the dive being planned.
- M. One primary guide reel per team and two safety reels per diver.
- N. Line arrows or line clips, minimum of three per diver.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of 80%. The test is to have the approval of the NACD training director or his/her designee, and may include the following subject:
 - a. Multi day repetitive diving.
 - b. Differences between open water instruction and cave instruction.
 - c. Typical problems encountered by cave diving students and how to help students overcome them.
 - d. Appropriate use and misuse of stress and anxiety in teaching cave diving.
 - e. Basic elements of instruction.
 - f. Knowledge of the subject.
 - g. Complete teaching plans.

- h. Logical progression of learning.
- i. Ability to demonstrate.
- j. Ability to explain.
- k. Ability to correct students.
- l. History and overview of cavern/ cave diving instructional programs.
- m. Organization and structure of NACD.
- n. Methods and techniques for conducting cave dives and drills.
- o. Evaluating psychological status of students.
- p. Principles of class organization.
- q. Socialization of the student into the cave diving community.
- r. Criteria for successful completion of cave diver course.
- s. Emergency planning and procedures pertinent to the cavern environment.
- t. Definition and purpose of safe cave diving.
- u. Medical aspects of diving.
- v. Use and misuse of dive computers.
- w. The cave environment.
- x. Buoyancy control and proper "cave" positioning.
- y. Cave diving techniques.
- z. Communications.
- aa. Accident analysis.
- bb. Psychological aspects of cave diving, (stress, attitude, awareness, reaction to stress in self/ others, building tolerance to, etc.).
- cc. Equipment and equipment configurations.
- dd. Lines and line technique.
- ee. Dive planning and gas management.
- ff. History and philosophy of the NACD.
- gg. Cave conservation.
- E. Submit all appropriate records as required.
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the instructor trainer.

Note: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.

11. AUTHORIZATION TO TEACH:

Candidates who successfully qualify for the rating of introduction to cave diver instructor are qualified to teach and certify the following NACD training programs.

- A. Cavern diver.
- B. Intro-to-cave diver.

12. RENEWAL REQUIREMENTS (annual):

- A. Instructor renewal/ membership fees paid.
- B. Certify a minimum of *three NACD introduction to cave divers, **to any course completion or level**, in a minimum of two or more courses. * (unless waived by the training director of his/her designee)
- C. Minimum of 12 logged non training cave dives.
- D. Current teaching status with a recognized open water scuba agency.

13. INSTRUCTOR REQUIREMENTS:

- A. Instructor trainer must be an NACD cave diving instructor in current teaching status, and be either the training director or his/her designee.

B. Maximum student to instructor ratio for pool/ confined water, 6: 1. Maximum student to instructor ratio in the cave, 3:1. When emergency drills are conducted, the instructor must be within easy swimming distance of students.

C. Instructor trainer must use cave configured equipment with double tanks mandatory, manifold recommended.

NOTE: All instructors must demonstrate the ability and skill to dive in backmount configuration.

D. Instructor trainer must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)

E. Instructor trainer must have a first aid kit and Oxygen available for surface support.

NOTE: The cave diver instructor standards presented here contain the complete requirements for an NACD introduction to cave diver instructor. As the NACD has a progression in training leadership, it is recognized that instructor candidates will have been exposed to evaluations containing many of the requirements for this training leadership role. It is the responsibility of the instructor trainer to ensure all requirements are met, by an adequate degree of testing and evaluation at this level. IT IS NOT REQUIRED OR EVEN EXPECTED, that candidates be evaluated on all parts of every level of these standards. Waivers for individual candidates may be readily obtained by approval of the training director or his/ her associate.

F. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Cave Diver Instructor Course Standards

CAVE DIVER INSTRUCTOR (evaluation)**1. PURPOSE:**

To develop qualified instructors for the NACD cave diver course. Cave diving instructor candidates receive training in standards and procedures, philosophy of and teaching methods. They are evaluated in areas that include: practical teaching ability, watermanship, cave diving knowledge, attitude and professionalism. The NACD Training Director is responsible for determining the procedures and orchestrating the Instructor candidate intern and IE programs for the NACD.

2. COURSE DURATION:

Minimum time - two days

Maximum time - one year

3. PREREQUISITES:

- A. Certified NACD cave diver or equivalent.
- B. Certified NACD introduction to cave diver instructor or equivalent.
- C. Certified open water instructor, in active teaching status, through an internationally recognized scuba agency and have taught at least eight open water courses.
- D. Certified in decompression diving through an internationally recognized scuba agency.
- E. Minimum two-hundred fifty logged dives of which one-hundred fifty must be logged non training full cave dives.
- F. Taught a minimum of four introduction to cave diving courses and assisted in teaching a minimum of three (3) complete NACD cave diver courses with 2-3 active NACD cave instructors within the past (12) twelve months and be recommended by the same two-three instructors in writing. One of whom must be a Training Committee member or be appointed by the Training Director.
- G. Minimum age twenty-one.
- H. Such further written requirements as required by the NACD Training Director prior to commencement of any co-teaching activities.

4. LECTURE:

Candidates will be required to present lectures on topics covered in the NACD cave diver course.

5. LAND DRILLS:

Candidates must be capable of demonstrating their ability to set up and conduct the land drills in the NACD cave diver course, as set forth in the cave diver course standards.

6. OPEN WATER OR POOL SKILLS:

Candidates must be capable of demonstrating their ability to conduct all cave diver open water drills. Candidates will make a minimum of one open water/ pool dive, under the supervision of the certifying NACD instructor trainer, for skill evaluation and to practice emergency procedures. Candidates must be capable of demonstrating their ability to perform all of the cave diver stress management and confidence building exercises.

7. CAVE DIVES:

Candidates must participate in at least two NACD supervised cave dives. Evaluator may choose to act as the student. Candidates must be capable of demonstrating their ability to perform all of the following (evaluators may choose any or all):

- A. Pre-dive briefing, equipment matching, bubble check, "S" drill, post dive critique, and logging of dives and demonstrate good dive team skills.
- B. Lost diver procedures-simulated.
- C. Dive planning.
- D. Stress detection and management.
- E. Conservation behavior and techniques.
- F. Serve as a positive role model for the students.
- G. Proper finning and propulsion skills.
- H. Proper body positioning and buoyancy control.
- I. Use of reel and guide line.
- J. Touch contact.
- K. Gas sharing.
- L. Communications with light! hand signals.
- M. Use of gap/ jump reels.
- N. Use of line arrows.
- O. Circuits and traverses.
- P. Lost diver procedures
- Q. Dive planning.
- R. Conservation behavior and techniques.
- S. Stage decompression procedures.
- T. Basic survey techniques.
- U. Simulated emergencies:
 - a. Share air while exiting cave on two occasions
 - b. Lost visibility, touch contact, team line following
 - c. Lost visibility, out-of-air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 ft. in each position, and to include a minimum of three stations for hand changes on line between students)
 - d. Diver lost from team/ diver lost from guideline
 - e. Broken/lost line
 - f. Primary light failure, exit on smallest backup light
 - g. Line entanglement
 - h. Gas valve management. Diver practices turning own valves on off; simulate various regulator/valve failures. (May be done in open water at start or end of dive.)
 - i. The negotiating of a restriction while sharing air. The out-of-air diver takes four slow breaths, then gives his partner back the long hose, and remains stationary while his partner negotiates the restriction. (During this period, the out-of-air diver places their own primary regulator in their mouth, but does not breathe from it unless absolutely necessary) The out-of-air diver then traverses the restriction and begins sharing air again.
 - j. Have one diver per team at a time try to exit the cave with loss of visibility and not following the guideline. This drill is to demonstrate the absolute necessity to run a guideline in a cave. (Instructors must keep students out of silty areas during this drill) **DO NOT ALLOW STUDENTS TO BE PLACED IN A HAZARDOUS SITUATION.**

NOTE: ALL SIMULATED EMERGENCY DRILLS ARE TO BE PERFORMED AFTER THE DIVE IS TURNED, DURING THE EXIT.

NOTE: Removal of equipment is prohibited.

8. LIMITS:

- A. No penetration limit.
- B. Maximum depth - 130 ft
- C. Gas Rules - 1/3 gas rules.

NOTE: It should be stressed that the Rule of Thirds is to be used as a maximum amount of gas consumed for ideal conditions for the penetration part of the dive. Situations, such as a new system, new dive partner, low flow system, etc, may dictate a more conservative gas management plan.

- D. Minimum starting visibility 20 feet.

9. MINIMUM EQUIPMENT:

- A. Double tanks are mandatory, minimum volume is 142 cubic feet, manifold recommended.
- B. Mask, low volume type recommended.
- C. Power fins, with straps taped together, if applicable.
- D. Suitable tank harness.
- E. Two single hose regulators, one with seven foot/two meter hose, one with submersible pressure gauge attached. Some recognized method of securing the seven foot hose must be provided.
- F. Exposure suit, suitable for diving conditions.
- G. Buoyancy compensator with auto inflator. (CO2 emergency inflation devices must be rendered inoperative) Back mount BC is highly recommended, but not required.
- H. Submersible dive tables or computer must be used.
- I. Slate and pencil.
- J. Two cutting tools - knife, preferable small and sharp, or and line cutter acceptable to instructor.
- K. Watch or bottom timer and depth gauge. A Dive computer may be used in place of these.
- L. Three lights per diver.
 - a. A primary light with an illumination and burn time sufficient for the dive being undertaken.
 - b. Two backup lights. The backup lights should have a suitable burn time for the dive being planned.
- M. One primary guide reel per team and two safety reels per diver. Specific dive planning will dictate additional reels required for executing jumps and gaps.
- N. Line arrows or line clips, minimum of three per diver.

10. CERTIFICATION REQUIREMENTS:

- A. Perform all skills listed.
- B. Perform the minimum number of dives specified.
- C. Maintain an appropriate awareness of safety and safety procedures, as well as demonstrate appropriate respect for the cave environment. A reckless or cavalier attitude may constitute grounds for denying certification, regardless of technical ability.
- D. Demonstrate knowledge of pertinent information by passing a written examination with a minimum grade of 80%. The test is to have the approval of the NACD training director or his/her designee, and may include the following subject:
 - a. Multi day repetitive diving.
 - b. Differences between open water instruction and cave instruction.
 - c. Typical problems encountered by cave diving students and how to help students overcome them.
 - d. Appropriate use and misuse of stress and anxiety in teaching cave diving.
 - e. Basic elements of instruction.
 - f. Knowledge of the subject.

- g. Complete teaching plans.
- h. Logical progression of learning.
- i. Ability to demonstrate.
- j. Ability to explain.
- k. Ability to correct students.
- l. History and overview of cavern/ cave diving instructional programs.
- m. Organization and structure of NACD.
- n. Methods and techniques for conducting cave dives and drills.
- o. Evaluating psychological status of students.
- p. Principles of class organization.
- q. Socialization of the student into the cave diving community.
- r. Criteria for successful completion of cave diver course.
- s. Emergency planning and procedures pertinent to the cavern environment.
- t. Definition and purpose of safe cave diving.
- u. Medical aspects of diving.
- v. Use and misuse of dive computers.
- w. The cave environment.
- x. Buoyancy control and proper "cave" positioning.
- y. Cave diving techniques.
- z. Communications.
- aa. Accident analysis.
- bb. Psychological aspects of cave diving, (stress, attitude, awareness, reaction to stress in self/ others, building tolerance to, etc.).
- cc. Equipment and equipment configurations.
- dd. Lines and line technique.
- ee. Dive planning and gas management.
- ff. History and philosophy of the NACD.
- gg. Cave conservation.
- E. Submit all appropriate records as required.
- F. Payment of all appropriate fees.
- G. Recommendation for certification by the instructor trainer.

Note: Certification may be denied if it is determined that the course was not conducted according to the standards established by the NACD.

11. AUTHORIZATION TO TEACH:

Candidates who successfully qualify for the rating of cave diver instructor are qualified to teach and certify the following NACD training programs.

- A. Cavern diver.
- B. Intro-to-cave diver.
- C. Cave diver.

12. RENEWAL REQUIREMENTS: (annual)

- A. Instructor renewal/ membership fees paid.
- B. Certify a minimum of *four NACD cave divers, to any course completion or level, in a minimum of two or more courses.* (unless waived by the training director)
- C. Minimum of 12 logged non training cave dives.
- D. Current teaching status with a recognized open water scuba agency.

13. INSTRUCTOR REQUIREMENTS:

- A. Instructor trainer must be an NACD cave diving instructor in current teaching status, and be either the training director or his/her designee.
- B. Maximum student to instructor ratio for pool/ confined water, 6:1.
- C. Maximum student to instructor ratio in the cave, 3:1.
- D. When emergency drills are conducted, the instructor must be within easy swimming distance of students.
- E. Instructor trainer must use cave-configured equipment with double tanks mandatory, manifold recommended.

NOTE: All instructors must demonstrate the ability and skill to dive in backmount configuration.

- F. Instructor trainer must maintain appropriate course records. (It is recommended that student records be maintained for a minimum of ten years)
- G. Instructor trainer must have a first aid kit and Oxygen available for surface support.

NOTE: The cave diver instructor standards presented here contain the complete requirements for an NACD cave diver instructor. As the NACD has a progression in training leadership, it is recognized that instructor candidates will have been exposed to evaluations containing many of the requirements for this training leadership role. It is the responsibility of the instructor trainer to ensure all requirements are met, by an adequate degree of testing and evaluation at this level. IT IS NOT REQUIRED OR EVEN EXPECTED, that candidates be evaluated on all parts of every level of these standards. Waivers for individual candidates may be readily obtained by approval of the training director or his/her associate.

- F. Instructor must be in the same configuration as students. Only NACD Cave Sidemount instructors may teach students who are in sidemount configuration. Instructors who are not NACD Cave Sidemount instructors may only teach NACD courses in backmount and to students in backmount. For instructors who qualify, mixed team classes may be taught. Those instructors must conduct dives for mixed team classes in both configurations, backmount and sidemount. It is recommended that students are exposed to both backmount and sidemount configurations and the qualified instructors may do one dive during the course in a configuration different than the students if the class is not mixed team.

Specialty Cave Diver Instructor Course Standards

SPECIALTY CAVE DIVER INSTRUCTOR

NACD specialty instructor ratings are awarded to qualified instructors who have the knowledge and skills to teach cave divers the techniques involved in various areas of special interest.

COURSES OFFERED: NACD currently approves the following specialties:

- Survey techniques and procedures.
- Stage diving/ extended penetration techniques and procedures.
- Cave Side mount/ advanced configuration diving techniques and procedures.
- Submersible diver propulsion vehicle techniques and procedures.

NACD specialty instructors are authorized to conduct sanctioned courses in specialty topics of cave diving according to standards established by NACD.

1. PREREQUISITES:

- A. Be certified as an NACD cave diver instructor, in current teaching status.
- B. Certified open water instructor, in active teaching status, through an internationally recognized scuba agency and have taught at least eight open water courses.
- C. Minimum two hundred logged full cave dives.
- D. Taught a minimum of eight NACD cave diving courses.
- E. Minimum fifty cave dives in the associated specialty.
- F. Minimum age twenty-one.
- G. Approved by the NACD Training Director.

Plus the following for specific specialties:

SURVEY: Acknowledged as a contributor to the publishing of a cave map.

2. CERTIFICATION REQUIREMENTS:

- A. Submit a medical approval for diving signed by a physician (other than the candidate), or have it on file.
- B. Approval by the NACD training director or his/ her associate, by written outline and, or proof of ability.
- C. Verification of the fifty minimum cave dives, in the associated specialty, required as a prerequisite.
This documentation may be in the form of copies of log pages with diving partner verification signatures, or a letter from a diving partner verifying the required number of dives.
- D. Submit all appropriate records as required.
- E. Payment of all appropriate fees, \$100 per specialty upgrade.

3. RENEWAL REQUIREMENTS: (annual)

- A. Instructor renewal/ membership fees paid.
- B. Certify a minimum of *four NACD cave divers, to any course completion or level, in a minimum of two or more courses. *Unless waived by the training director or his/her designee.
- C. Minimum of 12 logged non-training cave dives.
- D. Current teaching status with a recognized open water scuba agency.

Training Director Course Standards

TRAINING DIRECTOR

The NACD training director is appointed by the NACD president, with the approval of the board of directors. The NACD training director is authorized to conduct all courses of the NACD training programs. The NACD training director must schedule at least two NACD Instructor evaluation courses per year.

1. PREREQUISITES:

- A. Be certified as an NACD cave diver instructor, in current teaching status, for a minimum of eighteen months.
- B. Certified open water instructor, in active teaching status, through an internationally recognized scuba agency and have taught at least eight open water courses.
- C. Minimum two hundred logged cave dives.
- D. Taught a minimum of four NACD cave diving courses, certifying a minimum of ten cave divers to any course/ level of completion.
- E. Minimum age - twenty-one.
- F. Submit a medical approval for diving signed by a physician (other than the candidate), or have it on file.

Instructor Crossover Course Standards

INSTRUCTOR CROSSOVER EVALUATION COURSE (IEC)

1. PURPOSE:

To allow instructors from other cave diving organizations (that meet NACD equivalent standards) to become NACD Instructors. To facilitate the updating of the standards of cave diving.

2. COURSE DURATION:

- A. **Cavern Instructor:** Will consist of a 1 day program.
- B. **Cave Instructor:** Will consist of a 1 day program.

3. PREREQUISITES REQUIRED:

- A. Must be a certified cavern or cave instructor by an organization of equivalent standards.
- B. Must have taught 12 successful courses for the level they are crossing over to.
- C. Minimum of 2 years as an active cavern/cave instructor.
- D. Candidate must have two letters of recommendation from two active NACD Instructors that are on the Training Committee.
- E. Must be a well respected individual in the cave community.

4. LECTURES:

Standards and procedures and objectives of the National Association for Cave Diving will be emphasized. Crossover candidates will demonstrate the ability to lecture adequately to meet NACD Standards and Procedures. Completion of a written examination on Standards and Procedures is mandatory.

5. SKILLS:

Candidates must be capable of demonstrating their ability to perform all of the following:

Candidates must be capable of demonstrating their ability to perform all of the following:

- A. Pre-dive briefing, equipment matching, bubble check, "S" drill, post dive critique, and logging of dives and demonstrate good dive team skills.
- B. Lost diver procedures-simulated.
- C. Dive planning.
- D. Stress detection and management.
- E. Conservation behavior and techniques.
- F. Serve as a positive role model for the students.
- G. Proper finning and propulsion skills.
- H. Proper body positioning and buoyancy control.
- I. Use of reel and guide line.
- J. Touch contact.
- K. Gas sharing.
- L. Communications with light / hand signals.
- M. Use of gap/ jump reels.
- N. Use of line arrows.
- O. Circuits and traverses.
- P. Lost diver procedures
- Q. Dive planning.
- R. Conservation behavior and techniques.

S. Stage decompression procedures.

T. Basic survey techniques.

U. Simulated emergencies:

- a. Share air while exiting cave on two occasions
- b. Lost visibility, touch contact, team line following
- c. Lost visibility, out-of-air, touch contact line following (as the out-of-air diver and the air provider, for a minimum distance of 100 ft. in each position, and to include a minimum of three stations for hand changes on line between students)
- d. Diver lost from team / diver lost from guideline
- e. Broken / lost line
- f. Primary light failure, exit on smallest backup light
- g. Line entanglement
- h. Gas valve management. Diver practices turning own valves on off; simulate various regulator/valve failures. (May be done in open water at start or end of dive.)
- i. The negotiating of a restriction while sharing air. The out-of-air diver takes four slow breaths, then gives his partner back the long hose, and remains stationary while his partner negotiates the restriction. (During this period, the out-of-air diver places their own primary regulator in their mouth, but does not breathe from it unless absolutely necessary) The out-of-air diver then traverses the restriction and begins sharing air again.
- j. Have one diver per team at a time try to exit the cave with loss of visibility and not following the guideline. This drill is to demonstrate the absolute necessity to run a guideline in a cave.

(Instructors must keep students out of silty areas during this drill) DO NOT ALLOW STUDENTS TO BE PLACED IN A HAZARDOUS SITUATION.

NOTE: The Training Director may waive any or all of these.

6. PROCESSING FEE:

Candidate will pay a one time fee to NACD for processing paper work and administrative duties of \$300.00 (the price may go up due to inflation). One half of this money is to go to the General Membership Fund and the other half to the Parker Turner Exploration Fund.

Section Three

NACD PROCEDURES

Procedures

PROCEDURES

1. STUDENT ENROLLMENT

A. Prerequisites:

For all levels of NACD training and certification, the instructor is required to screen and evaluate students to ensure they meet the required prerequisites and possess the necessary knowledge and skills to safely learn cavern/ cave diving.

B. Forms:

The following forms are required for all students in all courses. (See appendix, for examples of forms).

a. Student Registration and the Liability Release and Express Assumption of Risk forms (these are two separate forms).

b. Medical History. This form may be from any recognized open water training agency, or the form shown in the appendix. If any item on the medical history form is checked, a signed medical approval from a licensed physician (other than the student) is required. The instructor has the final decision about the individual's fitness for cavern/ cave diver training.

C. Any information received by the NACD that indicates a possible violation of NACD course or ethical standards will be examined. An investigation by the NACD's Training Committee will be initiated upon a signed, written complaint supported in writing by a NACD Instructor. The Training Committee of the NACD will not consider the mere failure of a student by its instructors as a basis for complaint.

2. REFERRALS

Referrals are a normal procedure and are permitted if the instructor providing academic and water training cannot complete the required training for certification. The student(s) may be referred to another teaching status NACD instructor to complete the training. The instructor completing the final session(s) of training is to be the certifying instructor. It is the responsibility of the certifying instructor to ensure that all course requirements have been met.

3. CERTIFICATION

A. Students are to satisfactorily complete all requirements of each course prior to certification. Instructors are to withhold certification of students who have not met all requirements. Certifications may not be withheld as a means of settling personal disagreements between the student and instructor.

B. The instructor who conducts the student's training is to be the certifying instructor for that course.

C. Online student registration form is to be submitted to NACD within ten business days following course completion, unless the delay is caused by the student. Other delays, such as no internet connection, will be considered on a case by case basis by the International Training Director. Only one certification level is allowed per student registration.

D. Each student is to sign the statement of understanding on this form.

E. The student's fee will be paid to the instructor and the instructor will pay the appropriate fees to the NACD.

F. Instructor may issue student an approved NACD temporary certificate.

Procedures

4. WAIVERS

If unusual circumstances occur which require a deviation from these published standards, a waiver must be obtained. The request for the waiver must be in writing and approved in advance by the training director or his/her associate. Waivers may only be granted when the waived requirements will not jeopardize the development of skills or the safety of the student. Waivers are valid for specific purposes and may only be used once.

5. DISABILITIES

A disability, for our purposes, is defined as a physical impairment that interferes with an individual's ability to perform required diving motor/mental skills.

A. A disabled student may participate in cavern/ cave training after approval has been obtained, in writing, from a licensed physician. The NACD instructor has the right to refuse training for a disabled person if the instructor believes the disability will compromise any aspect of that training.

B. A disabled person may be certified through an NACD training program, provided the individual satisfactorily completes all the requirements for that level of training.

C. When a disabled person is unable to fulfill all requirements for the certification they are training for, they may continue with their training provided they are otherwise qualified to participate.

6. REPLACEMENT CARD PROCEDURES

To replace a lost certification card, one of the following procedures may be used.

A. The certifying instructor may submit a copy of the original student registration form and write "replacement card" on the form. The diver's current address should be used. A fee equal to the current certification fee is charged, and should accompany the request. Only checks from instructors or cashier checks are accepted.

B. For all other situations, verification of certification by the NACD is required. The student or an NACD instructor may request verification from the NACD. The more information that is supplied, the greater the potential for verifying the information. **In no case will a replacement card be issued without verification of certification.**

C. Use of the NACD replacement card form by instructors is encouraged.

7. CONTROL OF TRAINING PROGRAM BEING TAUGHT

A. A teaching status NACD instructor is to be present and in control during the conduct of all NACD training programs.

B. The evaluation of a student's performance of skills is to be conducted by a teaching status NACD instructor only.

C. When simulated emergency drills are conducted, the teaching status NACD instructor responsible for the safe conduct of the students being trained must be within easy swimming reach of the student or students participating in the drill.

8. QUALITY ASSURANCE

It is the purpose of quality assurance to ensure the quality of NACD instructors and the training programs they conduct. Quality assurance inquiries to instructors are not of themselves punitive.

A. All NACD training courses are subject to evaluation for determination of adherence to standards and other quality assurance issues. As a normal means of evaluation, a random

selection of students will receive questionnaires asking them specific information about the conduct of the course that they have just completed. When the student responds, if any issue is in doubt, the student will be contacted again to clarify their response. If after this process any question remains, the instructor will be notified. He or she will be expected to respond in writing within fourteen days.

B. Any information received by the NACD that indicates a possible violation of NACD course or ethical standards, will be examined. An investigation will be initiated upon a written, signed complaint.

C. After receipt of a complaint, the NACD will forward a letter to the instructor outlining the general nature of the complaint. Once the instructor is notified, he or she will be expected to respond in writing within fourteen days.

D. If the instructor fails to respond in writing in the allotted time, membership will be suspended pending the outcome of the inquiry.

E. After receiving the instructor's written response, the NACD will consider all available information relating to the complaint and will apply one of the following courses of action:

I. Dismiss the matter as clarified and not warranting further action. Both the instructor and the person(s) filing the complaint will be notified in writing.

II. Refer the matter for further investigation to determine if formal proceedings are warranted.

III. Decide specific action and notify the instructor in writing of such intended action. The instructor will then have fourteen days to either accept the intended action or request a formal hearing. Failure to respond in writing in the allotted time will be taken as acceptance by the instructor of the intended action.

F. If the formal hearing date is set, the instructor and the person(s) making the complaint will be given no less than twelve days advanced written notice by registered mail. The notice will include the time and place of the hearing to allow both parties to be present, thus ensuring both parties the opportunity to present additional information pertinent to the issue. Upon receipt of notification of formal hearing, both parties will furnish, not later than seven days prior to the date of hearing, a list of names and addresses of proposed witnesses to the NACD.

Section Four

APPENDIX

Cave Conservation Policy Sustaining Contributor Program



National Association for Cave Diving

NACD CAVE CONSERVATION POLICY

A primary purpose of the NACD is TO CONSERVE and TO PROTECT the cave habitat and its varied flora and fauna through education and a development in the cavern/cave student of a strong respect for this unique and delicate environment. In consideration of the ever-increasing number of cave divers utilizing the underwater cave environment, it has become of prime importance that conservation of this environment be strongly emphasized at all levels of training.

It is the responsibility of all NACD instructors to educate each cavern/cave student of the unique formations found within our cave systems and to develop a high level of awareness in each student of the fragility of the cave habitat. Students must be made aware of the need for proper buoyancy control, trim position, propulsion technique and awareness levels necessary to preserve this limited resource for the enjoyment of future generations.

Damage resulting from unintentional contact through the use of poor technique or reduced awareness cannot be condoned by NACD instructors and must be strongly discouraged through the education process at all levels of training.

Damage resulting from intentional contact, including contact resulting from the diver's failure to obtain appropriate training, shall not be tolerated in any form. If an NACD certified diver wishes to undertake an advanced activity, that diver agrees with and understands the need for training in that activity. Such advanced activities may include alternate gear configuration (for example, sidemount configuration), operation of a DPV within the cave system and diving to depths beyond 130 fsw. By engaging in such activities without proper training, the diver acknowledges that he is exposing the cave environment to intentional and unnecessary damage.

Removal of "souvenirs" of any form from the cave habitat is condemned by the NACD. The diver is encouraged to remove diver debris from the cave systems, but to leave all naturally occurring formations- intact or damaged- within the cave.

Each cavern/cave diver must assume a high degree of personal responsibility for protection of the cave environment. It is the duty of each diver to take personal responsibility for eliminating damage to the cave systems and educating others of the need for conservation and protection of these systems.

I, as a student in an NACD cavern or cave program, have read this policy and agree to its terms.

DATE: _____

NACD Sustaining Contributor Program

For the cost of a fast-food lunch you can buy a cave!

Use the new Sustaining Form to sign up now.

How? By becoming a Sustaining Contributor to the NACD! The NACD must have a steady income to make mortgage payments on acquisitions. We are currently pursuing several properties and need to start raising funds.

The Sustaining Contributor Program offers NACD members and supporters a convenient way to make regular donations in monthly or quarterly installments billed to their credit card. NACD members have already signed up as sustaining contributors by authorizing a monthly charge of \$5 to \$100 on their Visa, MasterCard, American Express or Discover card. Contributions go directly to the NACD Cave Acquisition Fund and are used to buy caves

If we can build this program, we can leverage that income with mortgage loans to purchase more caves each year. It only takes 200 people willing to commit \$5 per month to cave acquisition. That's about the cost of one lunch at a fast food restaurant.

What sacrifice will you make to ensure that caves are preserved for the future? Can you skip a \$5 lunch once a month in order to make a monthly donation to the NACD? Just think: if 100 donors pledged \$5 a month, the NACD would receive \$500 a month for a total of \$6,000 for the year—all for the cost of one lunch each month! Would you eat a peanut butter and jelly sandwich one day out of every week to save \$5 a week? If those same 100 people did, and they donated \$20 a month to the NACD, we would receive \$2,000 per month for a total of \$24,000 for the year.

Sustaining Contributors and those who make a one-time donation of at least \$250.00 will receive an NACD embroidered logo shirt and NACD decal.

All credit card information is kept confidential under the supervision of Debra Green, who manages the program for the NACD. You can end your participation and stop all charges at any time by contacting Debra Green. Contributions can be authorized on a one-time basis, for a limited period (such as 1 year) or indefinitely until cancelled. They can be made monthly, quarterly or annually - whichever you prefer. Use the new Sustaining Form to sign up.

To sign up as a Sustaining Contributor to the NACD, or to make changes to your sustaining contribution, contact NACD Treasurer at Treasurer@nationalassociationforcavediving.com. Or, if you prefer, you can print this Sustaining Form, fill it out and mail it to us at:
NACD, Sustaining Contributor Program, P.O. Box 14492, Gainesville, Florida 32604

Sustaining Membership Application

You may pay by check, money order or credit card for one time contribution and by credit card for the sustaining membership. Fax the completed form to 888-565-6223 or mail to:

NACD - Sustaining Contributor Program
PO Box 14492
Gainesville, FL 32604

(a) YES! I would like to join the NACD Sustaining Contributor Program and help buy, manage and protect submerged caves.

Please provide your contact information:

Name _____
 Street _____
 City _____
 State _____
 Zip Code _____
 Telephone _____
 E-Mail _____

Choose either Sustaining Membership or Donation:

Donation \$ _____

Sustaining Membership - monthly or quarterly contribution via debit or credit card

Please choose a Monthly or Quarterly contribution amount:

Monthly Amount: ___ \$25 ___ \$20 ___ \$15 ___ \$10 Other \$ _____
 Quarterly Amount ___ \$100 ___ \$75 ___ \$50 ___ \$25 Other \$ _____

Please specify the duration and starting month for your contributions.

Duration: _____

Until Canceled _____ Twelve Months _____ Six Months _____ Other _____

Month to Begin: _____, _____

Please fill in your credit card information: Be sure to write your name exactly as imprinted on the card and to provide your phone number above in case we need to contact you to resolve any problems.

Card Type: ___ Visa ___ MasterCard ___ AmEx ___ Discover

Card Number: _____

Name on Card _____ (as imprinted on card)

Expiration Date: _____ (as imprinted on card)

Sustaining memberships totaling \$250 or more per year and one-time donations of \$250 or more are recognized with an NACD embroidered logo shirt. Please specify your desired shirt size:

Shirt Size: _____

To pay by credit card, please sign and date this form as indicated below:

I hereby authorize the NACD, Inc. to charge my account in the amount and for the duration indicated above. I understand that I may terminate my sustaining membership at any time by contacting the NACD.

Signature: _____ Date: _____

Your donations are tax deductible in accordance with IRS rules for charitable contributions. The NACD is a 501(c)3 tax-exempt non-profit organization and donations are normally fully deductible.

Each check or charge on a credit or debit card is treated by the IRS as a separate donation. This form and your cancelled checks or credit card statements serve as proof of your donations. Donations of \$250 or more will be acknowledged with a letter for your files by January 31 of the year following the date of the donation.