InnerSpace Explorers

Standards and Procedures Version 7.1

1 Contents

2 Purpose of InnerSpace Explorers (ISE)

InnerSpace Explorers was founded to provide the highest quality training available for all individuals and enable them to achieve the highest standards of diving for the levels they are trained for.

ISE divers share the common goal of underwater exploration and conservation. The four main pillars of Education, Training, Research, and Exploration form the baseline for a safe approach to any underwater activity.

3 Primary Goals

3.1 Education

ISE's goal in education is clearly defined by the need for a modern and dynamic approach to diving methods. As we are a practical, no-nonsense, exploration-grade training agency whose instructor core is composed of active explorers, ISE guarantees that all levels of training have the benefit of experience behind them and allow for evolution as new technologies become available.

3.2 Training

ISE Training is conducted only in the real environment/situation of the desired field. ISE uses "critical skills" in its training, helping the student to realize in a controlled situation if he or she is able to conduct what he or she aims for and receive the feedback necessary to achieve the skills needed to proceed, instead of realizing that he or she is not able in a real scenario that might be unforgiving at best.

3.3 Research

Being actively involved in exploration efforts around the globe through its members, ISE has a professional background in research and the art of finding the right information needed before the actual exploration effort. Sharing this knowledge is one of the prime goals of ISE.

3.4 Exploration

ISE is committed to underwater exploration around the world to help understand and preserve the aquatic world, its inhabitants, and its history, and to preserve these findings for the good of humanity. As we are a global community, different projects with various objectives are happening around the world at any given time.

4 Training Philosophy

4.1 Education

The highest quality education is essential for the safe enjoyment of exploration style diving. This means that a solid education must include both a strong academic component and a robust practical one; it requires a sound curriculum that focuses on both academic instruction and cultivating actual in-water skills in a controlled environment. ISE's educational practices are very much in line with such requirements and include:

Comprehensive standards: ISE courses maintain the highest training standards; combining a strong academic component with rigorous, no nonsense in-water training.

All ISE courses are designed to cultivate the thinking diver.

Pre-course study: There is too much misinformation around to ask students to pre-study per se. Although we do offer class materials before the first day for preparation, we do this to create a common ground during the class. We do not encourage in-water practice of skills before the commencement of the course. ISE courses are venues to learn, and not just to be tested. All information needed is provided

during the class or was transmitted in prior classes. Course Materials/Manuals are available to the registered student.

Instructors: ISE instructors are encouraged to exceed minimum training standards whenever it safely contributes to the participant's learning process. Instructors are actively encouraged to deny qualification to students who are not completely prepared for the level pursued.

ISE also recognizes the element of time and scheduling. Although most of our classes are covered over a period of several days, particularly core classes in the technical track, we offer a wide range of workshops that build up students through modular progression.

4.2 Equipment

ISE is committed to the Hogarthian-inspired equipment configuration and philosophy (a streamlined, minimalist equipment setup designed to enhance safety, efficiency, and diver awareness), a holistic approach to diving that sees each element of a configuration system as an integral part of the whole. ISE is progressive, open-minded, and allows for healthy discussion when it comes to new techniques and materials that may offer a benefit over classical approaches. For more detailed information, see ISE Equipment Configuration in the Appendix.

4.3 Experience

ISE recognizes the need for in-water time in diver development. Experiences, no matter the field, can only be obtained over time spent practicing the desired skills. Extensive in-water diver experience is the baseline of diver proficiency, and ISE's in-water training consists of the following parts: primary skill building, including dry runs and in-water practice; critical skills training; experience dives; and post-class practice.

4.3.1 Primary Skill Building

This is the first step towards teaching students the required diving skills that prepare them for the rigors of diving. To do so, ISE instructors present new skills in theory and then allow students to familiarize themselves with these new skills in "dry runs" before they enter the water.

During in-water sessions ISE instructors demonstrate the skills again allowing students to study the exercise in the actual environment before they are asked to perform it themselves.

4.3.2 Critical Skills Training

ISE instructors use the building block method. Since each student learns at a different pace, instructors introduce students to new skills only when they can satisfactorily demonstrate a previous skill that provides a base for the newer skill. Once this is accomplished, they are allowed to practice these skills, are given review sessions as needed, and hence, are allowed to put these to the test during realistic diving situations. An important aspect of all critical skill training is that failures and stressful situations are simulated and are conducted in a controlled and safe environment. Each student is pushed to the limit of their learning and diving capabilities.

4.3.3 Experience Dives

During this phase of the in-water training, students dive within the limitations of the class not only to demonstrate and improve their skills but also to gain real dive experience for the level they are applying for. All ISE in-water training sessions consist of this important element, one that furnishes the transition from the learning phase to the actual diving phase.

4.3.4 Post Course Practice

Formal SCUBA training should be punctuated by breaks during which students can practice the requisite skill outside of a training environment to gain valuable personal experience that allows them to become more seasoned at the level of diving for which they have been trained. Diving courses that emphasize progressing rapidly through numerous levels of training do not allow divers to build experience and to practice the learned skills that are crucial to a diver's safety and proficiency. When students leave an ISE

class, and before they progress to a higher level of instruction, they are given a dive profile that they can use to go and practice with. Before entering the next level of ISE training, all students should have undertaken a minimum of 25 experience dives unless more are specified by the individual course standards below.

ISE CLASSES ARE ALWAYS FILMED BY THE INSTRUCTOR OR AN ISE TRAINING ASSISTANT. TEACHING WITHOUT VIDEO IS A VIOLATION OF THE INSTRUCTOR MANUAL. ISE TRAINING DIVES ARE ALWAYS DEBRIEFED USING THE CAPTURED VIDEO MATERIAL. FILM TAKEN DURING CLASSES IS NEVER GIVEN OUT AND IS ALWAYS DELETED BY THE INSTRUCTOR AFTER A PERIOD OF ONE YEAR FROM THE END OF THE CLASS. ALL CLASS VIDEOS ARE HELD STRICTLY CONFIDENTIAL.

Exceptions to this rule can be made only after consulting ISE headquarters for special permission—for example, if the safety of the student is in question or the environment does not lend itself to filming. A student's safety is paramount.

5 Training Structure

5.1 Diver Pre-Qualification

Individuals who prematurely enter a training course that exceed their ability to perform to its standards can compromise their own safety and the safety of their entire dive team. ISE makes every reasonable effort to ensure that participants are properly prepared for the demands made on them by the respective training courses.

5.1.1 Purpose of Pre-Qualification

To ensure that prospective ISE students are qualified to safely pursue their desired level of training, they are carefully screened. Student pre-course screening includes the following:

5.1.1.1 Registration:

Prior to enrolling in an ISE course, prospective students must review the prerequisites of the intended course and self-assess. Any questions on equivalencies can be answered by any ISE instructor, or they can email hq@is-expl.com.

5.1.1.2 Evaluation:

Prior to the commencement of training, both ISE headquarters and the relevant ISE instructor review and evaluate the registration information submitted by a prospective student. This process, which may include an instructor interview of the student, allows ISE to determine whether students are prepared to meet the challenges posed by the course in question.

5.1.1.3 Experience:

ISE requires that divers amass a certain amount of diving experience in between training courses. Specific requirements are listed in the standards and procedures section for each course. In exceptional cases, the experience requirement can be waived by an individual instructor, but only with the consent of ISE HQ.

5.2 Academic Review Sessions

Academic review sessions, which go over particularly relevant or complex topics, are designed to reinforce student knowledge. This material must be familiar to students before the onset of these sessions, so that discussions can be fertile and give rise to questions that apply to practical diving experience. Hence, class materials are made available to enrolled students in preparation for discussion ahead of time. Academic Sessions can also be held remotely, depending on logistical and time constraints.

5.3 Confined Water and Open Water Sessions

Confined water and open water sessions are designed to help students cultivate essential diving skills and to test student knowledge while in a controlled environment.

Confined water areas are defined as follows: that they maintain "pool like" conditions, i.e., controlled shallow water conditions of not more than 30 feet/9 meters, are not in an overhead environment, with sufficient illumination to allow good visibility that allows for communication and direct supervision. Currents must be minimal at most, and surface conditions are calm. These allow instructors to maintain maximum control over students.

Acceptable Open Water conditions are areas that allow instructors reasonable control over students with depths being dependent on specific course requirements.

Open water sessions are structured to build upon each other, with each advancing session increasing in complexity and in the problem-solving skills it demands. During these sessions, students learn a set of skills by demonstration and practice, and eventually how to apply these to simulated emergencies for the certification pursued. Ultimately, students will learn how to solve potential problems and to efficiently manage emergencies on their own.

5.4 Testing and Evaluations

Testing and evaluations are an important part of the ISE training process. ISE requires all students to successfully demonstrate proficiency with 100% of all ISE test questions. Academic reviews can be in the form deemed necessary by the ISE instructor. All dives are evaluated in the post-dive debriefing, where a progress form assesses their individual skill and training progress. Upon completing a course, students are provided a final evaluation form that they complete and review with their instructor. This evaluation provides students with the information necessary to improve on areas of weakness in academic knowledge and personal technique.

ISE qualification for certification is ultimately an instructor's decision. Using the scale below, students may request their instructor to grade their performance after each in-water training session and thereafter furnish them with the results of his/her evaluation. At the completion of diver training, the student will be provided with an instructor's final evaluation.

The ISE evaluation scale ranges sequentially from 5 (excellence) to 1 (failure):

Grade One (1): Indicates an unsafe diver in both ability and or demeanor. The student should be removed from the course immediately.

Grade Two (2): Indicates that the student cannot complete the required skill/task satisfactorily. If, at the discretion of the instructor, continued practice of a skill/task places either the student or the class at risk, the instructor may decide not to continue practicing a skill/task. Student fails.

Grade Three (3): Indicates that the student has completed the skill/task satisfactorily (passed).

Grade Four (4): Indicates that the student has completed the skill/task well.

Grade Five (5): Indicates that the student has completed the skill/task extremely well and deserves commendation.

Final course certifications are simply pass or fail.

5.5 Diver Remedials

While ISE qualification is ultimately an instructor's decision, students that fail the class can come back within a timeframe of 6 months and redo the class or parts of it. Instructors may also request videos in the event a person-to-person schedule is impractical and the skill to be remedied is relatively basic (example: a better back kick). Students may request remedials three times, but not more, until they get a "pass." There are no class fees to be charged for these remedials besides the actual costs of the

instructor. If they still do not pass after this period, an application will have to go through the same process and tuition as a new class.

An ISE "pass" needs requalification after 3 years. To re-qualify the individual needs to enroll in a Requalification session and prove the ability to perform on his/her level of certification in front of an ISE instructor certified to teach the specific level. This ensures that skills are still current, updated, and that the certification is relevant. This is to avoid skills fade over long periods of inactivity and ensures the safety of every ISE diver.

5.6 Training Categories

5.6.1 Recreational

ISE's Recreational program is designed to train divers from the beginning with the end goal in mind: becoming a capable Explorer, whether within the recreational curriculum or otherwise.

5.6.2 Foundational

The foundational program is designed for divers certified under all other agencies, DIR-compliant or non-DIR, to provide a base from which to progress within ISE's robust curriculum.

5.6.3 Technical

ISE's technical levels, also called Exploration Levels, are structured to prepare divers for the rigors of exploration diving, and to familiarize them with the use of different types of breathing and decompression mixtures. The training focuses on expanding the skills learnt in the ISE Foundations and is designed to build the necessary and essential skills required for safe and successful deep diving.

5.6.4 Cave

This progression covers the skills and knowledge required for safe cave diving.

5.6.5 Wreck

Understanding the differences between the two overhead environments, Wreck serves to give a specific training progression to cover the many intricacies of wreck diving.

5.6.6 Rebreather

ISE's rebreather training is designed to develop divers in the safe, disciplined, and competent use of closed-circuit systems. These courses build the procedural control, equipment familiarity, and situational awareness required for rebreather diving within the ISE system.

5.6.7 Workshops (Diving and Non-Diving)

ISE's curriculum recognizes that everyone has their own pursuits or end goals. The workshops provide a training path that is customized to these varied ends. These courses are designed to supplement the major training categories mentioned above, and in some cases, can be a modular approach to achieving some of them.

5.6.8 Instructor Development/Professional

Professional Instructor Training Courses cultivate the right approach to teaching how we dive. There are four instructor levels: Recreational, Technical and their corresponding Instructor Trainer levels. See section 13 for more details.

6 General Course Standards

The following are General Course Prerequisites for all ISE Courses (any additional and/or course specific course prerequisite, as well as any deviations from the following, will be listed under the appropriate section of the specific course):

1. Must have completed their registration/application and all paperwork required for the specific class. Waiver and Release Form, Training Contract, and other documents must be completed prior to the commencement of the course.
2. Must hold insurance that covers the course or higher prior to in-water sessions.
3. Must obtain an authorization for the use of prescription drugs by a physician and must have such authorization approved by an ISE representative prior to the onset of dive training.
4. Must be medically cleared fit for scuba diving and the level of course applied for (see individual course prerequisites) and clearly aligned with ISE's vision of safety.

Examples of acceptable fitness:

- 400 meters swimming in less than 15 min & free dive a depth of 15 Meters, OR
- Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters, OR
- Run 1000 Meters in less than 5 min.

ISE Diver Training can be obtained in three different configurations:

- Open Circuit Backmount - OC
- Open Circuit Sidemount - OCSM (*)
- Rebreather Backmount - CC (**)
- Rebreather Sidemount – CCSM (**)

*Divers who want to take their training in this configuration must be sidemount certified. Whilst ISE offers a separate ISE Sidemount course, the certification can also be jointly obtained during Foundations Training if the class is done in this configuration. This is subject to the instructor's discretion and based on their evaluation of the student's capability.

**Divers who want to take their training in this configuration must be certified in the use of the Rebreather they intend to use during their training. The ISE instructor must also hold a diver certification for the rebreather the student is diving on. ISE offers initial training on certain types of Rebreathers, and this training can NOT be combined with any other training due to its steep learning curve.

Only ISE Standards are to be followed in any ISE course.

7 Course Sizes and Ratios

The maximum ratio between students and instructor during ISE training is as follows:

Confined Water: 1:3 or 1:4 with an ISE Training Assistant

All Recreational Levels: 1:2 or 1:3 with an ISE Training Assistant

All Technical Levels: 1:3 with or without an ISE Training Assistant

All Rebreather Levels: 1:3 with or without an ISE Training Assistant

Note on Technical Courses: Although one-on-one is possible, it is strongly preferred to have at least two students, one of whom can be a requalification candidate, a Training Assistant qualified at that level, or a volunteer diver of an equivalent level.

8 General Training Standards

ISE's Training Standards cover all ISE courses, their participants, and the representatives teaching them. These may be supplemented with course-specific standards listed under the requirements of any specific class. The adherence to the training standards is a critical component for consistency, skills progression and knowledge building based on common foundations.

1. No smoking or drinking alcohol during classes.
2. Diving prerequisites established by the relevant course standards must be met before candidates can be registered for that class.
3. Students engaged in experience dives must be qualified in the skill or environment of the diving undertaken.
4. The required minimum number of dives for one level of training must be completed before proceeding to the next level of training for that environment.
5. Students may not take two core classes concurrently (at the same time) or consecutively (No Back-to-Back core classes). Experience dives for students to grow in between classes are mandatory and part of the prerequisites of the next level.
6. An Active Status ISE Instructor may only teach levels they are qualified to teach and is to be present and in control during any, and all activities including academic and in-water activities.
7. All Active ISE instructors are bound by the most current version of this document, the class material, and the Instructor Manuals.
8. All ISE instructors are encouraged to exceed minimum training standards when by doing so they are promoting the best interests of the student. Instructors are actively encouraged to deny qualification to students when students have not met the standards of the certification level they are pursuing to the satisfaction of the instructors.
9. During all diving activities, instructors must use the minimum equipment required of that course and, in general, should be in the same configuration as the student. Exceptions are indicated in specific course materials (as encountered during rebreather training or in some cases, the experience portions of a class).
10. ISE instructors shall evaluate the potential environmental impact when selecting training sites, ensuring that chosen locations are appropriate to the students' current skill and training levels. Instructors must refrain from conducting training dives or drills in areas containing fragile or sensitive geological, biological, or archaeological formations, as well as in environments that are in a relatively pristine or undisturbed condition.
11. ISE instructors shall consult the recommended locations for specific training drills, ensure full compliance with all applicable local laws and regulations, and are encouraged to seek guidance from local divers or instructors when conducting training in areas with which they are unfamiliar.
12. No ISE instructor may conduct Recreational Level training in an overhead environment during any ISE recreational course except for Wreck and Cavern (overhead limits are strictly indicated for these courses).
13. Experience portions (experience dives) of Technical, Cave, Wreck, or Rebreather classes may be taught in the overhead environment provided that the students engaged are certified to dive in the said environment.
14. All decompression and/or stage cylinders are to be clearly labelled following ISE stage labelling standards (see Section 9.4).
15. The use of Critical Skills in higher level classes (Recreational Level 2 and above except for Foundations classes) are meticulously planned for safe execution and maximal learning; and, covered by both the chapters on this document and the instructor's manual. Any Critical skills training must first be conducted in a confined-water setting, within the context of the level applied for, logical, and never over-reaching.
16. Within the recreational and foundational curricula, all out-of-gas (OOG) training exercises shall be limited to a maximum depth of 21 meters (70 feet). Instructors retain the discretion to impose shallower depth limits when environmental conditions or student capabilities necessitate additional safety measures.
17. Decompression parameters: Decompression diving conducted during ISE classes must use ISE's Ratio Deco as the reference standard.

9 General Diving Standards

The following standards apply to all ISE diving activities:

1. Oxygen partial pressure (pO2) limits: Individuals must not plan dives with a pO2 that exceeds 1.4 ATA/bar for Recreational Dives, 1.2 ATA/bar for Technical Dives; and 1.6 ATA/bar during decompression.
2. Equivalent Narcotic Depth (END) limits: No gases to be used in any ISE dives are to exceed an END of 30 m.
3. Breathing gas requirements:
    a. All open-circuit dives must be terminated when any member of the team reaches "minimum gas".
    b. All rebreather dives must be terminated when any member of the team reaches "bailout minimum gas"; this requires that each diver carry an open-circuit bailout.
4. Team diving: ISE's diving philosophy recognizes the reality of self-reliant diving but is equally cognizant of strength in numbers.
5. All cylinders must have proper cylinder markings up to ISE standards (see examples in section 9.4):
    a. Dive cylinders must bear a current Visual Inspection sticker and Hydro Test marking, as detailed by current country-specific regulations; placement must not distract from Maximum Operating Depth (MOD) markings.
    b. All stage cylinders (except oxygen) must be marked with the appropriate MOD (in meters or feet) in approximately 3-inch/7.5-centimeter numbers.
    c. Stage/Deco Oxygen cylinders must be marked with the word "OXYGEN" (or local equivalent) and MOD.
    d. MOD markings must be oriented in a way that they are readable by both divers and their team members.

9.1 Procedures for Critical Skills

THE SAFETY OF THE STUDENT IS PARAMOUNT AND ALWAYS COMES FIRST.

The "Rules of the Game" must be discussed with students prior to any Critical Skills exercise with the exception being the first Breakdown Dive if the course specifies one.

All Critical Skills must first be conducted in a confined water setting, after which an instructor can vary the depth and/or location where skills are executed in accordance with course limits/requirements.

Only ISE Technical Instructors can run Critical Skills exceeding Level 2. The proper implementation of Critical Skills dives is trained during the Technical ITC.

Under no circumstance should simulated air failures involve the shutting down of the primary regulator.

Instructors must never close a student's valve(s) unless it is for safety reasons or to simulate a roll-off; only trainees themselves are allowed to close valve(s) at the prompting of their instructor.

"Time Outs" are not arbitrary and safety/reset procedures after the sign is given should be implemented without question.

9.2 Teaching and the use of Rebreathers

ISE Instructors may not teach any Open Circuit ISE Recreational course (exceptions apply in Recreational CCR courses, see below) using any type of Rebreather.

9.3 Steel Cylinders

The use of heavy steel tanks/cylinders in the open water presupposes a "balanced diver;" therefore, the use of steel cylinders is prohibited for ISE members unless divers concurrently wear drysuits as a redundant source of inflation or have a secondary form of inflation in case a wing failure occurs.

9.4 ISE Cylinder Marking Standards

ISE's Cylinder Marking Standards are used for both personal identification as well as team verification. Hence ISE has a specific marking protocol.

All Dive Cylinders should be free from unnecessary stickers and markings, which only serve to confuse divers. The cylinders should have a current Visual Inspection and Hydro test as detailed by the current country specific regulations.

In ISE, the MOD marking is the most important value and should be the most visible. Gas percentages on the cylinder are not used for identification purposes, as they require divers to make underwater calculations. However, in conjunction with MOD marking, content information can be used to aid in handling cylinders on the surface. The result of analysis, to one decimal point, should be placed near the neck of the cylinder and should include the date analyzed and the tester's initials.

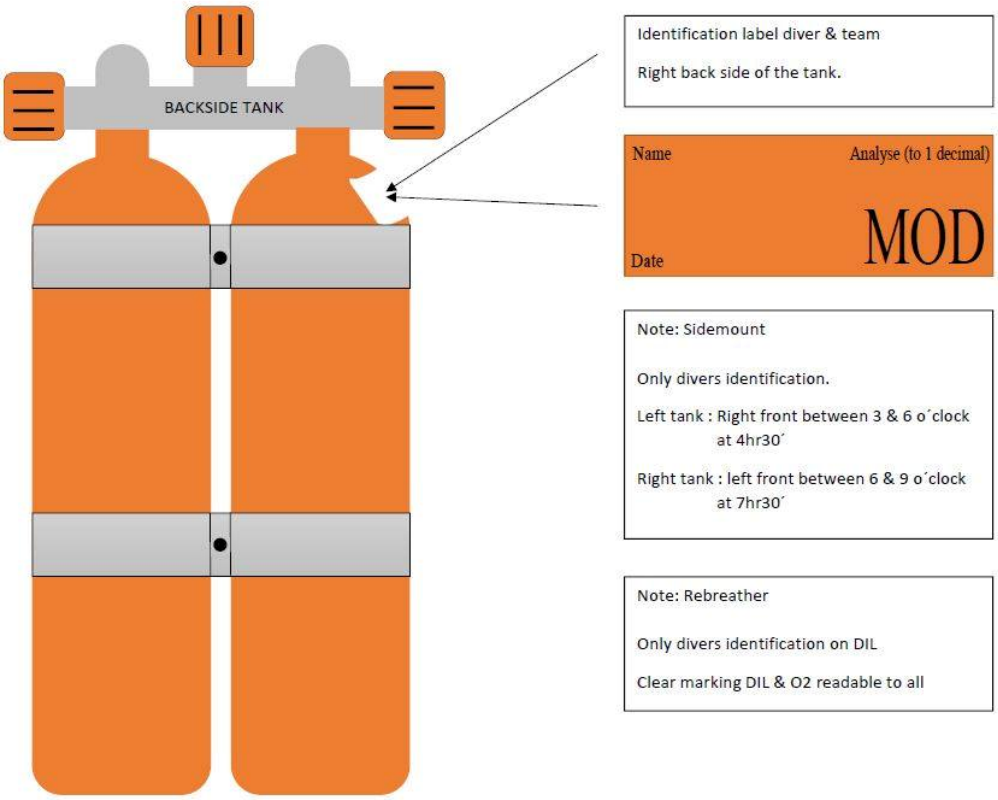
Under no circumstances should any ISE member dive a cylinder/s that are not personally analyzed by him/her. The analysis should be made on the day of the dive, prior to its use, to minimize possibility of operators accidentally changing contents of a tank in between analysis and use.

Additionally, it is highly recommended to analyze cylinders prior to any use but specifically required when using tanks from an operator or shop that can blend nitrox or more.

Tank Labels should be written on a rectangular piece of duct tape (approx. 10-15cm x 5-7cm) with permanent marker.

- Top Left-hand corner: Name (Initials)
- Top Right-hand corner: Oxygen/helium Content
- Bottom Left-hand corner: Date of Analysis
- Bottom Right-hand corner: Maximum Operating Depth

TANK MARKING PROTOCOL



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10 Quality Assurance

The ISE quality assurance program seeks to ensure that ISE courses, instructors, and members maintain the highest standards possible before, during, and after training. The ISE quality assurance program includes Instructor Evaluations, Instructor Performance Reviews, Instructor Renewal, and Instructor and Diver Requalification.

ISE's Quality Assurance Board assures that all ISE's highest quality standards are met.

10.1 Instructor Evaluations

At the outset of all ISE classes students are sent an email with links to an ISE instructor evaluation form and are asked to fill this out immediately following the completion of their training, regardless of whether they pass or not. This form serves two functions: 1) it enables students to evaluate their training experience and 2) it enables ISE to monitor the quality of instruction. It is also a required step prior to receiving the certification applied for.

10.2 Instructor Performance Reviews

Instructor performance is regularly reviewed based on a) instructor evaluation forms and b) a peer review program that encourages instructor cooperation and requires them to report any practices not in keeping with ISE's standards to ISE's QAB and/or the Board of Directors.

10.3 Instructor Renewal

To maintain currency in all facets of ISE diving theory and practice, ISE instructors are required to renew their ISE Memberships annually and are required to attend an ISE Instructor Requalification every 3 years which can be accomplished online or in-person at the discretion and approval of ISE HQ.

10.4 Instructor Re-Qualification

All instructors must be formally requalified if they have been inactive for two years or more. An instructor can be requalified by participating in either an ISE ITC or co-teach with an ISE IT who is authorized to teach at the level applied for. Instructors whose three-year tenure has expired, and who do not wish to renew their qualification, will be put on inactive status and cannot conduct any ISE course.

10.5 ISE Certified Diver Re-Qualification

All ISE diver certifications expire three (3) years after the date of issue. Divers must go through a Re-qualification process to maintain their certification level. This ensures that they are current with their skills and still at the level that they are certified for; thus, they are safe to dive to their limits. An ISE Diver Requalification Class can be held by any ISE Instructor certified to teach the level applied for and is meant to review/test the skills of the student at that level. It is also an avenue to keep updated with the latest ISE practices and protocols.

11 Gender Sensitivity Guidelines

InnerSpace Explorers – Promotes Respect, Safety, and Equity Underwater and Beyond

11.1 Guiding Principles

- Respect All Genders: Treat all divers, students, colleagues, and staff with equal respect, regardless of gender identity, expression, or orientation.
- Consistent Professionalism: Always maintain professionalism—on land, aboard vessels, or underwater—to foster trust and safety.
- Inclusive Language: Use communication that is unbiased, inclusive, and avoids gender-based assumptions about roles, abilities, or preferences.

11.2 Zero Tolerance for Sexual Harassment

Sexual harassment is forbidden and includes:

- Unwanted sexual advances or flirtation
- Inappropriate sexual comments, jokes, or gestures
- Unwelcome physical contact or lingering presence
- Displaying or distributing sexually explicit materials or messages
- Using authority to seek sexual favors
- Harassment via any digital platform (texts, social media, etc.)

This policy covers all environments—training, expeditions, certification, and social interactions within InnerSpace Explorers.

11.3 Instructor Conduct Expectations

- Maintain professional boundaries with students and colleagues.
- Avoid romantic or suggestive behavior during instruction and certification.
- Refrain from making comments on physical appearance that could be seen as sexual or objectifying.
- Ensure all divers feel safe, respected, and listened to, especially in sensitive scenarios such as equipment fitting or emergency drills.

11.4 Reporting and Accountability

Students and/or Instructors must report any instance of harassment directly to the ISE Board of Directors and/or Quality Assurance Board. All reports will be handled confidentially and investigated promptly. Retaliation against reporters of harassment will result in disciplinary action.

11.5 Training and Awareness

Instructors are required to review and discuss gender sensitivity and anti-harassment during requalification. Discussions will cover scenarios specific to diving—like confined spaces, mixed-gender teams, and expedition dynamics. ISE promotes open dialogue and feedback for ongoing policy improvement.

11.6 Support for Affected Individuals

ISE prioritizes privacy and dignity for everyone involved in any incident or any report. The agency will offer alternatives (such as different instructors or arrangements) to divers who feel uncomfortable.

11.7 Fostering a Culture of Respect

ISE celebrates diversity within the diving community and encourages mentorship and leadership regardless of gender. The agency also welcomes community feedback and regularly reviews and updates policies in response to new standards.

12 Complaints

InnerSpace Explorers is committed to being an organization of the highest caliber and to having representatives of the highest quality. To that end, complaints will be handled professionally, promptly, and thoroughly. All complaints will be handled by ISE's Quality Assurance Board following its investigation of a complaint, and in the event disciplinary action is warranted, said Board will forward all its findings along with its recommendation to ISE's BOD for final judgment.

How to submit a complaint against an ISE Representative:

Submit a written statement, outlining the nature of the complaint, to the Director of Quality Control at ISE Headquarters (qab@is-expl.com). This should include:

- Name and contact information.
- The date, time, and location of incident.
- A complete account of the event, including names and contact information (if possible) of any witnesses.

Complaints can be lodged by mail, or electronically. If the complaint is lodged by mail, relevant information should be sent to the following address:

The Director of Quality Assurance, InnerSpace Explorers

Obere Dorfstrasse 16, 83539 Pfaffing, Germany

If it is lodged electronically, email with relevant information should be sent to qab@is-expl.com.

Complaints will only be recognized if they are accompanied by the relevant information outlined above. No action, other than review, can be taken in cases of anonymous communication.

12.1 Complaint Procedure

Following review of a complaint, a written summary of the complaint will be sent to the charged member by certified mail. Upon receipt, the charged member(s) must respond in writing to the substance of the complaint within 30 days.

If, in the event, the charged member fails to respond to the written complaint, a notice shall be sent to the member informing him or her that they are suspended pending the outcome of the investigation.

Upon receiving a response from the charged member, the Quality Assurance Board may decide to dismiss the complaint, resolve the matter by negotiation, or immediately suspend the member in question. Within five (5) days of being rendered, this decision is subject to confirmation by ISE's Board of Directors and may remain in effect until the complaint is resolved or a formal hearing held, and a decision rendered.

For complaints of an especially egregious nature, the Quality Assurance Board will investigate the nature of the complaint for a period not longer than 90 days and based upon its findings, decide whether to recommend a formal hearing of the matter before the Board of Directors. In such an event, the Board of Directors may resolve the matter either by negotiations with the complainant, by enforcing sanctions, or by dismissing the member. Any outcome must be disclosed to the complainant.

12.2 Conduct Policies and Procedures

ISE Members and Instructors must demonstrate financial responsibility when transacting business with ISE.

ISE Instructors must follow the flow of student registration, and process student certification forms in a reasonable and timely fashion. ISE instructors must cooperate with ISE Headquarters when certification issues arise.

All correspondence within ISE is held confidential and private. This privacy is necessary to allow for freedom of expression between instructors. Any instructor who knowingly allows these discussions to become public may be subject to disciplinary action.

All ISE instructors will maintain an appropriate Professional Attitude during any ISE activity. **All ISE Members and Instructors are bound by the Standards and Procedures outlined in this document.**

13 Records

ISE headquarters will maintain the following records (if applicable) for each instructor, student, and class for up to 7 years after the class:

1. Student Registration
2. Student Medical Questionnaire Accident Report
3. Instructor Registration and Course Completion
4. Instructor Evaluation Form
5. ISE Waiver and Release Form

All Class Videos used in debriefs are considered confidential material and may not be distributed without the express consent of the Board of Directors. Instructors will keep these videos for a period of one month after the termination of a course in case HQ requests them. Digital files or paperwork will be kept for a period of 2 years for the same purpose.

14 ISE Instructors

There are two levels each for Instructors and Instructor Trainers. All ISE Instructors represent the foundation of the ISE's educational system. They are responsible for delivering high-quality, safe, and consistent diver training in accordance with ISE's philosophy of precision, awareness, and environmental responsibility.

ISE Instructors are expected to uphold the organization's standards of safety, competence, and exploration-focused diving while guiding divers at all levels toward consistent skill development and responsible conduct in the underwater environment.

14.1 ISE Instructors

14.1.1 Recreational Instructor

Must qualify through an ISE Recreational ITC, no matter what instructor rating they may already have. ISE Recreational Instructors can teach all ISE Recreational Courses, ISE Foundations (Rec), and approved Workshops.

Minimum prerequisites to participate in an ISE Rec ITC are as follows:

1. At least Foundations Technical (this is also ISE's base crossover class for existing instructors from other agencies).

14.1.2 Technical Instructor

Must be one level higher than the Technical Level conducted and attend an ITC/ITC Upgrade for the level applied for. ISE Technical Instructors can teach all ISE courses below their highest level of certification and approved Workshops.

To maintain an Active ISE Instructor Status,

1. Must be financially current with ISE HQ.
2. Must have participated in the most recent requalification program, whether in-person or on-line with an ISE BOD member.
3. Must teach or assist in a minimum of 2 classes, at least 25 dives to demonstrate skills capabilities maintained at their highest level, or at least 2 dives in the highest level of their training annually.

14.2 Instructor Trainers

14.2.1 The ISE Recreational Instructor Trainer

plays a key leadership and quality-assurance role within the ISE's education system. Their main function is to train, evaluate, and mentor new ISE Recreational Instructors, ensuring consistent adherence to ISE's high standards of safety, skill, and philosophy.

An ISE Recreational Instructor Trainer is responsible for training, evaluating, and mentoring Recreational Instructor candidates and for supporting consistency and quality across the ISE recreational curriculum.

Role of an ISE Recreational Instructor Trainer

1. **Instructor Development and Evaluation**
    - Conducts **instructor training programs** for candidates seeking certification as ISE Recreational Instructors.
    - Evaluates candidates' teaching ability, diving proficiency, theoretical knowledge, and adherence to ISE standards.
    - Provides structured feedback and mentorship to help instructor candidates reach and maintain professional-level performance.
2. **Quality Assurance and Standardization**
    - Ensures that all training delivered under their supervision aligns with **ISE standards, philosophy, and procedures**.
    - Monitors and maintains **instructional quality and consistency** across the ISE recreational curriculum worldwide.
    - Participates in periodic reviews, updates, and standardization of ISE teaching materials and evaluation criteria.

3. **Mentorship and Professional Development**

    - Acts as a **mentor and role model** for active ISE Recreational Instructors.
    - Provides ongoing guidance in teaching techniques, student evaluation, and safe diving practices.
    - Supports instructors in continuous professional growth and progression toward higher ISE levels (e.g., technical or exploration pathways).

4. **Representation and Leadership**

    - Represents the ISE organization and philosophy within the broader diving community.
    - Promotes the **ISE culture of excellence, environmental awareness, and team-oriented diving**.
    - Assists in expanding the ISE network by fostering a strong community of competent, like-minded instructors and divers.

14.2.2 ISE Technical Instructor Trainer

The ISE Technical Instructor Trainer is responsible for the development, evaluation, and authorization of ISE Technical Instructors, ensuring that technical-level training conducted within the ISE system meets the organization's standards of safety, precision, and professionalism.

In essence, an **ISE Technical Instructor Trainer** is both a **leader and a custodian of technical diving education** within the ISE system—responsible for shaping the next generation of instructors, preserving training integrity, and advancing the organization's mission of safe, skilled, and exploration-focused diving.

Role of an ISE Technical Instructor Trainer

1. **Instructor Development and Qualification**
    - Conducts **Instructor Training Courses (ITCs)** and **evaluations** for candidates seeking certification as ISE Technical Instructors.
    - Assesses candidates' mastery of technical diving theory, in-water performance, problem-solving, and teaching methodology.
    - Guides instructor candidates through the transition from personal technical proficiency to effective instructional competence.

2. **Standards Enforcement and Quality Assurance**

    - Ensures that all training conducted under ISE Technical programs aligns fully with **ISE standards, protocols, and philosophy**.
    - Oversees the **standardization of course delivery** across the technical curriculum, maintaining global consistency in training quality.
    - Conducts **audits, assessments, and mentoring** of certified Technical Instructors to uphold safety and instructional excellence.

3. **Mentorship and Continuing Education**

    - Serves as a **mentor and advisor** to ISE Technical Instructors, offering guidance in advanced teaching strategies, situational awareness, and risk management.
    - Promotes continuous professional development, helping instructors progress within the ISE framework or towards higher-level training roles.
    - Encourages innovation and refinement of teaching techniques while maintaining alignment with ISE's exploration-driven philosophy.

4. **Leadership and Representation**

- Acts as a **representative of ISE** within the global technical diving community.
- Upholds and promotes the **ISE ethos of exploration, safety, teamwork, and environmental responsibility**.
- Supports organizational growth by fostering a strong, consistent, and respected network of ISE Technical Instructors worldwide.

15 ISE Training Assistant

Every ISE Instructor can certify an ISE Training Assistant. ISE Assistants are NOT allowed to teach new skills or supervise training of skills unless the student practicing is already certified by an ISE Instructor. Training Assistants are also limited by their own certifications, so they cannot assist classes they are not certified for. They are allowed to video classes for the instructor at the latter's discretion but are also bound by ISE's confidentiality clause when it comes to training videos. Any video during training, must be surrendered to the instructor and no further copies are to be kept by any training assistant.

Although not part of the professional levels of the ISE training core, the training assistant role is an excellent way to develop new instructors as part of an extended, internship-based ITC.

15.1.1 Minimum Prerequisites for an ISE Training Assistant:

- Min. age of 18 years
- Minimum of 100 logged dives
- ISE Training Assistants are only allowed to assist in classes they have already accomplished.

16 ISE Instructor Training

16.1 How to apply

Any application to be an ISE Instructor starts with an email to an ISE Instructor Trainer or to hq@is-expl.com

An online interview and review of qualifications will be held.

Any candidate may be required to submit videos of in-water skills demonstrations and/or lecture demonstrations.

16.2 Minimum Requirements for Instructor Training Courses:

16.2.1 Recreational Instructor

- Minimum age of 18 years
- ISE Foundations certified or equivalent
- Minimum of 250 logged dives
- Requires second signature from Rec IT or higher.

16.2.2 Technical Instructor

- Minimum 3 years of teaching in Recreational Levels
- Minimum 1 level higher than the technical class applied for or have the highest certification
- Minimum 500 logged dives.
- Needs second signature from BOD.
- BOD reserves the rights to overrule by nature of exception.

17 ISE Instructor Evaluation

Recreational and Technical Instructors must earn at least 2 signatures from two different ISE Instructor Trainers. The main difference is that Recreational instructors need two signatures from Recreational Instructor Trainers at least, and Technical Instructors must earn the two signatures from two Technical Instructor Trainers. These signatures can be earned at the same time if two ISE instructor trainers are always present during the evaluation. In certain situations, a second signature can be obtained through video reviews, online discussions, when logistics become impractical subject to prior approval by the ISE Board of Directors.

18 Individual Course Standards

All individual course standards below are governed by the General Training and Diving Standards discussed above and further supplemented by specific standards relevant to each course.

18.1 Recreational

Recreational diving within the ISE framework refers to non-decompression, open-circuit diving activities conducted within clearly defined limits of depth, time, and gas mixtures, where a direct and unobstructed ascent to the surface is always possible.

ISE's Recreational Diving emphasizes:

- Safety and Control: All dives are planned to remain within no-decompression limits, using standardized gas mixtures and procedures that prioritize safety, awareness, and team coordination.
- Skill and Foundation: The focus lies on mastering buoyancy, trim, propulsion, and situational awareness—forming the essential skill base for all higher levels of diving.
- Depth and Gas Parameters: Recreational dives are typically limited to a maximum depth of 39 meters, depending on certification level, using air, Nitrox, or light Trimix (e.g., 30/30) to enhance safety and performance.
- Direct Ascent Principle: Divers always maintain the ability to ascend directly to the surface without the need for staged decompression stops.

Recreational diving in the ISE system is therefore not defined by simplicity, but by discipline and precision—it is the stage where divers build the competence, control, and mindset required for safe and efficient exploration, whether they remain within recreational limits or progress into technical environments.

General limits for all Recreational Level Courses:

1. May be taken in any configuration the student is certified on.
2. No decompression.
3. No overhead environment.
4. Max. PO2 of 1.4
5. Tank/s: Students should use single or double tanks. Double tanks setup requires a dual outlet isolator manifold, which allows for the use of two first stages. All dives must start with a minimum of 2000 volume liters of gas.
6. Dive Conditions
7. All pre-certification dives must:
8. - Occur during daylight hours
9. - Be conducted between 5–18 meters depth
10. - Maintain direct vertical access to the surface
11. 4.2.5 Daily Dive Limits
12. No more than three open-water dives may be conducted per day, including training and excursion dives.

18.1.1 Try SCUBA

18.1.1.1 Purpose:

This program is intended to provide a supervised introductory experience to scuba diving for individuals who wish to assess their interest and comfort in the activity.

18.1.1.2 Prerequisites

1. 14 Years old or above

2. Mentally and physically fit for Scuba
3. Able to handle the equipment.

18.1.1.3 Duration:

1 Day with access to a Confined Environment.

18.1.1.4 Course Limits:

- Maximum Depth of 3 Meters
- Experience Portion has a maximum dive time of 30 minutes
- Pool or confined water with pool like conditions
- Instructor/Student Ratio: 1:1 or 1:2 with a certified ISE Assistant
- Configuration: Basic DIR-based Equipment

18.1.1.5 Topics

1. Basic Equipment
    a. Mask
    b. Fins
    c. Buoyancy Device
    d. Regulator (Primary and Backup)
    e. Submersible Pressure Gauge
2. General Knowledge
    a. Breathing and Buoyancy
    b. Equalization
    c. Basic Hazardous Marine Life
    d. Basic Hand Signals
    e. Importance of progressing to an Open Water certification

18.1.1.6 Skills

- Breathing and buoyancy underwater
- Mask clearing
- Regulator Clearing
- Regulator Removal and Replacement
- Equalization Techniques

18.1.1.7 Certification

Non-Certification. Completion of a Try Scuba does not grant the participant the privilege to obtain breathing gas, scuba equipment, or any other diving-related services. It also does not authorize the individual to participate in recreational diving activities without the direct supervision of an instructor (see definitions). The intent of this standard is that all academic and in-water skill components of the Introductory Scuba Experience are to be introduced and conducted by a qualified instructor.

18.1.2 ISE Tune-Up (ECO DIVER)

18.1.2.1 Purpose

Divers are encouraged to regularly tune up their foundational scuba skills—such as equipment streamlining, precise buoyancy control, trim, and effective finning techniques—to ensure they interact responsibly with sensitive underwater environments. By honing these abilities, divers not only improve their own safety and efficiency but also set a positive example for others and actively contribute to the protection of ecosystems threatened by pollution, overfishing, and unsustainable tourism practices.

Designed as a clinic, the ISE Tune-Up is a quick buoyancy and trim workshop that allows students to sample what a full ISE Foundations Course can do for their own personal diving development.

ISE may recognize divers who demonstrate strong proficiency and commitment to environmentally responsible diving practices through the ECO-DIVER designation. This recognition may include participation in conservation-oriented initiatives, subject to the diver's certification level and the needs of the program.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

18.1.2.2 Prerequisites

Any existing certification from any agency.

18.1.2.3 Duration

1 Day with access to a confined environment

18.1.2.4 Course Limits

Workshop limit is set by the existing certification of the participant.

18.1.2.5 Knowledge Requirements

1. Introduction to Conservation and environmental protection and how this can be implemented in diving.
2. Equipment review and guidance of how to improve
3. Check dive with ISE Instructor for Skill review and a "tips & tricks"-Session for improvement conclusive discussion
4. What it means to be an ECO-DIVER

18.1.2.6 Skill Requirements

- Buoyancy and Breathing
- Non-silting Propulsions
- Adjusting your equipment

18.1.2.7 Certification

The ISE Tune-Up does not extend any existing certification.

18.1.3 Open Water Diver

18.1.3.1 Purpose

This course constitutes the student's initial exposure to scuba diving within the ISE system and is intended to establish sound habits from the outset. The ISE Recreational Diver curriculum is designed to develop divers who are comfortable in the water, competent in fundamental skills, confident in their decision-making, and respectful of the aquatic environment. Emphasis is placed on safety, control, awareness, and the development of disciplined in-water conduct. As an entry-level course, it provides the foundational mindset and practical skill base necessary for safe and enjoyable diving, while preparing students for continued progression within the ISE curriculum, including ISE Foundations (Rec).

These standards define the minimum requirements for training, evaluating, and certifying ISE Open Water Divers. They ensure that all candidates meet the performance, safety, and knowledge expectations consistent with the ISE philosophy of precision, competence, and responsibility.

18.1.3.2 Prerequisites

- Minimum age for certification: 16 years (Students below 18 require parental consent)
- No upper age limit
- Students younger than 16 who meet all performance standards may receive a ***restricted certification***, valid only when diving under the supervision of a certified adult diver
- Physical Conditioning & Watermanship: All candidates must demonstrate baseline aquatic competence through one of the following evaluations:

- Continuous 200-meter surface swim without equipment and a 10-minute survival float/swim without equipment
- Continuous 300-meter swim using mask, fins, and snorkel or 10-minute survival float/swim without equipment

If an exposure suit is worn, the student must be neutrally buoyant at the surface.

- Medical Fitness
  - Students must complete the ISE medical questionnaire prior to any in-water activity
  - Any abnormal or significant medical history requires **unconditional written clearance** from a licensed physician
  - Self-signed medical approvals are not accepted
  - Students must comply with all medical requirements before continuing training

- Risk Acknowledgment
  Students must be informed of the inherent risks of scuba diving and must sign all required ISE documents, which may include:
  - Liability releases
  - Assumption-of-risk statements
  - Safe diving practice agreements
  - Standards of conduct and understanding

  For minors, a parent or legal guardian must sign all required forms.

18.1.3.3 Duration

Minimum of 3 days (minimum of 4 theoretical lectures, Pool or confined water for comfort building and skin diving, and at least 4 Open Water dives)

18.1.3.4 Course Limits

- 6 meters for confined water drills,
- 18 meters for training dive
- Instructor to student ratio:
  1. Pool 1:4 or 1:6 with an ISE training assistant
  2. Confined water 1:2 or 1:4 with an ISE training assistant
  3. Open water 1:2 or 1:3 with an ISE training assistant
- Single back mount configuration only
- Certification Limits: 18 Meter Max Depth, Single Gas

18.1.3.5 Knowledge Requirements

Students must:

- Use ISE-approved training materials in their primary language when available
- Demonstrate understanding of:
  - Equipment configuration and function
  - Diving physics
  - Diving-related medical considerations
  - Dive tables and/or computers (Minimum Decompression Strategy)
  - Dive Planning (Minimum Gas, Gas Planning)
  - Situational Awareness (Personal, Equipment, Team and Environmental awareness)
  - General diving knowledge
  - Confined-water and open-water skill requirements
- Students must pass an oral or written examination.

18.1.3.6 Skill Requirements

Students must demonstrate all required confined-water and open-water skills to ISE performance standards.

1. Basic Scuba
    a. Equipment Assembly
    b. Breathing and Buoyancy
    c. Propulsion (Frog Kick)
    d. Simplified Circle of Basics (Regulator Removal and Replacement, Mask Removal and Replacement)
    e. Submersible Marker Buoy Deployment
    f. Limited Visibility
2. Basic Navigation
    a. Compass Use for General Orientation
    b. Environmental Cues
3. Rescue Skills
    a. Out of Gas
    b. Dealing with Cramps

18.1.3.7 Certification

To be certified as an ISE Open Water Diver, a student must:

Meet all eligibility requirements

1. Complete all knowledge development requirements
2. Demonstrate mastery of all confined-water and open-water skills
3. Complete the minimum number of training dives
4. Satisfy all safety, performance, and conduct expectations set by ISE

Certification is awarded only when the instructor confirms that the student has demonstrated consistent, repeatable, and safe performance in all required areas.

18.1.4 Recreational Diver Level 1

18.1.4.1 Purpose

This course builds upon the student's initial exposure to scuba diving within the ISE system and is intended to strengthen sound habits through increased experience and refinement. The ISE Recreational Diver curriculum is designed to develop divers who are comfortable in the water, competent in fundamental skills, confident in their decision-making, and respectful of the aquatic environment. Emphasis is placed on safety, control, awareness, and the development of disciplined in-water conduct. As a progression beyond the entry level, this course expands the student's practical skill base and diving experience while preparing them for further development within the ISE curriculum, including ISE Foundations (Rec).

This course builds on the knowledge and skills developed in ISE Open Water and adds further refinement, experience, and the use of Nitrox within recreational diving limits.

These standards define the minimum requirements for training, evaluating, and certifying ISE Recreational Level 1 divers. They ensure that all candidates meet the performance, safety, and knowledge expectations consistent with the ISE philosophy of precision, competence, and responsibility.

18.1.4.2 Prerequisites/Eligibility Requirements

- Minimum age for certification: 16 years (Students below 18 require parental consent)
- No upper age limit
- Students younger than 16 who meet all performance standards may receive a ***restricted certification***, valid only when diving under the supervision of a certified adult diver

- Physical Conditioning & Watermanship: All candidates must demonstrate baseline aquatic competence through one of the following evaluations:
    - Continuous 200-meter surface swim without equipment and a 10-minute survival float/swim without equipment
    - Continuous 300-meter swim using mask, fins, and snorkel or 10-minute survival float/swim without equipment

  If an exposure suit is worn, the student must be neutrally buoyant at the surface.

- Medical Fitness
    - Students must complete the ISE medical questionnaire prior to any in-water activity
    - Any abnormal or significant medical history requires *unconditional written clearance* from a licensed physician
    - Self-signed medical approvals are not accepted
    - Students must comply with all medical requirements before continuing training

- Risk Acknowledgment
  Students must be informed of the inherent risks of scuba diving and must sign all required ISE documents, which may include:
    - Liability releases
    - Assumption-of-risk statements
    - Safe diving practice agreements
    - Standards of conduct and understanding

  For minors, a parent or legal guardian must sign all required forms.

18.1.4.3 Course Limits:

- 6 meters for confined water drills,
- 18 meters for training dives
- 21 meters for experience dives
- Instructor to student ratio:
    - Pool 1:4 or 1:6 with an ISE training assistant
    - Confined water 1:2 or 1:4 with an ISE training assistant
    - Open water 1:2 or 1:3 with an ISE training assistant
- Back mount configuration only
- Certification Limits: 21 Meter Max Depth, Single Gas, Nitrox, No Decompression

Duration: Minimum of 5 days (minimum of 4 lectures, Two confined water sessions for comfort building and skin diving, and at least 12 Open Water dives)

18.1.4.4 Knowledge Requirements

Students must:

- Use ISE-approved training materials in their primary language when available
- Demonstrate understanding of:
    - Equipment configuration and function
    - Diving physics
    - Diving-related medical considerations
    - Dive tables and/or computers
    - Environmental awareness
    - General diving knowledge
    - Confined-water and open-water skill requirements

Students must pass an oral or written examination. Instructors must retain exam documentation for five years.

18.1.4.5 Skill Requirements

Students must demonstrate all required confined-water and open-water skills to ISE performance standards.

1. Scuba Diving
    a. Equipment Assembly
    b. ISE's Predive Sequence
    c. Breathing and Buoyancy
    d. Propulsions and Positioning (Frog Kick, Backwards Kick, Helicopter Turns, Modified Flutter, Modified Frog, Scuttle, and Shuffle)
    e. Circle of Basics (Regulator Removal and Replacement, Mask Removal and Replacement, Light Management)
    f. Submersible Marker Buoy Deployment
    g. Limited Visibility and Touch Contact
    h. Free Ascents
2. Basic Navigation
    a. Compass Use for General Orientation
    b. Environmental Cues
    c. Understanding Tides and Currents
3. Rescue Skills
    a. Out of Gas
    b. Dealing with Cramps
    c. Unconscious Diver Rescue
    d. Unconscious Diver Tow
4. Dive Planning and Implementation
    a. Minimum Decompression
    b. Minimum Gas and Usable Gas
    c. Gas Planning Scenarios
    d. Use of Nitrox

18.1.4.6 Certification

To be certified as an ISE Recreational Diver Level 1, a student must:

1. Meet all eligibility requirements
2. Complete all knowledge development requirements
3. Demonstrate mastery of all confined-water and open-water skills
4. Complete the minimum number of training dives
5. Satisfy all safety, performance, and conduct expectations set by ISE

Certification is awarded only when the instructor confirms that the student has demonstrated consistent, repeatable, and safe performance in all required areas. NOTE: Recreational Diver Level 1 is designed to certify students to a skill level equivalent to an ISE Foundational Diver (Recreational). It is not equivalent to an ISE Recreational Diver Level 2 (Advanced) certification.

18.1.5 Recreational Diver Level 2

18.1.5.1 Purpose

The ISE Recreational Diver Level 2 curriculum is intended to extend the capabilities of Recreational Diver Level 1 divers and prepare them for more demanding dives within recreational limits. The course includes additional propulsion techniques, as well as night, deep, current, and basic navigation dives, and may be

conducted in a continuous or modular format. This is the highest level of ISE recreational training and provides access to more specialized workshops.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open-circuit Backmount/Sidemount or any Rebreather that you are certified on.

18.1.5.2 Prerequisites

- Minimum age for certification: 16 years (Students below 18 require parental consent)
- No upper age limit
- Recreational Diver Level I, ISE Foundations (Rec), or equivalent, with 20 logged dives beyond certification.
- Physical Conditioning & Watermanship: All candidates must demonstrate baseline aquatic competence through swimming 25m on a breath hold and able to swim 100m within 3 minutes.
- Medical Fitness
    - Students must complete the ISE medical questionnaire prior to any in-water activity
    - Any abnormal or significant medical history requires *unconditional written clearance* from a licensed physician
    - Self-signed medical approvals are not accepted
    - Students must comply with all medical requirements before continuing training

- Risk Acknowledgment
  Students must be informed of the inherent risks of scuba diving and must sign all required ISE documents, which may include:
    - Liability releases
    - Assumption-of-risk statements
    - Safe diving practice agreements
    - Standards of conduct and understanding

  For minors, a parent or legal guardian must sign all required forms.

18.1.5.3 Duration:

Minimum of 5 days (minimum of 4 theoretical lectures and at least 12 open water dives, two of which are night dives)

18.1.5.4 Course Limits:

1. Max depth of 9 meters for Critical Skills dives
2. Max depth of 30 meters for Experience dives and Blue Water ascents.
3. Instructor to student ratio 1:2 or 1:3 with an assistant

18.1.5.5 Course Specific Limits:

1. May be taken in any configuration the student is certified on.

18.1.5.6 Knowledge Requirements

Students must demonstrate knowledge and understanding of the following diving conditions:

- Minimum Decompression Review
- Currents and Tides
- Night Diving and Light Etiquette
- Advanced Navigation and Search
- Deep Diving and Bluewater Ascents
- Stress Management
- Applications of Normoxic Trimix

Students must pass an oral or written examination. Instructors must retain exam documentation for five years.

18.1.5.7 Skill Requirements

Students must demonstrate all required open-water skills to ISE performance standards.

1. Manage Stress in different diving scenarios to Critical Skills Level 2
2. Must be able to always maintain neutral buoyancy
3. Must be able to hold stops on ISE 1,2,3 ascents in the blue
4. Must be able to Plan Dives to 36 meters.
5. Must be able to plan and execute a search for a missing object at 12 meters.
6. Must be comfortable with Night diving and Light Failures.
7. Must be able to dive in currents.

18.1.5.8 Certification Results

To be certified as an ISE Recreational Diver Level II, a student must:

1. Meet all eligibility requirements
2. Complete all knowledge development requirements
3. Demonstrate mastery of all confined-water and open-water skills
4. Complete the minimum number of training dives
5. Satisfy all safety, performance, and conduct expectations set by ISE

Certification is awarded only when the instructor confirms that the student has demonstrated consistent, repeatable, and safe performance in all required areas.

19 Foundational Courses

General Limits for all foundational courses:

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Maximum training depth of 30 m.
3. No decompression.
4. No overhead environment

19.1.1 Foundations (Rec)

19.1.1.1 Purpose

ISE Foundations is a core skill-refinement course intended to strengthen the diver's fundamental platform regardless of certification level or equipment configuration. It serves as a basis for continued development within the ISE system and is also a common entry point for divers crossing over from other agencies, subject to equivalency evaluation.

Foundations (Rec) is intended for divers who wish to remain within recreational limits while improving control, efficiency, and overall diving proficiency. It supports divers seeking the benefits of improved gas use and team-oriented procedures without progressing into technical training.

The course addresses core elements of safe scuba diving, including theory, buoyancy, trim, propulsion, and general comfort in the water.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open-circuit Backmount/Sidemount or any rebreather that you are certified on.

19.1.1.2 Prerequisites

- Must be 14 years old and above.
- Must be a certified diver from a particular scuba training organization.

- Must be able to swim 15 m on a breath hold.
- Must meet the general fitness level for the sport

Duration:

This class will be conducted over a minimum duration of 4 days.

19.1.1.3 Knowledge Requirements

- Structure of ISE
- General diving procedures
- Buoyancy & Trim
- Equipment configuration
- Propulsion techniques
- Situational awareness
- Team awareness
- Communications
- Breathing gases overview
- Nitrox Diving
- Dive planning
- Gas management

19.1.1.4 Skills Requirements

- Dive team protocols
- Equipment fitting
- Propulsion techniques
- Foundational skills (Circle of Basics - COB)
- Valve shut down procedure
- Pre-dive sequence
- Surface marker deployment
- Blue water ascents
- ISE Minimum Deco; 1-2-3

19.1.1.5 Equipment

Students may begin the course in their own equipment. The objective is not to require immediate equipment changes, but to give divers the information needed to evaluate configuration choices and adopt improvements where appropriate.

The goal is to develop an informed and thinking diver who can make sound equipment decisions based on function, safety, and suitability for the dive objective.

The Foundations (Rec) course is usually conducted in single configuration and wetsuit. Depending on environmental conditions, a doubles configuration and/or a drysuit can be used.

19.1.2 Foundations (Tech)

19.1.2.1 Purpose

ISE Foundations (Tech) is a core skill-refinement course intended to strengthen the diver's fundamental platform regardless of certification level or equipment configuration.

This course is intended for divers who wish to progress into technical training. By incorporating Nitrox and Trimix within no-decompression training limits, it allows students to practice advanced skills beyond the class while preparing for more demanding levels of training.

The course covers fundamental elements such as buoyancy, trim, propulsion, and general comfort in the water. It is conducted in doubles with one stage cylinder and is intended to establish a solid platform for

continued education and long-term diving development. This extended version includes the use of a bottom stage and Hyperoxic Trimix 25/25 for no-decompression dives to 40 meters.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount /Sidemount or any Rebreather that you are certified on.

19.1.2.2 Prerequisites

2. Must be 16 years old and above.
3. Must be a certified diver from a particular scuba training organization.
4. Must be able to swim 15 m on a breath hold.
5. Must meet the general fitness level for the sport

19.1.2.3 Duration

This class will be conducted over a minimum duration of 4 days.

19.1.2.4 Knowledge Requirements

- Structure of ISE
- General diving procedures
- Buoyancy & Trim
- Equipment configuration
- Propulsion techniques
- Situational awareness
- Team awareness
- Communications
- Breathing gases overview
- Dive planning
- Nitrox Diving
- Gas management
- Stage handling techniques
- Helium Theory
- Intro to Normoxic Trimix

19.1.2.5 Skills Requirements

- Dive team protocols
- Equipment fitting
- Propulsion techniques
- Foundational skills
- Valve drill
- Safety drill
- Pre-dive sequence
- Surface marker deployment
- Stage handling
- Ascent procedures

19.1.2.6 Equipment Required for the Course

Students must be in doubles configuration or equivalent for the course (see the general equipment standards for the technical section in the appendix). The following are highly recommended equipment items for the class. Please email the instructor should you have further inquiries.

- Wing size and shape should be appropriate to the cylinders used during training, lift should not exceed 25kg for doubles
- One Aluminum Stage Tank (7 Liter or 11 Liter) rigged in an appropriated way.
- One Stage regulator - swivel style with a 1 Meter hose and a short SPG

19.1.3 Foundations Upgrade (Rec to Tech)

19.1.3.1 Purpose

The ISE Foundations Upgrade (Rec to Tech) course is for students already trained in Foundations who wish to earn a technical certification. This upgrade covers the use of a bottom stage and Hyperoxic Trimix 25/25 for use in no-decompression dives down to 40 meters.

The Tec Upgrade is prerequisite for participating at any Level 1 class.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any rebreather that you are certified on.

19.1.3.2 Prerequisites

1. Must be 16 years old and above.
2. Must be a certified diver from a particular scuba training organization.
3. Must be a Foundations certified diver
4. Must be able to swim 15 m on a breath hold.
5. Must meet the general fitness level for the sport

19.1.3.3 Duration

This class will be conducted over a duration of generally 2 days.

19.1.3.4 Knowledge Review

- Dive planning
- Gas management
- Stage handling techniques
- Helium Theory
- Intro to Normoxic Trimix

19.1.3.5 Skills Requirements

- Dive Team protocols
- Equipment fitting
- Propulsion techniques
- Foundational skills
- Valve drill
- Safety drill
- Pre-dive sequence
- Surface marker deployment
- Stage handling
- Ascent procedures

19.1.3.6 Equipment

Students must be in doubles configuration or equivalent for the course (see the general equipment standards for the technical section in the appendix), as these are the highly recommended equipment items for the class. Please email the instructor should you have further inquiries.

- Wing size and shape should be appropriate to the cylinders used during training, lift should not exceed 25kg for doubles
- One Aluminum Stage Tank (7 Liter or 11 Liter) rigged in an appropriated way.
- One Stage regulator - swivel style with a 1 Meter hose and a short SPG

20 Technical Levels

20.1 Exploration Levels

20.1.1 Exploration Diver Level 1

20.1.1.1 Purpose

The ISE Exploration Diver Level 1 course is structured to prepare divers for the rigors of exploration diving and to familiarize them with the use of different types of breathing and decompression mixtures. The training focuses on expanding the skills learned in the ISE Foundations (Technical) and is designed to build the necessary and essential skills required for safe and successful exploration diving. This will include problem identification and resolution and progressively building the capacity for more challenging dives. In this course, students will be trained in:

- the use of double tanks and in the potential failure problems associated with them.
- the use of Trimix and Nitrox
- the use of Helium to minimize narcosis; and
- the applications of single decompression cylinder diving with respect to decompression procedures.
- the application of a single Bottom stage containing the same gas then the back mounted doubles.

The class focuses on Nitrox and Trimix for dives in the 60-meter range and provides a foundation on which divers can build experience and prepare for further ISE training.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any rebreather that you are certified on.

20.1.1.2 Prerequisites

1. Must have a minimum of 100 dives beyond Open Water certification.
2. Must be ISE Foundations certified or equivalent.
3. Must have a minimum of 100 dives beyond open water certification.

20.1.1.3 Duration

This class will be conducted over a duration of 5 days and involves at least 5 dives.

20.1.1.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Trimix 21/35 & 18/45, 1 bottom stage and 1 stage 50% Nitrox Deco
3. Maximum training depth of 60 m, Max average depth of 48 Meters
4. No overhead environment. (i.e caves)
5. Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.1.1.5 Knowledge Review

- Physics
  - Pressure and gas law review
  - Math relevant for planning, mixing, and using enriched air
- Physiology
  - Hypoxia
  - Hyperoxia
  - Oxygen toxicity
  - CNS
  - Pulmonary toxicity
  - Tracking multilevel, multi-dive, and multi-day exposures
  - Inert gas narcosis

    - Inert gas absorption and elimination
    - Carbon dioxide toxicity
    - Carbon monoxide toxicity
    - Hyperthermia
    - Hypothermia
    - Decompression illness
- Accelerated and general decompression strategies
    - Decompression practices on air, enriched air, and oxygen
    - Generic tables, computers, and custom tables
- Introduction to normoxic and hyperoxic Trimix
- Advantages over deep air
- Equipment considerations (Hogarthian/DIR emphasis)
    - Singles
    - Doubles
    - Decompression stage bottles
    - BC/harness
    - Regulators, depth gauges, pressure gauges, and hose routing
    - Manifolds
    - Surface marker buoys and spools (for deco platforms)
    - Computers and bottom timers
    - Exposure suit appropriate for the environment
- Dive planning
- Operational planning
- Support
- Teams
- Team planning
- Gas matching
- Oxygen limits
- Nitrogen limits
- Emergency procedures
    - Omitted decompression procedures
    - Miscellaneous issues including limited deco gas, out of gas, team separation, etc.
- Procedures
    - Bottom and deco gas
    - Normal operations
    - Procedures for failure, loss, or inadequate supply
- Gas mixing
- Analyzing and labeling gas supplies
- Line following
- Survey technics appropriate for level of diving

20.1.1.6 Skills Requirements

- Reel and guideline use
- Dive team order and protocols
- Touch contact
- Manifold operation and failures
- Handling of 2 Stages
- Use of safety spools and reels
- Basic navigation skills
- Pre-dive drills

- Survey and measuring techniques

20.1.1.7 Equipment

In addition to the following, all students are required to have the equipment specified in the Appendix in technical configuration. For any clarifications, please contact an ISE instructor.

- One primary reel of at least 90 meters of line per diver.
- One Bottom Stage
- One Decompression Stage

20.1.2 Exploration Diver Level 2

20.1.2.1 Purpose

The ISE Exploration Diver Level 2 course is structured to prepare divers for the rigors of exploration diving, and to familiarize them with the use of different breathing and decompression mixtures. The training focuses on expanding the basic skills learnt in the ISE Exploration Diver Level 1 and is designed to build the necessary and essential skills required for safe and successful extended exploration diving.

This will include problem identification and resolution and also building the capacity for progressively more challenging diving. In this class, students will be trained in:

- the use of multiple stages and the potential failure problems associated with them.
- the use of Trimix, Nitrox and Oxygen.
- the use of Helium to minimize narcosis; and
- the applications of multiple decompression stage diving with respect to decompression procedures.

The class will focus on Trimix, for dives in the 80-meter depth range, and provides an excellent foundation on which divers can build their diving experience and prepare for ISE´s further program.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount or any Rebreather that you are certified on.

20.1.2.2 Prerequisites

1. Must be at least a minimum 20 years of age.
2. Must be ISE Exploration Diver Level 1 qualified.
3. Must have a minimum of 200 logged dives, with at least 50 dives on double cylinders, 25 dives of these must have utilized a single decompression cylinder.
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & freedive a distance of 20 meters, or alternatively
    b. Snorkel 800 meters (with fins) in less than 16 min. & freedive a distance of 30 meters or alternatively
    c. Run 1000 Meters in less than 4 min, additionally
    d. 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.1.2.3 Duration

This class will be conducted over a duration of 6 days and involves at least 10 dives.

20.1.2.4 Limits

Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.

1. Trimix 18/45 and 15/60 with Nitrox 50 and Oxygen
2. Maximum training depth of 75 meters.
3. No overhead environment. (i.e caves)
4. Certification expires after 3 years. Students must re-qualify. (An evaluation dive)

20.1.2.5 Knowledge Review

- Limits of training
- Course completion requirements
- Review of decompression, diving physiology, gas utilization and risk
- Accelerated, omitted, and general decompression strategies
- Dive logistics and planning
- Survey techniques

20.1.2.6 Skill Requirements

- Spools, reels and guideline use
- Dive team order and protocols
- Gas switching procedures and protocols
- Bottom stage and decompression cylinder use
- Survey and measurements

20.1.2.7 Equipment

In addition to the following, all students are required to have the equipment specified in the Appendix in technical configuration. For any clarifications, please contact an ISE instructor.

- Bottom Stage
- Travel Stage
- Two Decompression Stages

20.1.3 Exploration Diver Level 1 CCR

20.1.3.1 Purpose

The ISE Exploration Diver CCR Level 1 course is structured to prepare divers for the rigors of exploration diving, and to familiarize them with the use of different types of breathing and decompression mixtures. The training focuses on expanding the skills learnt in the ISE Basic of Exploration and is designed to build the necessary and essential skills required for safe and successful exploration diving. This will include problem identification and resolution and building the capacity progressively for more challenging dives. In this course, students will be trained in:

- the use of CCRs, a bottom stage, and the potential failure problems associated with them.
- the use of Trimix and Nitrox.
- the use of Helium to minimize narcosis.
- the applications of single decompression cylinder diving with respect to decompression procedures.
- the applictaion of a single Bottomstage containing the same gas then the backmounted doubles.

The class will focus on Nitrox and Trimix, for dives in the 60 meter depth range, and provides an excellent foundation on which divers can build their diving experience and prepare for further ISE programs.

PLEASE BE AWARE THAT THE CLASS CAN BE ONLY BE CONDUCTED ON A mCCR SYSTEM THAT YOU ARE CERTIFIED FOR;

20.1.3.2 Prerequisites

1. Must be at least a minimum 18 years of age.
2. Must be ISE Fourndations (Tech) certified or equivalent.
3. Must have a minimum of 100 dives beyond open water certification.
4. Must have logged a min of 50 hrs on CCR

20.1.3.3 Duration

This class will be conducted over a minimum duration of 5 days.

20.1.3.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Trimix 21/35 & 18/45, as DIL 1 Bailout Stage and 1 stage 50% Nitrox Deco
3. Maximum training depth of 60 m, Max average depth of 48 Meters
4. No overhead environment. (i.e caves)
5. Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.1.4 Exploration Diver Level 2 CCR

20.1.4.1 Purpose

The ISE Exploration Diver CCR Level 2 course is structured to prepare divers for the rigors of exploration diving, and to familiarize them with the use of different breathing and decompression mixtures. The training focuses on expanding the basic skills learnt in the ISE Exploration Diver Level 1 and is designed to build the necessary and essential skills required for safe and successful extended exploration diving.

This will include problem identification and resolution and building the capacity for progressively more challenging diving. In this class, students will be trained in:

- the use of CCRs with multiple stages and the potential failure problems associated with them.
- the use of Trimix, Nitrox and Oxygen.
- the use of Helium to minimize narcosis.
- the applications of multiple decompression stage diving with respect to decompression procedures.

The class will focus on Trimix, for dives in the 80 meter depth range, and provides an excellent foundation on which divers can build their diving experience and prepare for ISE's further program.

PLEASE BE AWARE THAT THE CLASS CAN ONLY BE CONDUCTED ON A CCR SYSTEM THAT YOU ARE CERTIFIED FOR

20.1.4.2 Duration

This class will be conducted over a minimum duration of 6 days.

20.1.4.3 Prerequisites

1. Must be at least a minimum 20 years of age.
2. Must be ISE Exploration Diver Level 1 qualified.
3. Must have a minimum of 200 logged dives, with at least 50 on Level 1 Dives using a CCR
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & free dive a distance of 20 meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 16 min. & free dive a distance of 30 meters; or alternatively,
    c. Run 1000 Meters in less than 4 minutes and 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.1.4.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Trimix 18/45 and 15/60 with Nitrox 50 and Oxygen
3. Maximum training depth of 75 meters.
4. No overhead environment. (i.e caves)
5. Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.2 Cave Levels

20.2.1 Cavern

20.2.1.1 Purpose

The ISE Cave Experience is an introductory diver education program for the cavern environment. It is intended to expose divers to the basics of cavern diving and to the skills and knowledge required for limited penetration in daylight cavern zones.

Training includes environmental awareness, dive planning, teamwork, cavern environments, stress management, conservation, standard and emergency procedures, linework and navigation on the mainline and the hazards of cavern diving.

To qualify for this type of instruction, participants do not need prior overhead training but must be proficient with advanced buoyancy control skills.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

20.2.1.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Foundations qualified.
3. Must have a minimum of 75 dives beyond open water qualification.
4. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & freedive a distance of 15 Meters or alternatively
    b. Snorkel 800 meters (with fins) in less than 18 min. & freedive a distance of 25 meters or alternatively
    c. Run 1000 Meters in less than 5 min.

20.2.1.3 Duration

This class will be conducted over a duration of 3 days and involves at least 4 dives. At least 2 dives will be actual cavern dives.

20.2.1.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Gas consumption of maximum 1/6 of doubles.
3. Maximum training depth of 30 meters and max 60 m in the cavern zone.
4. Minimum of 10 meters visibility to enter the cavern
5. Minimum of 3000 liters of gas to enter the cavern.
6. No passage of which divers are to forced to travel in a single file.
7. No navigation.
8. No decompression.
9. Nitrox 32.
10. No stage diving.
11. Certification expires after 3 years. Students must re-qualify.

20.2.1.5 Knowledge Review

- Limits of training
- Course completion requirements
- Conservation
- Spool, reel and guideline use
- Dive team order and protocols

- Touch contact
- Mainline navigation skills

20.2.1.6 Skill Requirements

- Reel, Spool, and guideline use in standard overhead procedures
- Team order and protocols
- Spool, reel and guideline use in emergency procedures, including touch contact and gas sharing techniques
- Visual referencing skills

20.2.1.7 Equipment

The following items, together with all equipment specified in the Appendix, are required for all students. For any clarifications, please reach out to an ISE instructor.

- At least five line markers, of which at least three should be line arrows and two Referencing Exit Markers (REM).
- Two spools of at least 30 meters of line per diver.
- One primary reel of at least 120 meters of line per team.

20.2.2 Cave Explorer Level 1

20.2.2.1 Purpose

The ISE Cave Explorer Level 1 is a diver education program that introduces divers to the underwater cave environment. The course covers the basics of cave diving and is designed to introduce divers to the skills and knowledge required for limited penetration into the underwater cave environment.

Training includes environmental awareness, dive planning, teamwork, cave environments, stress management, navigation, conservation, standard and emergency procedures, cave diving techniques, Linework and navigation including 1 jump and 1 gap, and the hazards of cave diving.

To qualify for this type of instruction, participants do not need prior overhead training but must be proficient with advanced buoyancy control skills.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

20.2.2.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Foundations qualified.
3. Must have a minimum of 100 dives beyond open water qualification.
4. Must be able to perform the following
    a. 400 meters swimming in less than 15 min & freedive a distance of 15 Meters, or alternatively
    b. Snorkel 800 meters (with fins) in less than 18 min. & freedive a distance of 25 meters or alternatively
    c. Run 1000 Meters in less than 5 min.

20.2.2.3 Duration

This class will be conducted over a duration of 5 days and involves at least 8 dives. At least 4 dives will be actual cave dives.

20.2.2.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Gas consumption of maximum 1/6 of doubles & 1/4 during experience dives.
3. Maximum training depth of 30 meters.

4. Minimum of 10 meters visibility to enter the cave.
5. Minimum of 3000 liters of gas to enter the cave.
6. No passage of which divers are to forced to travel in a single file.
7. No complex navigation (1 Jump and 1 gap max).
8. No decompression.
9. Nitrox 32.
10. One bottom stage diving.
11. Certification expires after 3 years. Students must re-qualify. (An evaluation dive)

20.2.2.5 Knowledge Review

- Limits of training
- Course completion requirements
- Conservation
- Spool, reel and guideline use
- Dive team order and protocols
- Touch contact
- Basic navigation skills

20.2.2.6 Skill Requirements

- Spool, reel and guideline use in standard operating procedures
- Team order and protocols
- Spool, reel and guideline use in emergency procedures, including touch contact and gas sharing techniques
- Lost diver procedures
- Lost guideline procedures
- Basic navigation skills
- Visual referencing skills

20.2.2.7 Equipment

The following items, together with all equipment specified in the Appendix, are required for all students. For any clarifications, please reach out to an ISE instructor.

- At least five line markers, of which at least three should be line arrows and two REMs.
- Three spools of at least 30 meters of line per diver.
- One primary reel of at least 120 meters of line per diver.

20.2.3 Cave Explorer Level 2

20.2.3.1 Purpose

The ISE Cave Explorer Level 2 is the second in a series of three courses designed to develop full cave diving proficiency. This a very demanding course that seeks to refine the cave diving techniques of divers who have mastered the requirements of the ISE Cave Explorer Level 1.

To succeed in this course, students must be practiced in the basic aspects of cave diving and comfortable in the use of double tanks/cylinders. The ISE Cave Explorer Level 2 builds upon skills learnt previously, focusing on extending essential cave diving techniques.

These skills include: a focus on environmental awareness, dive buddy awareness, problem resolution, stress management, and advanced navigation. This course is heavily experience based, and includes many practical, task-oriented skills that must be mastered before a student is competent to dive at this level.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

20.2.3.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Cave Explorer Level 1 and ISE Exploration Diver Level 1 qualified.
3. Must have at least 200 logged dives, with at least 50 dives in double cylinder configuration, 25 of these must be cave dives.
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & freedive a distance of 20 meters or alternatively
    b. Snorkel 800 meters (with fins) in less than 16 min. & freedive a distance of 30 meters or alternatively
    c. Run 1000 Meters in less than 4 min, additionally
    d. 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.2.3.3 Duration

This class will be conducted over a duration of 6 days and involves at least 10 dives.

20.2.3.4 Limits

1. Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
2. Gas consumption of maximum 1/3 of gas supply for cave penetration.
3. Maximum training depth of 60 meters.
4. Minimum of 6 meters visibility to enter the cave.
5. Minimum of 4800 liters of gas to enter the cave.
6. No scooter diving.
7. No Gas with less than 18% O2.
8. One Deco Gas max.
9. Maximum two Stages (one Deco/one Bottom).
10. Certification expires after 3 years. Students must re-qualify. (An evaluation dive)

20.2.3.5 Knowledge Review

- Spool, reel and guideline use
- Dive team order and protocols
- Touch contact
- Basic navigation skills
- Second Stage

20.2.3.6 Skill Requirements

- Spool, reel and guideline use in standard operating procedures
- Team order and protocols
- Spool, reel and guideline use in emergency procedures, including touch contact and gas sharing techniques
- Lost diver procedures
- Lost guideline procedures
- Basic navigation skills including gaps, jumps, circuits and traverses
- Visual referencing skills
- Stage handling (two Stages)

20.2.3.7 Equipment

All students must have the following equipment for the course. Please email the instructor should you have further enquiries.

- At least eight line markers, of which at least five should be line arrows and three rems.
- Five spools of at least 30 meters of line per diver.

- One primary reel of at least 120 meters of line per diver.
- One Stage Bottle
- One Deco Bottle

20.2.4 Cave Explorer Level 1 CCR

20.2.4.1 Purpose

The ISE Cave Explorer Level 1 CCR is a diver education program that introduces divers to the underwater cave environment. The course covers the basics of cave diving and is designed to introduce divers to the skills and knowledge required for limited penetration into the underwater cave environment.

Training includes environmental awareness, dive planning, team work, cave environments, stress management, navigation, conservation, standard and emergency procedures, cave diving techniques, Linework and navigation including 1 jump and 1 gap, and the hazards of cave diving.

To qualify for this type of instruction, participants do not need prior overhead training but must be proficient with advanced buoyancy control skills.

PLEASE BE AWARE THAT THE CLASS CAN ONLY BE CONDUCTED ON A CCR SYSTEM THAT YOU ARE CERTIFIED FOR

20.2.4.2 Prerequisites

Must be 18 years old and above.

Must be ISE Foundations (Tech) qualified.

Must have a minimum of 100 dives beyond Open Water qualification.

Must have logged a min of 50 Hours on a CCR

Must be able to perform the following: 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively, Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively, Run 1000 Meters in less than 5 min.

20.2.4.3 Duration

This class will be conducted over a duration of 5 days, and involves at least 8 dives. At least 4 dives will be actual cave dives.

20.2.4.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Gas consumption of maximum 1/6 of doubles & 1/4 during experience dives.
- Maximum training depth of 30 meters.
- Minimum of 10 meters visibility to enter the cave.
- Minimum of 3000 liters of gas to enter the cave.
- No passage of which divers are to forced to travel in a single file.
- No complex navigation (1 Jump and 1 gap max).
- No decompression.
- Air Diluent
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.2.5 Cave Explorer Level 2 CCR

20.2.5.1 Purpose

The ISE Cave Explorer Level 2 is the second in a series of three courses designed to develop full cave diving proficiency. This a very demanding course that seeks to refine the cave diving techniques of divers who have mastered the requirements of the ISE Cave Explorer CCR Level 1.

To succeed in this course, students must be practiced in the basic aspects of cave diving and comfortable in the use of double tanks/cylinders. The ISE Cave Explorer Level 2 builds upon skills learnt previously, focusing on extending essential cave diving techniques.

These skills include: a focus on environmental awareness, dive buddy awareness, problem resolution, stress management, and advanced navigation. This course is heavily experience-based, and includes many practical, task-oriented skills that must be mastered before a student is competent to dive at this level.

PLEASE BE AWARE THAT THE CLASS CAN ONLY BE CONDUCTED ON A CCR SYSTEM THAT YOU ARE CERTIFIED FOR

20.2.5.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Cave Explorer CCR Level 1 and ISE Exploration Diver CCR Level 1 qualified.
3. Must have at least 200 logged dives, with at least 50 dives in caves on CCR
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & free dive a distance of 20 meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 16 min. & free dive a distance of 30 meters; or alternatively,
    c. Run 1000 Meters in less than 4 minutes and 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.2.5.3 Duration

This class will be conducted over a duration of 6 days and involves at least 10 dives.

20.2.5.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Gas consumption of maximum 1/3 of gas supply for cave penetration.
- Maximum training depth of 60 meters.
- Minimum of 6 meters visibility to enter the cave.
- Minimum of 4800 liters of gas to enter the cave.
- No scooter diving.
- No Gas with less than 18% O2.
- One Deco Gas max.
- Maximum two Stages (one Deco/one Bottom).
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.3 Wreck Levels

20.3.1 Wreck Experience

20.3.1.1 Purpose

This program is intended for certified divers who wish to gain an introductory experience in wreck diving.

20.3.1.2 Prerequisites

1. Must be 18 years old and above.
2. Must be Recreational 2 or equivalent.
3. Must have a minimum of 75 dives beyond open water qualification.
4. Must be able to perform the following
    a. 400 meters swimming in less than 15 min & freedive a distance of 15 Meters, or alternatively

b. Snorkel 800 meters (with fins) in less than 18 min. & freedive a distance of 25 meters or alternatively
c. Run 1000 Meters in less than 5 min.

20.3.1.3 Duration
3 days / 4 dives

20.3.1.4 Limits
Within the existing limits of candidate and a Max Depth limit of 30m

20.3.1.5 Knowledge Review
- ISE organization
- Limits of training
- Course completion requirements
- Conservation and legal aspects
- Logistical planning, project support and operational planning
- Advance diving techniques including line management, touch contact, free drifting ascents etc

20.3.1.6 Skill Requirements
- Spools, reels and guideline use
- Dive team order and protocols
- Touch contact
- Advance navigation skills

20.3.1.7 Equipment
The following items, together with all ISE Technical equipment specified in the Appendix, are required for all students. For any clarifications, please reach out to an ISE instructor.

- One spool of at least 30 meters of line per diver.
- One primary reel of at least 90 meters of line per diver.

20.3.2 Wreck Explorer Level 1

20.3.2.1 Purpose
The ISE Wreck Explorer Level 1 course is designed to introduce divers to wreck diving in the 30-meter range. Emphasis is placed on the special skills required for wreck diving. The course combines theory and practical application, including the basic survey and operational considerations relevant to wreck diving. Divers entering the course are expected to have a solid general diving foundation.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

20.3.2.2 Prerequisites
1. Must be at least a minimum 18 years of age.
2. Must be ISE Foundations qualified.
3. Must have a minimum of 100 logged dives
4. Must be able to perform the following
   a. Swim 400 meters swimming in less than 15 min & free dive a distance of 15 Meters. Or alternatively
   b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters or alternatively
   c. Run 1000 Meters in less than 5 min.

20.3.2.3 Duration

This class will be conducted over a duration of 5 days and involves at least 8 dives. At least 6 dives will be actual wreck dives.

20.3.2.4 Limits

Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.

- Maximum training depth of 30 meters.
- Bottom PPO2 is not to exceed 1.4 bar.
- Certification expires after 3 years. Students must re-qualify. (An evaluation dive)

20.3.2.5 Knowledge Review

- Limits of training
- Course completion requirements
- Logistical planning, project support and operational planning
- Advance diving techniques including line management, touch contact, free drifting ascents etc

20.3.2.6 Skills Review

- Spools, reels and guideline use
- Overhead Protocols
- Light Etiquette
- Dive Dynamics and Positioning
- Touch contact
- Advance navigation skills

20.3.2.7 Equipment

The following items, together with all equipment specified in the Appendix, are required for all students. For any clarifications, please reach out to an ISE instructor.

- One spool of at least 30 meters of line per diver.
- One primary reel of at least 100 meters of line per diver.

20.3.3 Wreck Explorer Level 2

20.3.3.1 Purpose

The ISE Wreck Explorer Level 2 course is designed to introduce divers to wreck penetration, deeper wreck diving using helium-based gases, and staged decompression techniques. Emphasis is placed on advanced skills, increased equipment demands, and a deeper treatment of wreck exploration procedures.

The course combines theory and practical application and addresses the operational demands of deep wreck diving and wreck penetration. Divers entering the course are expected to be competent technical divers.

PLEASE BE AWARE THAT THE CLASS CAN BE CONDUCTED IN:

Open Circuit Backmount/Sidemount or any Rebreather that you are certified on.

20.3.3.2 Prerequisites

1. Must be at least a minimum 20 years of age.
2. Must be ISE Exploration Diver Level 1 and ISE Wreck Explorer Level 1 qualified.
3. Must have a minimum of 200 logged dives, with at least 50 dives on double cylinders, 25 dives of these must be beyond ISE Wreck Explorer Level 1 training.
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & freedive a distance of 20 meters or alternatively

b. Snorkel 800 meters (with fins) in less than 16 min. & freedive a distance of 30 meters or alternatively
c. Run 1000 Meters in less than 4 min and additionally
d. 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.3.3.3 Duration

This class will be conducted over a duration of 6 days and involves at least 8 dives. At least 4 dives will be actual wreck dives.

20.3.3.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 75 meters.
- Bottom PPO2 is not to exceed 1.2 bar.
- Certification expires after 3 years. Students must re-qualify. (An evaluation dive)

20.3.3.5 Knowledge Review

- ISE organization
- Limits of training
- Course completion requirements
- Conservation and legal aspects
- Logistical planning, project support and operational planning
- Advance diving techniques including the use of multiple stage cylinders, navigation, advance gas management, decompression strategy and survey techniques.

20.3.3.6 Skill Requirements

- Spools, reels and guideline use
- Dive team order and protocols
- Touch contact
- Advance navigation skills
- Survey skills

20.3.3.7 Equipment

The following items, together with all equipment specified in the Appendix, are required for all students. For any clarifications, please reach out to an ISE instructor.

- One spool of at least 30 meters of line per diver.
- One primary reel of at least 120 meters of line per diver.
- One Stage Bottle
- One Decompression Bottle

20.3.4 Wreck Explorer Level 1 CCR

20.3.4.1 Purpose

The ISE Wreck Explorer CCR Level 1 is designed to introduce the diver to wreck diving at the 30-meter range. Emphasis is placed on special skills useful for the wreck diving. This course is based on theories and experiences. It also guides divers through dealing with the practical implications of wreck diving including basic surveys. Divers are expected to be capable divers when enrolling for this course.

PLEASE BE AWARE THAT THE CLASS CAN BE ONLY BE CONDUCTED ON A mCCR SYSTEM THAT YOU ARE CERTIFIED FOR

20.3.4.2 Prerequisites

1. Must be at least a minimum 18 years of age.
2. Must be ISE Foundations (Tech) qualified.

3. Must have a minimum of 100 logged dives,
4. Must have logged a minimum of 50 hours on CCR
5. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively,
    c. Run 1000 Meters in less than 5 min.

20.3.4.3 Duration

This class will be conducted over a duration of 5 days, and involves at least 8 dives. At least 6 dives will be actual wreck dives.

20.3.4.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 30 meters.
- Bottom PPO2 is not to exceed 1.3 bar.
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.3.5 Wreck Explorer Level 2 CCR

20.3.5.1 Purpose

The ISE Wreck Explorer CCR Level 2 is designed to introduce divers to wreck penetration, diving deeper wrecks using helium-based gases, and staged decompression techniques. The emphasis is placed on advanced skills, using more equipment and going deeper into the subject of wreck exploration.

This course is based on theories and experiences. It also guides divers through dealing with the practical implications of deep wreck diving including penetrations. Divers are expected to be capable technical divers.

PLEASE BE AWARE THAT THE CLASS CAN ONLY BE CONDUCTED ON A mCCR SYSTEM THAT YOU ARE CERTIFIED FOR.

20.3.5.2 Prerequisites

1. Must be at least a minimum 20 years of age.
2. Must be ISE Exploration Diver Level 1 and ISE Wreck Explorer Level 1 qualified.
3. Must have a minimum of 200 logged dives, with at least 50 dives on CCR beyond ISE Wreck Explorer Level 1 training.
4. Must be able to perform the following:
    a. 600 meters swimming in less than 15 min. & free dive a distance of 20 meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 16 min. & free dive a distance of 30 meters; or alternatively,
    c. Run 1000 Meters in less than 4 minutes and 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

20.3.5.3 Duration

This class will be conducted over a duration of 6 days, and involves at least 8 dives. At least 4 dives will be actual wreck dives.

20.3.5.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 75 meters.
- Bottom PPO2 is not to exceed 1.3 bar.

- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.4 Rebreather

20.4.1 KISS Rebreather Course

The KISS Rebreather Course is designed to introduce certified divers to rebreather diving using the mCCR KISS unit.

20.4.1.1 Purpose

The ISE KISS Classic Rebreather course is a diver education program that introduces divers to the safe use of a MCCR rebreather - specifically the KISS Classic. The course covers the basics of rebreather diving and is designed to introduce divers to the skills and knowledge required for safe operation of the specific unit.

Training includes environmental awareness, dive planning, teamwork, stress management, standard and emergency procedures, Rescue techniques, mastering the hazards of rebreather diving

To qualify for this type of instruction, participants do not need prior rebreather training but must be proficient with general diving skills.

20.4.1.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Foundations (Rec) qualified (or comparable)
3. Must have a minimum of 100 dives beyond Open Water qualification.
4. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively,
    c. Run 1000 Meters in less than 5 min.

20.4.1.3 Duration

This class will be conducted over a duration of 5 days and involves at least 8 dives.

20.4.1.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 40 meters.
- No decompression.
- Air Diluent
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.4.2 Oxygen Rebreather Course

20.4.2.1 Purpose

The ISE Oxygen Rebreather course is a diver education program that introduces divers to the safe use of an oxygen rebreather. The course may be conducted on any approved O2 rebreather and covers the knowledge and skills required for safe operation of the specific unit.

Training includes environmental awareness, dive planning, teamwork, stress management, standard and emergency procedures, rescue techniques, mastering the hazards of oxygen rebreather diving

To qualify for this type of instruction, participants do not need prior rebreather training but must be proficient with general diving skills.

20.4.2.2 Prerequisites

1. Must be 18 years old and above.

2. Must be ISE Foundations (Rec) qualified (or comparable)
3. Must have a minimum of 50 dives beyond open water qualification.
4. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively,
    c. Run 1000 Meters in less than 5 min.

20.4.2.3 Duration

This class will be conducted over a duration of 3 days and involves at least 5 dives.

20.4.2.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 6 meters.
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.4.3 pSCR Rebreather Course

The ISE pSCR Rebreather Course is designed to introduce divers to basic rebreather technology and to develop proficiency in the use of passive semi-closed rebreather systems.

This course assumes that divers are not experienced in the use of rebreather technology but are very capable open circuit divers.

20.4.4 KISS Sidewinder Course

20.4.4.1 Purpose

The ISE KISS Sidewinder Rebreather course is a diver education program that introduces divers to the safe use of a MCCR Rebreather - specifically the KISS Sidewinder. The course covers the basics of rebreather diving and is designed to introduce divers to the skills and knowledge required for safe operation of the specific unit.

Training includes environmental awareness, dive planning, team work, stress management, standard and emergency procedures, rescue techniques, mastering the hazards of rebreather diving

To qualify for this type of instruction, participants do not need prior rebreather training but must be proficient with general diving skills.

20.4.4.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Foundations (Rec) qualified or equivalent
3. Must have a minimum of 100 dives beyond open water qualification.
4. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively,
    c. Run 1000 Meters in less than 5 min.

20.4.4.3 Duration

This class will be conducted over a duration of 5 days, and involves at least 8 dives.

20.4.4.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 40 meters.
- No decompression.

- Air Diluent
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

20.4.5 HOLLIS Prism2 Rebreather Course

20.4.5.1 Purpose

The ISE Hollis Prism2 Rebreather course is a diver education program that introduces divers to the safe use of a ECCR Rebreather - specifically the HOLLIS Prism2. The course covers the basics of Rebreather diving and is designed to introduce divers to the skills and knowledge required for safe operation of the specific unit.

Training includes environmental awareness, dive planning, teamwork, , stress management, standard and emergency procedures, rescue techniques, mastering the hazards of rebreather diving

To qualify for this type of instruction, participants do not need prior rebreather training but must be proficient with general diving skills.

20.4.5.2 Prerequisites

1. Must be 18 years old and above.
2. Must be ISE Foundations (Rec) qualified (or comparable)
3. Must have a minimum of 100 dives beyond open water qualification.
4. Must be able to perform the following:
    a. 400 meters swimming in less than 15 min & free dive a distance of 15 Meters; or alternatively,
    b. Snorkel 800 meters (with fins) in less than 18 min. & free dive a distance of 25 meters; or alternatively,
    c. Run 1000 Meters in less than 5 min.

20.4.5.3 Duration

This class will be conducted over a duration of 5 days, and involves at least 8 dives.

20.4.5.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 40 meters.
- No decompression.
- Air Diluent
- Certification expires after 3 years. Students have to re-qualify. (An evaluation dive)

21 Diving Workshops

All ISE Diving Workshops are covered by the following prerequisites and limits unless otherwise specified in the specific course descriptions below.

21.1 Requalification

21.1.1 Purpose

ISE strongly believes that skills and knowledge once learnt, have got to be practiced and applied frequently in order to be kept sharp and up to date. Therefore, any diver who earns any certification, has got to be active to maintain the ability to dive safely at that level of certification. To prevent divers from jumping back into the sport after a long period of absenteeism, and hurt themselves or others, the ISE certification expires after 3 years. Divers will then have to prove their ability to dive at their highest certified level, to an authorized representative of ISE to maintain their status.

21.1.2 Prerequisites
Depends on Requalification Applied For

21.1.3 Duration
1 Day

21.1.4 Limits
Please refer to the limits of the specific level of certification.

21.2 ISE Explorer Sidemount

21.2.1 Purpose
The ISE Sidemount workshop is designed to develop divers who are comfortable, skilled, and confident using sidemount gear—maximizing both safety and enjoyment underwater. This course establishes a strong foundation for future advanced training, preparing participants for ISE technical, cave, and wreck courses in ISE sidemount configuration (Foundations certification required for Level 1). Divers gain the practical skills and proficiency needed to pursue advanced scuba specializations with ease.

21.2.2 Prerequisites
1. Must be a minimum of 16 years of age
2. Must be ISE Foundations certified or equivalent
3. Must have a min of 50 Dives beyond open water certification
4. Must be able to swim a distance of at least 20 meters holding his breath

21.2.3 Duration:
This class will be conducted over a duration of generally 3 days.

21.2.4 Limits
- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.
- Maximum training depth of 20 m.
- No decompression.
- No overhead environment (i.e caves).

21.3 Workshop Diver Propulsion Vehicle (DPV)

21.3.1 Purpose
This workshop is designed to introduce divers to the use of a diver propulsion vehicle (DPV), including its practical applications, operational limitations, and associated risk management considerations.

21.3.2 Prerequisites
1. Must be a minimum of 16 years of age
2. Must be ISE Foundations certified or equivalent
3. Must have a min of 50 Dives beyond ISE Recreational Level 1 or an equivalent open water certification
4. Must be able to swim a distance of at least 20 meters holding his breath

21.3.3 Duration:
The workshop is held in 2 days and involves 3 dives

21.3.4 Limits
- Student to instructor ratio is not to exceed 3:1 during any in-water training
- Maximum depth 30 meters
- No overhead environment diving
- No planned decompression
- No Mixed gas other than 32% Nitrox

21.4 Workshop ISE Cave DPV

21.4.1 Purpose

This workshop is designed to introduce divers to the use of diver propulsion vehicles (DPVs) in overhead environments such as caves and wrecks. It covers relevant techniques, planning considerations, and risk management for these applications.

21.4.2 Prerequisites

1. Must be at least a minimum 20 years of age.
2. Must be ISE Cave Diver Level 1 or ISE Wreck Explorer Level 1 certified.
3. Must have a minimum of 200 logged dives, with at least 50 dives on double cylinders, 25 dives of these must be in the overheads environment.
4. Must be able to perform the following:
    - 600 meters swimming in less than 15 min. & free dive a distance of 20 meters; or alternatively,
    - Snorkel 800 meters (with fins) in less than 16 min. & free dive a distance of 30 meters; or alternatively,
    - Run 1000 Meters in less than 4 minutes and
    - 10 pushups & 6 pull-ups & 30 sit-ups in 40 sec

21.4.3 Duration

The workshop is held in 2 days and involves 3 dives, with at least one being inside an overhead environment.

21.4.4 Limits

- Student to instructor ratio is not to exceed 3:1 during any in-water training
- Maximum depth 30 meters
- No planned decompression
- No Mixed Gas other than 32% Nitrox

21.5 Workshop Drysuit

21.5.1 Purpose

The ISE Drysuit Course is designed to train divers in the safe and effective use of a drysuit across a range of diving conditions. It covers suit selection, fit, thermal protection, buoyancy control, maintenance, and emergency procedures. A drysuit is required for all ISE technical-level courses.

21.5.2 Prerequisites

1. Must be a minimum of 16 years of age
2. Must be Open Water certified or equivalent
3. Must have a min of 50 Dives beyond open water certification
4. Must be able to swim a distance of at least 20 meters holding his breath

21.5.3 Duration:

The workshop is held in 2 days and involves 3 dives

21.5.4 Limits

- Student to instructor ratio is not to exceed 3:1 during any in-water training
- Maximum depth 30 meters
- No overhead environment diving
- No planned decompression
  No Mixed Gas other than 32% Nitrox

21.6 Workshop Stage

21.6.1 Purpose

This workshop is intended to train divers in the safe and efficient use of stage cylinders. It covers the planning, handling, and deployment of additional gas supplies for dives that require greater flexibility and increased gas management capability.

21.6.2 Prerequisites

1. Must be a minimum of 16 years of age
2. Must be ISE Foundations certified or equivalent
3. Must have a min of 50 Dives beyond open water certification
4. Must be able to swim a distance of at least 20 meters holding his breath

21.6.3 Duration

2 days, with a minimum of 3 dives.

21.6.4 Limits

- Student to instructor ratio is not to exceed 3:1 during any in-water training
- Maximum depth 30 meters
- No overhead environment diving
- No planned decompression
- No Mixed Gas other than 32% Nitrox

21.7 Dive Basics for Boat Owners

21.7.1 Prerequisites

1. Must be a minimum of 18 years old
2. Must be in general good fitness for the activity.

21.7.2 Purpose

This course is intended to enable boat owners to use a small scuba setup safely for limited tasks such as hull inspection, light cleaning, or anchor retrieval to a depth of 10 meters while using basic scuba equipment.

The resulting certification is intended to document training for obtaining breathing-gas fills and related scuba services within the limits of the program.

21.7.3 Duration

2 days, with a minimum of 4 hours of lecture and 3 Dives

21.7.4 Limits

- 5 liters of tank volume
- 10 meters depth
- 20 minutes divetime

No excursions; diver has to stay on the up/downline.

21.7.5 Knowledge Review

- Gear
- Physiology
- Techniques
- Procedures

21.7.6 Equipment

- Basic Scuba Gear

21.8 Workshop ISE Doubles Backmount

21.8.1 Purpose

The ISE Doubles Backmount workshop is intended to train divers in the safe and efficient use of a doubles backmount configuration. It supports both recreational and technical divers by developing the foundational skills needed for extended diving and progression into more advanced training.

21.9 Workshop Kayak for Expedition Diving

21.9.1 Purpose

This workshop is designed to introduce divers to the use of kayaks as a practical platform for expedition, recreational, and support diving activities. It addresses transport, equipment handling, surface procedures, and operational considerations relevant to diving from a kayak.

21.9.2 Prerequisites

1. Must be a minimum of 16 years of age
2. Must be ISE Foundations certified or equivalent
3. Must have a min of 50 Dives beyond open water certification
4. Must be able to swim a distance of at least 20 meters holding his breath

21.9.3 Duration

This class will be conducted over a duration of generally 3 days.

21.9.4 Limits

- Student to instructor ratio will not exceed 3:1 in all in-water and surface sessions.

22 Non-Diving

22.1 Gas Blender

22.1.1 Purpose

This workshop introduces participants to the principles and mathematics of gas mixing using partial-pressure techniques. It addresses manual gas calculation methods and includes instruction in constant-flow mixing for helium-based blends where applicable.

22.1.2 Prerequisites

1. Must be a minimum of 18 years of age

22.1.3 Duration

1 Day

22.2 Decompression Theory

22.2.1 Purpose

This class was designed to give divers a better understanding of decompression theories and strategies. Covering topics such as Ratio Deco concepts, Gradient Factors, and a better understanding of how to apply these in both Recreational and Technical diving.

22.3 Battlefield Repairs

22.3.1 Purpose

This class is designed to provide divers with practical methods for conducting temporary field repairs to diving equipment when standard servicing options are unavailable.

22.3.2 Prerequisites
None

22.3.3 Duration
1 Day

22.3.4 Limits
none

22.3.5 Knowledge Review
Regs, Suits, Valves, etc.

23 Instructor Development

23.1 ISE Training Assistant

23.1.1 Purpose
The ISE Training Assistant is designed to cultivate a trustworthy and skillful ISE certified diver being able to support and assist an instructor teaching Rec or Foundations classes. The assistant can change the ratio between instructor: student according to the guidelines of the specific class.

23.1.2 Prerequisites
16 years

Foundations (Rec) certified to assist in recreational courses (Recreational Diver Level I and II) and Foundations (Rec)

23.1.3 Duration
min of 4 days or length of the class assisted

23.1.4 Limits
Foundations or REC Limits

Technical Diving

23.2 ITC Instructor Development Course

23.2.1 Purpose
The ISE Instructor Training Course is structured to prepare divers for the rigors of teaching exploration diving, and to familiarize them with the types of training ISE offers. The training focuses on the demonstration level of the divers skills and proficiency in communicating those skills to others.

This will include problem identification and resolution on student skills, teaching techniques, positioning of students, use of assistants and all the specific need for the level taught.

23.2.2 Prerequisites
1. Must be at least a minimum 21 years of age.
2. Must be ISE qualified a level above the desired instructor rating.
3. Must have a minimum of 500 logged dives.
4. Must be able to swim a distance of at least 30 meters on a breath hold.
5. Must be able to swim at least 1000 meters in less than 30 minutes without stopping.
6. ITC Materials have to be purchased (395 Euro) and studied

23.2.3 Duration
This class will be conducted over a duration of maximum 7 days

23.2.4 Limits

1. Instructor candidate to Instructor Trainer ratio will not exceed 3:1 in all in water and surface sessions.
2. Maximum training depth as in desired instructor rating.
3. No overhead environment. (i.e caves)

23.2.5 Equipment

All equipment are dependent on the intended instructor rating.

24 Appendix

24.1 ISE Equipment Configuration

ISE's equipment configuration is seen as part of a system where the diver is the most important component. Recommendations are not brand specific; however, consistency, compatibility (in all aspects of the ISE philosophy) and robustness of equipment are the most important aspects in gear selection.

"As much as necessary – as little as possible" is the best way to describe ISE's equipment philosophy. We only take what we need for the dive and, ideally, any equipment brought should serve at least 2 functions. More detailed reading in "ISE's The Recreational Diver" and within the courses.

The following list is based on classical Hogarthian approach to Open-circuit configuration. For other configurations, consult the material included in the specific course, or consult your ISE instructor.

All divers participating in ISE training, guided dives, or exploration activities are expected to configure their equipment in accordance with this section of the appendix. Instructors may require adjustments to ensure alignment with ISE team protocols, safety expectations, and environmental considerations.

24.2 Hogarthian-Inspired Equipment Configuration Standard

This portion defines the principles and required elements of a Hogarthian-inspired equipment configuration as adopted within ISE training and exploration protocols. The configuration supports streamlined diving, team consistency, and the reduction of unnecessary complexity and failure points.

24.2.1.1 Philosophy

The Hogarthian approach emphasizes simplicity, standardization, and functional minimalism. Equipment is selected and arranged to maximize reliability, efficiency, and diver awareness while minimizing drag, entanglement hazards, and task loading. Every component must serve a clear purpose and contribute to safe, controlled, and team-oriented diving.

24.2.1.2 General Characteristics

A Hogarthian-inspired configuration shall exhibit the following characteristics:
Minimalist equipment selection
Only essential items are carried; unnecessary redundancy and non-functional accessories are avoided.
Streamlined profile
All equipment is positioned to reduce drag, prevent snagging, and maintain a clean, hydrodynamic silhouette.
Standardized placement
Gear is arranged in predictable, uniform locations to support team familiarity, rapid access, and efficient problem-solving.
Mechanical simplicity
Preference is given to robust, low-failure-point equipment such as simple harness systems, long-hose primary regulators, and bolt-snap-based stowage.
Team functionality
The configuration must allow teammates to access critical equipment quickly and intuitively during emergency procedures.
Support for trim and buoyancy
The system must promote stable horizontal trim, balanced weighting, and efficient propulsion techniques.

24.2.1.3 Required Elements

The following elements represent the minimum standard for a Hogarthian-inspired configuration within ISE programs:

- Backplate and continuous-webbing harness
- Wing-style buoyancy system appropriate to the cylinder configuration

- Long-hose/Donatable primary regulator and necklace-mounted backup regulator
- Streamlined hose routing consistent with ISE team protocols
- Minimal accessory loadout, secured with bolt snaps and properly stowed when not in use to avoid dangling
- Redundant lighting configured in a standardized, non-obtrusive manner
- Cutting tools placed for bilateral access and minimal entanglement risk

24.2.1.4 ISE General Equipment

Mask:

- Frameless, low volume mask (easier to clear) preferred
- Black skirting (stop light from bouncing around inside mask) preferred
- Rigid mask strap attachment points with neoprene straps (silicone straps break and capture hair)
- Spare mask needs to be maintained and inspected for damage before each dive (clipped off in pocket with a double ender)

24.2.1.4.1 Snorkels (only if snorkeling):

- Flexible type, ability to store in the left pocket
- never ever on the mask whilst diving

24.2.1.4.2 Bottom Timer/Depth Gauge or Dive Computer with Gauge Mode:

- Worn on right arm
- Digital or analogue
- Robust
- Max depth average depth run time
- Average Depth Function is preferred
- Stopwatch function with seconds
- Low Profile

24.2.1.4.3 Compass:

- Worn on the left arm
- Reverse bezel
- Low profile
- Analogue compass, preferably on bungee mounts

24.2.1.4.4 Weights:

- Trim/Weight Pouches
- V-weight
- P-weight
- Backplate
- Weight belt

24.2.1.4.5 Cylinders:

- Aluminum or steel
- Rubber knobs
- Knob tension set accordingly
- Appropriate volume for dives
- Diver should be familiar with buoyancy characteristics
- Properly maintained (visual and hydrostatic tests must be valid)

24.2.1.4.6 Valves and Manifolds:

- DIN only
- 300 bar threads preferred
- Isolatable manifold
- Rubber Knobs

24.2.1.4.7 Regulators:

- Balanced, Downstream
- Cold water sealed or capable of cold water diving without freezing
- Primary and back up regulator, configured as longhose and necklace

Fins:

- Paddle type fin design, Non-Split
- Spring fin straps (minimal failure points due to plastic)

24.2.1.4.8 Lights (see separate topic in this appendix for more details):

- Primary Light canister or non-canister with a burn time that exceeds planned dive times by 3. Requires a goodman handle with a bolt snap attached, and a loop at the bottom of the light head for stowing with a double ender.
- Backup Lights must be twist on and off type. There should be no on/off switch and must be an in-line battery to bulb design. The back-up lights must have attachment points to facilitate bolt snaps to the back of it for stowage. At least one in the Recreational Levels and two in the Technical Levels.

24.2.1.4.9 Reels

- Sidewinder style made of Delrin
- Bolt Snap attached to handle
- 130m Primary Reel or 260m Explorer Reel
- Line should have a loop and a woody at the end

24.2.1.4.10 Spools:

- 30m to 45m Spools
- Simple and Jam free design
- double ender to secure it
- line should have a loop and a woody at the end

24.2.1.4.11 Surface Marker Buoy

- Ample size for the environment and surface conditions
- High Visibility Color
- Closed cell design with an Over Pressure Valve and an inflation port
- Spool attached should be three times the target depth of the SMB's deployment schedule

24.2.1.4.12 Exposure Suit (see topic within this appendix)

- Balanced Rig
- Suitable for the Environment

24.2.1.4.13 Wetnotes

- Compact uncomplicated design
- Page divider
- Appropriate pencil and backup pencil.
- Bolt Snap Preferred

24.2.1.4.14 Gloves

- Required, with thickness as needed
- Suitable for environment that they will be used in
- Rugged design
- Good fit for easy fine motor skills
- Thickness as needed by the environmental conditions

24.2.1.4.15 Cutting tool or knife (at least one, depending on the type of dive):

- Positioned on left side, between the buckle and hip D-ring
- Simple design, with no small moving parts
- Easy to deploy
- With Cordura/webbing type sheath

24.2.1.4.16 Recommended Bolt snap sizes

- Standard bolt snap sizes for all equipment is generally the same; however, they may vary taking to account whether a diver is using dry gloves or not. Adapt accordingly.
- Longhose: Small ½-inch bolt snap.
- S.P.G.: 1-inch
- Back up light: Smallest bolt snap possible that will fit (½-inch bolt snap)
- Wetnotes: ½-inch bolt snap
- Spare mask: double ender
- Stage bottle specific: tail (3⁄4 inch bolt snap) neck (1 inch)

ISE Backmount Specific:

24.2.1.4.17 Backplate:

- Steel, Aluminum, or equivalent (must have rigid and solid construction, not plastic)
- Single piece webbing with no breaks
- 5 D-rings (2 Bent on Chest) in total, including the crotch strap D-rings
- Rubber tubing on each shoulder strap for backup light stowage
- Crotch strap
- No quick release systems

24.2.1.4.18 Wing:

- Non-bungeed type wing
- Short corrugated low-pressure inflator with enough length to be manually inflated comfortably and yet remain streamlined
- Outer shell-inner wing design with zipper on the outer shell
- Max lift of wing should be appropriate for the class and lend to a streamlined, balanced rig
- Overpressure Dump Valve/Emergency Dump Valve on the left side

24.2.1.4.19 Hoses:

- High Quality Construction.
- Longhose Length 210cm
- Backup Regulator 56 cm (can be customized to diver's size for better streamlining and convenience)
- Hp Hose (60 cm single) (56 cm doubles)
- Inflation: 56cm for wing inflator 56 cm for dry suit inflator either dedicated argon bottle or back gas (customized to diver's size for streamlining and convenience)

ISE Sidemount Specific:

24.2.1.4.20 Wing and Harness:

- No quick release systems
- 4 D-rings (2 Bent on Chest), two on Crotch Strap
- 2 Tank Attachment Systems (Sliding or Fixed) on Waist Strap
- Ability to "trim" weighting

24.2.1.4.21 Sidemount Hose Lenths:

- High Quality Construction
- 75-100cm (L) & 100cm (R), Left hose is customized to suit the diver or 2x100cm
- 15cm HP hoses
- Inflator hoses (x2) 15 cm if coming from 5th port, longer if mounting from other ports
- 115-degree elbow connectors optional
- Double Enders x 2pcs appropriate length for attachment to the second stages

General Attachment Positions for Equipment on the D-ring:

Right D-ring (out going in)

1. Long Hose, always outside when stowed
2. Spare Double ender if clicked on
3. Backup light (the only one that is clicked with gate to the diver
4. Main light if stowed

Left D-ring (out going in):

1. Stages
2. Backup light : (open side of snap to diver)
3. Specialized Equipment (Pig-tail, etc)

Hip D-ring

- SPG is always on top if diver is prone

Crotch:

- Front: DPV if present otherwise folded through D-ring
- Back: Backup Primary Reel or Specialized Equipment

24.3 Lights and Light Management

24.3.1 Primary Light

Should conform to the following criteria:

- Canister battery and light head design, or a non-umbilical quality handheld light.
- Have a focused beam designed for communication, ideally 6 to 8 degree radius
- Right hip mounted canister, towards the rear and secured with a non-plastic buckle
- Hard Goodman handle required in Technical Levels
- Permanent/primary stowage position is where the light is attached on the right D-ring all the way on the back of the light.
- Solid Construction, with a reliable switch
- Burn time should be at least 3 times the planned dive.
- Light head needs to be mounted on a Goodman handle (soft handles can break and can cause issues whilst moving from hand to hand.)
- Head is attached to a bolt snap on the right side of the Goodman handle via cave line.
- Make sure when teaching that the light cord is tucked under webbing before starting to perform task (never under the weight-belt webbing)
- Primary light canister is to be mounted on the right side of the webbing and secured by a metal buckle and can also be part of the weighting if heavy enough.
- Light cord is to be routed to never impede the deployment of the longhose
- Permanent/primary stowed position is where the light is attached on the right D-ring all the way on the left on the inside. With the light cable tucked underneath webbing light is now secured Light head should be facing up protecting bulb from damage.
- Secondary position is a temporary stow. when the light is clipped off in secondary position
- When clipping off we use our working double ender. We attach it all the way on the right of the D-Ring when breathing off the longhose.
- The light is clipped on the right D-ring facing the bottom to facilitate its use for communication and to free up the hands doing other work and analyzing wet notes.

24.3.2 Backup Light

storage and management

- Recreational Levels: 1 Backup Minimum.
- Technical Levels: 2 Backups Minimum.

- Backup Light/s connected to the left and right D-rings, and cleanly stowed on harness with rubber tubing or equivalent
- Twist on-twist off design, no magnetic switches
- Rigid design, Led bulb preferred
- Attachment points at the back with a small bolt snap attached via cave line with an acceptable knot
- Bolt snaps' gates positioned towards the diver when stowed (with touch you can easily recognize which snap is the backup light if the D-ring is busy)
- Should be "on" before removed from D-ring and should only be turned off when clipped on again.
- In ISE Sidemount we can have 2 back up lights mounted on the helmet.
- Accessory/Helmet Lights – additional lights with magnetic switches may be utilized but only in addition to Primary and 2 Backup lights. However, they still need to be removable and deployable from helmet as if it was a normal back up light. More information during the side mount class.

24.4 Exposure Suits

As ISE is a mindset driven practical agency that follows the balanced rig concept, we endorse the use of dry suits for technical levels. It is a very essential component of a balanced configuration and acts as a redundant wing/buoyancy device in case of wing failure. Certain exceptions exist and are mainly dependent on environment and local conditions.

In Recreational and Foundations levels, wetsuits can be used so long as they do not go beyond 5mm. Anything thicker requires a deeper understanding of buoyancy swing in Neoprene suits that are intrinsically unbalanced (cannot actively compensate for its buoyancy changes). Therefore, we don't recommend it. Tech Shorts, or similar are highly recommended.

Neoprene Dry suits are only prescribed for shallow recreational dives for the same reason.

The use of Gloves in all conditions is highly recommended as it develops "feel" or rather the lack of it when required to use them in certain environments or situations.

24.5 Pockets

Pockets are an essential accessory to have in exposure gear as keeping clean is important in a streamlined configuration. Very common in most dry suits, rare in a good wetsuit (hence Tech Shorts or similar are incorporated into the configuration). Here are a few tips on choosing specific options for pockets.

Pockets should be Velcro Type, not Zipper as these are prone to failure and more difficult to manipulate. Internally, there should be Bungee Loops for clipping. Some dry suits have multiple compartments to separate equipment. Ideally your student will consult you when purchasing their gear and you'll be able to help them figure what's best for their objectives.

Right is primary. Equipment that you know you will need on a dive due to objectives, and those you might need in case of emergency. Left is secondary or backup. Here is a sample list of where to put what:

Right	Left
Spare Double Ender	Spares (Zip-ties, Bungee, etc)
SMB if Bag Shooter	SMB if Backup
Wetnotes	Foldable Snorkel if present
Backup Mask with Double Ender	
Safety Spool	
Line Cutter/Wire Cutter	

24.6 Standard Gasses

We always use the right gas for the specified depth. The logic of having standardized gasses, is primarily to simplify gas selection based on target operational depth and ensure that everyone on the team is using the same gas; thereby, minimizing the risk of taking the wrong gas to a specified depth. ISE standard gasses consider the toxicity of oxygen and nitrogen and limit equivalent narcotic depth to no greater than 30 meters, using Helium as a filler gas where necessary. PPO2 is limited to 1.4 for Standard Gas and 1.6 for Deco Gas.

Since there is evidence that oxygen plays a part in the narcotic effect of a gas mixture[1], the NOAA diving manual recommends treating oxygen and nitrogen as equally narcotic[2]. Considering Oxygen as narcotic is preferred versus the previous method of considering only nitrogen as narcotic, since it is more conservative.

In this analysis, it is assumed that the narcotic potentials of nitrogen and oxygen are similar. Although oxygen has greater lipid solubility than nitrogen and therefore should be more narcotic (Meyer-Overton correlation), it is likely that some of the oxygen is metabolized, thus reducing its effect to a level similar to that of nitrogen.

In ISE Oxygen is considered narcotic; therefore, we calculate equivalent narcotic depth including oxygen and nitrogen. Instructors need to be aware that not all agencies consider oxygen to be narcotic. If a senseless discussion arises you can always refer to being more conservative and on the safe side.

These relationships can be derived using Dalton's Triangle.

Gas Type	Operational depth	Max depth (pPO2)
Nitrox 32	0-30	33 (1.4)
Triox 30/30	0-36	36 (1.4)
Triox 21/35	30-45	56 (1.4)
Trimix 18/45	45-60	67 (1.4)
Trimix 15/60	60-75	83 (1.4)
Trimix 10/80	75-90	130 (1.4)
Trimix 21/35	Deco 57m up	57 (1.4)
Triox 35/25	Deco 36m up	36 (1.6)
Nitrox 50	Deco 21m up	21 (1.6)
Oxygen 100%	Deco 6m	6 (1.6)

Equivalent Narcotic Depth (E.N.D.)

When the dive is being planned students need to be aware of equivalent narcotic depth. We do not want to expose ourselves to a higher narcosis level (PPN2) than we would experience at 30 meters on air. Since we are using standard gases, we do not have to figure out if the gas is correct or not for every dive. The following table demonstrates this:

Standard gas	Depth Range	Max pPO2	E.N.D.

[1] "Mixed-Gas & Oxygen". NOAA Diving Manual, Diving for Science and Technology. 4th. National Oceanic and Atmospheric Administration.

[2] NOAA Diving, Manual, Diving for Science and Technology. 4th ed. 2002. [16.3.1.2.4] ... since oxygen has some narcotic properties, it is appropriate to include the oxygen in the END calculation when using trimix (Lambersten et al. 1977,1978). The non-helium portion (i.e., the sum of the oxygen and the nitrogen) is to be regarded as having the same narcotic potency as an equivalent partial pressure of nitrogen in air, regardless of the proportions of oxygen and nitrogen.

Nitrox 32	0-30	1.28	30
Triox 30/30	0-36	1.38	22
Triox 21/35	30-45	1.2	25
Trimix 18/45	45-60	1.26	28
Trimix 15/60	60-75	1.27	24
Trimix 10/80	75-90	1.0	10
Trimix 21/35	Deco 57m up	1.4	33
Triox 35/25	Deco 36m up	1.6	24
Nitrox 50	Deco 21m up	1.6	21
Oxygen 100%	Deco 6m	1.6	6

24.7 ISE Logo Use Policy

This policy establishes the official rules governing the use of the **InnerSpace Explorers (ISE) logo** in all training, promotional, instructional, and operational contexts. It ensures consistent brand representation, protects the integrity of the ISE identity, and maintains alignment with organizational values and professional standards.

This policy applies to:

- All ISE instructors, instructor candidates, and certified divers
- All ISE-affiliated dive centers, training facilities, and partner organizations
- Any individual or entity using the ISE logo in print, digital, or physical materials

Ownership and Rights

- The ISE logo is the **exclusive intellectual property** of InnerSpace Explorers.
- Use of the logo is a **privilege**, not a right, and may be revoked at any time for non-compliance.
- No individual or organization may alter, reproduce, or distribute the logo except as permitted under this policy.

Authorized Use

The ISE logo may be used only for the following purposes:

- Official ISE training materials, presentations, and course documentation
- Instructor business cards, websites, social media posts, and promotional materials **only if the instructor is in active teaching status**
- Dive center signage, brochures, and digital platforms for **ISE-recognized facilities**
- Event materials for ISE-sanctioned workshops, seminars, and expeditions

All uses must:

- Present ISE in a professional, accurate, and respectful manner
- Reflect current membership or instructor status
- Comply with all branding guidelines issued by ISE Headquarters

Prohibited Use

The ISE logo **may not** be used in the following ways:

- By individuals whose instructor or membership status is expired, suspended, or revoked
- In association with training programs, courses, or certifications **not approved by ISE**
- On equipment, merchandise, or apparel intended for sale without written authorization
- In any context that implies endorsement of non-ISE products, services, or organizations
- In political, religious, or controversial contexts that may damage the reputation of ISE
- Altered, distorted, recolored, or combined with other logos or graphics

Design and Formatting Requirements

To maintain brand consistency:

- The logo must be used **exactly as provided** by ISE Headquarters
- Minimum resolution and size requirements must be followed for print and digital use
- Clear space around the logo must be maintained; no text or graphics may overlap
- The logo must not be stretched, skewed, rotated, or modified in any way
- Only approved color variations (full color, black, or white) may be used

ISE may issue updated branding guidelines; all users must comply with the most current version.

Approval and Verification

- Any new or non-standard use of the ISE logo requires **prior written approval** from ISE Headquarters.
- Instructors and facilities must submit samples upon request for compliance review.
- ISE reserves the right to require removal, correction, or discontinuation of any unauthorized or inappropriate use.

Enforcement and Consequences

Violations of this policy may result in:

- Written warnings or corrective action
- Suspension or revocation of instructor or facility status
- Withdrawal of permission to use the ISE logo
- Legal action in cases of trademark infringement or reputational harm

Revisions and Updates

ISE Headquarters may revise this policy at any time. All instructors, members, and affiliated facilities are responsible for staying informed of updates and ensuring ongoing compliance.