



Extended Range Course Checklist



Prerequisites

- **Medical Statement & Questionnaire**
 - Each student participating in XR-level training must provide a Medical Statement & Questionnaire and the Physician's Approval to Dive form. Signed by a licensed medical practitioner based on a diving medical examination, dated within one year of the training completion date.
 - Medical Statement & Questionnaires and the Physician's Approval to Dive form, or valid medical statements, are valid for 12 months from the date they are signed. Students may participate in multiple SSI training programs within the 12 months without completing another form.
- **50 Logged Dives**
- **Have the following SSI certifications or an equivalent from a recognized training agency:**
 - Deep Diving
 - Enriched Air Nitrox 40
- **Complete the XR Water Fitness Evaluation (Completed During the Course)**
 - Equipment Swim
 - A 400-meter surface swim while wearing a Total Diving System and stage cylinder(s) applicable to their specific program.
 - Underwater Swim
 - Swim underwater for 25 meters using a mask, fins and snorkel.
 - Diver Rescue
 - Perform a full, unconscious-diver-on-the-surface rescue with a total distance of 100 meters within eight (8) minutes. Both parties must use a Total Diving System.

Equipment Requirements

- **Exposure Suit**
 - Wet or Dry Suit
 - Undergarment or Swim Suit
 - Hood and Boots (as necessary)
- **Reels**
 - Primary Reel (appropriate for the maximum planned depth)
 - 1- Safety Reel
- **Lights**
 - Primary Light (with battery and charger)
 - 1- Backup Light (with spare batteries)



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- **Cylinders (available for rent)**
 - One set of double cylinders with an isolation manifold
 - Stage Cylinder
 - Dry Suit Inflation Cylinder (as necessary)
- **Regulators**
 - Primary Regulators
 - 1 set has a 7ft hose
 - 1 set has a 22-24" hose and SPG
 - Stage Regulator Set
 - 40" hose and SPG
 - Inflation Regulator (as necessary)
- **Other**
 - Back Plate/Harness with Wing
 - 2- Computers
 - 2- Signaling devices for deploying from depth
 - 1 Red or Orange
 - 1 Yellow (only required to be carried when plan requires Open Water Deco)
 - 2- Cutting Devices
 - 2- Mask
 - Fins
 - Compass
 - Wet Notes or Arm Slate
 - Spares Kit/Tool Box
 - Changing Mat (recommended)
 - Drinking Water