



Suunto Cobra Computer Diver

INSTRUCTOR MANUAL



<u>www.diveSSI.com</u>

All rights reserved throughout the world. No part of this publication maybe reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without the prior written permission of the publisher.



	WELCOME	.4
1.1	INSTRUCTOR PREREQUISITES	. 4
1.2	HOW TO TEACH THIS PROGRAM	. 4
	1Proper Knowledge	
	2Proper Skills	
	3PROPER EQUIPMENT	
	4PROPER EXPERIENCE	
	5DIVER DIAMOND DIALOGUES AND WORKSHOPS	
	RECORD KEEPING.	
<u>2</u>	ACADEMIC SESSION	. 6
2.1	OBJECTIVE	. 6
2.1.	1LEARNING OBJECTIVES	. 6
2.2		. 6
2.2.	1 WELCOME	. 6
2.2.	2Personal Introduction	. 6
	3Paperwork	
	4Course Overview	
	MATERIALS	
	1STUDENT ITEMS	
	2INSTRUCTOR ITEMS	
-	PRESENTATION	
2.5	RECORD KEEPING	. 8
<u>3</u>	OPEN WATER DIVE	.9
	OBJECTIVE	
3.2	MATERIALS	٩
		. 3
·		
-	1STUDENT ITEMS	. 9
3.2.	1Student Items	. 9 . 9
3.2. 3.3	1Student Items	. 9 . 9 . 9
3.2. 3.3 3.3.	1STUDENT ITEMS	. 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3.	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises	. 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.3.	1 Student Items	. 9 . 9 . 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.3. 3.3. 3.4	1 STUDENT ITEMS	. 9 . 9 . 9 . 9 . 9 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.3. 3.4.	1 Student Items 2Instructor Items ORIENTATION 1 Briefing 2 Overview of Exercises 3 Water Conditions OPEN WATER EXERCISES 1 Dive Planning	. 9 . 9 . 9 . 9 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.3. 3.4. 3.4. 3	1 Student Items 2 Instructor Items 0 RIENTATION 1 Briefing 2 Overview of Exercises 3 Water Conditions 0 PEN WATER EXERCISES 1 Dive Planning 2 Equipment Check	. 9 . 9 . 9 . 9 10 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1 Student Items 2 Instructor Items ORIENTATION 1 Briefing 2 Overview of Exercises 3 Water Conditions OPEN WATER EXERCISES 1 Dive Planning 2 Equipment Check 3 Free Descent	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9
 3.2. 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3.4. 3.4. 3.4. 	1 Student Items 2Instructor Items ORIENTATION 1 Briefing 2 Overview of Exercises 3 Water Conditions OPEN WATER EXERCISES 1 Dive Planning 2 Equipment Check 3 Free Descent 4 Adjustment	. 9 . 9 . 9 . 9 10 10 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1 Student Items 2Instructor Items ORIENTATION 1 Briefing 20verview of Exercises 3Water Conditions OPEN WATER EXERCISES 1 Dive Planning 2 Equipment Check 3 Free Descent 4 Adjustment 5 Buoyancy Control	. 9 . 9 . 9 . 9 . 9 10 10 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent 8Safety Stop	. 9 . 9 . 9 . 9 10 10 10 10 10 10 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises	. 9 . 9 . 9 . 9 10 10 10 10 10 10 10 10
3.2. 3.3 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent 8Safety Stop	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.4. 3.4. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent OPEN WATER EVALUATION	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9
3.2. 3.3 3.3. 3.3. 3.3. 3.3. 3.4. 3.4. 3	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 3Ibive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent 8Safety Stop OPEN WATER EVALUATION 1Cobra Post Dive Procedures	. 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 9 . 10 . 10 . 10 . 10 . 10 . 10 . 10 . 10
3.2. 3.3. 3.3. 3.3. 3.4. 3.4. 3.4. 3.4.	1Student Items 2Instructor Items ORIENTATION 1Briefing 2Overview of Exercises 3Water Conditions OPEN WATER EXERCISES 3Ubit Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent 8Safety Stop OPEN WATER EVALUATION 1Cobra Post Dive Procedures RECORD KEEPING	. 9 . 9 . 9 . 9 . 9 . 9 . 10 . 10 . 10 . 10 . 10 . 10 . 10 . 10
3.2. 3.3 3.3. 3.3. 3.4. 3.4. 3.4. 3.4. 3	1STUDENT ITEMS 2INSTRUCTOR ITEMS ORIENTATION 1BRIEFING 2OVERVIEW OF EXERCISES 3WATER CONDITIONS OPEN WATER EXERCISES 1DIVE PLANNING 2EQUIPMENT CHECK 3FREE DESCENT 4ADJUSTMENT 5BUOYANCY CONTROL 6EXERCISES 7ASCENT 8SAFETY STOP OPEN WATER EVALUATION 1COBRA POST DIVE PROCEDURES RECORD KEEPING 1SSI TOTAL DIVELOG	.99 .99 100 100 100 100 100 100 101 101 111 11
3.2. 3.3 3.3. 3.3. 3.4. 3.4. 3.4. 3.4. 3	1STUDENT ITEMS 2INSTRUCTOR ITEMS ORIENTATION 1BRIEFING 2OVERVIEW OF EXERCISES 3WATER CONDITIONS OPEN WATER EXERCISES 1DIVE PLANNING 2EQUIPMENT CHECK 3FREE DESCENT 4ADJUSTMENT 5BUOYANCY CONTROL 6ExerCISES 7ASCENT 8SAFETY STOP OPEN WATER EVALUATION 1COBRA POST DIVE PROCEDURES RECORD KEEPING 1SSI TOTAL DIVELOG 2Diver TRAINING RECORD	.99.9910 1001001011111111111111111111111
3.2. 3.3. 3.3. 3.3. 3.4. 3.5. 3.6. 3.6. 3.6. 3.6. 3.6. 3.6. 3.6.	1STUDENT ITEMS 2INSTRUCTOR ITEMS ORIENTATION 1BRIEFING 2Overview of Exercises 3WATER CONDITIONS OPEN WATER EXERCISES 1Dive Planning 2Equipment Check 3Free Descent 4Adjustment 5Buoyancy Control 6Exercises 7Ascent 8Safety Stop OPEN WATER EVALUATION 1Cobra Post Dive Procedures RECORD KEEPING 1SSI Total DiveLog 2SSI Professional DiveLog	.99.9910 1001001010111111111111111111111



5 INSTRUCTIONS FOR DIVE RETAILERS	13
5 INSTRUCTIONS FOR DIVE RETAILERS	13
5.2 REGISTER WITH DIVECOMPUTERTRAINING.COM	
5.3 ENTER DIVE STORE	
5.4 ACTIVATION CODES FOR ONLINE CLASSES	
5.4.1Select Manufacturer	
5.4.2SELECT PRODUCT AND QUANTITY	
5.4.3DIGITAL ACTIVATION CODES VS. PRINTED ACTIVATION CODES	
5.4.4PAYPAL	
5.5 STORE CERTIFICATE CODES	
5.5.1SELECT QUANTITY OF STORE CERTIFICATE CODES	
5.5.2PAYPAL	
6 INSTRUCTIONS FOR STUDENT	
6.1 OVERVIEW	<u>17</u> 17
6.2 REGISTER WITH DIVECOMPUTERTRAINING.COM	
6.3 SELECT CLASS TYPE	
6.4 SELECT MANUFACTURER	
6.5 SELECT DIVE COMPUTER AND START CLASS	
6.6 ENROL IN CLASS	
6.6.1ENTER ACTIVATION CODE	18
6.7 TAKE ONLINE CLASS	
6.8 CERTIFICATE OF COMPLETION	
6.8.1 REQUEST CERTIFICATE OF COMPLETION	
6.8.20RDER CERTIFICATE OF COMPLETION	
6.8.3Receive Certificate of Completion	



1 WELCOME

As an SSI Dive Professional, your goal while teaching the Suunto Cobra Computer Diver Unique Specialty Course is to train recreational divers to properly use the Suunto Cobra Dive Computer when performing recreational – non decompression - dives using air.

This program includes an independent online learning session and open water session.

The program can be taught by any current and insured SSI Suunto Cobra Computer Diver Specialty Instructor.

1.1 INSTRUCTOR PREREQUISITES

To qualify to teach the Suunto Cobra Computer Diver course, an individual must be a Teaching status SSI Open Water Instructor or higher.

SSI Instructors may obtain the Suunto Cobra Computer Diver Unique Specialty Instructor rating by:

- 1) Complete online the academic portion of this class by taking the <u>Suunto Cobra Online</u> <u>Class</u> and obtain from DiveComputerTraining.com the certificate of completion, and,
- Apply directly to SSI by submitting: a) copy of the Suunto Cobra Computer Diver INSTRUCTOR MANUAL (this document), b) copy of the certification of completion for the academic portion of this class, and c) SSI Specialty Instructor Verification Form.

See Section 6 for detailed instructions on how to enroll in the <u>Suunto Cobra Online Class</u> and on how to obtain the Certificate of Completion of the academic portion of this course.

1.2 HOW TO TEACH THIS PROGRAM

When teaching any SSI Program, it is important to focus on the four key ingredients of becoming a successful diver. The SSI Diver Diamond was initially introduced to divers during their open water training Be sure to reinforce the same philosophy during this specialty course.

1.2.1 Proper Knowledge

As in all SSI Training Programs, knowledge is power and replaces fears and fantasies with correct information As the SSI Dive Professional you will teach divers the specific knowledge related to the Suunto Cobra Computer Diver Specialty.

1.2.2 Proper Skills

Repetition is the mother of all skills. As the SSI Dive Professional, you will teach the specific skills and techniques needed to conduct dives in a more challenging environment.

1.2.3 Proper Equipment

The safest way for students to dive is in their own personally fitted, high-quality Total Diving System.

1.2.4 Proper Experience

Gaining the knowledge, skills and equipment for diving with the Suunto Cobra Computer is only one part of the journey. Going diving is the only way students can gain the actual experience needed to feel completely comfortable and confident with all the equipment and in the environmental conditions that all divers will experience.

1.2.5 Diver Diamond Dialogues and Workshops

For your students to become divers, and not just learn to dive, classes should be taught using the Diver Diamond Dialogue and Workshop approach. Each workshop is designed to help facilitate a "dialogue" between you and your students. Your role as an educator is to teach safe scuba and create need. Using this method allows you to focus the program on the four ingredients of the Diver Diamond — proper knowledge, proper skills, proper equipment and proper experience, as well as how each relates to the specific Specialty program.





The most important thing to remember is that people don't sign up for classes because they want to go back to school or listen to you lecture! What they want is for their training to be informative, adventurous and fun!

The Diamond Dialogues and Workshops are designed to transform each academic session into a "group discussion" or "field trip." Example; during field trips, use the showroom floor (interactive classroom) to let the students teach you what they have learned and how the equipment is related to their safety and enjoyment in the underwater world. This is a fun way for students to gain knowledge and for you to teach. It's important that you use these Diamond Dialogues and Workshops to create and discuss "real-word" diving scenarios involving the specific equipment, equipment configuration and usage.

1.3 RECORD KEEPING

Before any diver enters the water, the Statement of Understanding, Waiver/Release form, medical release, and personal information section must be completed and signed. After each session, be sure to sign off the logbook.

Instructor Note: Minimizing liability and following SSI Standards means showing the Risk Awareness DVD, Part 3 before all SSI Specialties. Medical: A medical statement is required before any in water training. Waivers: To cover you in the unlikely event of an incident, have all students sign an activity waiver for pool, open water and store sponsored trips.



2 ACADEMIC SESSION

2.1 OBJECTIVE

The purpose of this Specialty is to educate scuba divers on the proper use of the Suunto Cobra Dive Computer.

Dive computers are an integral part of every scuba diver 's gear set. In fact, it is hard to imagine a diver choosing not to use a dive computer today. Dive computers have become more reliable and much more sophisticated than they were twenty five years ago, but have divers kept up with the technological advances in today's dive computers?

SSI advocates the use of dive computers in their training programs and Suunto, in full support of this initiative, has partnered with DiveNav to develop multimedia material that facilitates the education of divers planning to use Suunto Dive Computers in their scuba activities.

The Suunto Cobra is an air-integrated console-mounted dive computer that combines versatile features with a user-friendly design. The Cobra monitors and displays tank pressure, tracks rate of air consumption, and continuously calculates the remaining air time. The Cobra features the Suunto Reduce Gradient Bubble Model which is an unique algorithm for predicting both dissolved and free gas in the blood and tissues of divers. The Cobra has three buttons, audible alarms, user replaceable battery and the ability to download dive profiles.

Now, by integrating the multimedia material developed by DiveNav into this Specialty, SSI offers you – the Specialty Instructor – a tool to further the education of your students.

2.1.1 Learning Objectives

By the end of the Academic Session, student divers will be able to:

- o Describe the key indicators on the Suunto Cobra dive computer
- o Describe the 2 bar graphs of the Suunto Cobra dive computer
- o Demonstrate how to set the Suunto Cobra dive computer for an air, non deco dive
- o Demonstrate how to set the audible alarm of the Suunto Cobra dive computer
- o Demonstrate how to plan a non deco dive using the Suunto Cobra dive computer
- o Describe the normal mode dive screens of the Suunto Cobra dive computer
- o Demonstrate how to review a dive in the Suunto Cobra dive computer log-book
- o Describe the safety stop feature of the Suunto Cobra dive computer
- o Describe the nitrox mode dive screens of the Suunto Cobra dive computer
- o Describe how the Suunto Cobra dive computer reacts to a fast ascent
- o Describe the deco mode dive screens of the Suunto Cobra dive computer
- o Describe the deco procedures of the Suunto Cobra dive computer
- o Describe the audible alarm of the Suunto Cobra dive computer
- o Describe cleaning and maintenance procedures for the Suunto Cobra dive computer

2.2 INTRODUCTION

2.2.1 Welcome

The beginning of the classroom/academic session is important. Try to establish a classroom mood of fun and enthusiasm. Help break the ice and put everyone at ease.

2.2.2 Personal Introduction

Tell the class something about yourself, your experience in diving with the Suunto Cobra Computer.

Let them introduce themselves and tell a little about their diving background and what their goals are. At this point you will begin to find out how to tailor the course to the class' needs.

2.2.3 Paperwork

From a customer service standpoint, it is recommended the paperwork be completed prior to or at the beginning of the first session.

Training record

- a. Personal Information
- b. Statement of understanding



Release of Liability Assumption of Risk form. SSI Standards require this form

be completed before the student participates in any water session. It is recommended that the Risk Awareness DVD, Part 3 be viewed by the student prior to signing the form.

Medical History form. SSI Standards require this form be completed, and reviewed before the student participates in any water session. Refer to the SSI General Training Standards for details.

2.2.4 Course Overview

Tell the class how you will run the course, what they can expect from you, what you expect from them, and what they will learn.

The academic portion of this course is performed independently by student by taking the <u>Suunto Cobra Online Class</u> – available at DiveComputerTraining.com. Student must complete such online class and obtain the Certificate of Completion from DiveComputerTraining.com (see sample in Section 4).

Student can enroll in the <u>Suunto Cobra Online Class</u> independently or by obtaining an Activation Code from the dive store or from the Instructor. It is recommended that dive store or Instructor provides to student an Activation Code to allow student to enroll in the <u>Suunto Cobra</u> <u>Online Class</u> and a Store Certificate Code so student can obtain the Certificate of Completion.

See Section 5 for detailed instructions on how a dive store can provide to student both the Activation Code and the Store Certificate Code. See Section 6 for detailed student instructions on how to enroll in the <u>Suunto Cobra Online Class</u> and on how to obtain the Certificate of Completion of the academic portion of this course.

a) Payment Policies

Let people know what is included, what is not, and how much it will cost.

Course cost. To be defined by Dive Store / Instructor. The course cost has four components:

<u>Academics costs</u>: covers enrolment in the Suunto Cobra Online Class : MSRP = \$6.48 -Student can enroll in the online class either by purchasing the online class directly at DiveComputerTraining.com or by using an Activation Code. It is recommended that dive store or Instructor provides to student an Activation Code to allow student to enroll in the Suunto Cobra Online Class. See Section 5 for detailed dive store instructions on how to obtain Activation Codes. See Section 6 for detailed student instructions on how to enrol in the Suunto Cobra Online Class.

<u>Certification of Completion cost</u>: MRSP = \$5.00 - Student can obtain the Certificate of Completion either by purchasing it directly or by redeeming it using the Store Certificate Code. See Section 5 for detailed dive store instructions on how to obtain Store Certificate Codes. See Section 6 for detailed student instructions on how to obtain the Certificate of Completion.

OW dive cost: to be defined by Dive Store / Instructor.

SSI Specialty Card cost: - SSI standard cost for specialty cards.

b) Title and Subject of Academic Session

Fundamentals of Suunto Cobra Computer Diver, including equipment, skills and techniques.

c) Open Water Session

- 1. Date(s):
- 2. Time(s):
- 3. Location(s):

2.3 MATERIALS

2.3.1 Student Items

1. Personal Computer with browser and Internet connection (broadband recommended) to access the <u>Suunto Cobra Online Class</u>

- 2. Suunto Cobra Dive Computer
- 3. Suunto Cobra Personal Dive Computer User Guide

SCUBA SCHOOLS

2.3.2 Instructor Items

- 1. SSI Suunto Cobra Computer Diver Instructor Manual (this document)
- 2. Suunto Cobra Dive Computer
- 3. Suunto Cobra Dive Computer User Guide
- 4. Diver Record Folder

2.4 PRESENTATION

The academic portion of this course is performed independently by student by taking the <u>Suunto Cobra Online Class</u> – available at DiveComputerTraining.com.

The Suunto Cobra Online Class is an easy to navigate, structured class with 10 modules, 36 sections, several quizzes and a final test.

Each section contains a professionally made, effective video with accompanying notes.

The class shows how to program the Cobra, then takes the student for a virtual dive with the Cobra first using air then with Nitrox. It also covers decompression situations and reviews how the Cobra responds to those potentially dangerous situations - such as ascending too fast or going too deep - that a student might encounter while diving.

The Cobra Online Class is available to the student for 12 months since enrollment and could also be used as an online multimedia User Manual that can be consulted from anywhere around the world.



To complete the online class, student should view all videos, answer all quizzes, pass the final test, accept the Liability Release and review the Closing Recommendations section.

The class is organized based on progressive learning and as such the student is recommended to take the online class following the modules and sections in sequence. At the same time, the interactive organization of the class allows student to directly access a specific section for easier reference.

Also, it is recommended that while taking the class, the student should consult the Cobra User Guide and be in possession of the Cobra dive computer for direct reference and practice.

2.5 RECORD KEEPING

Upon completion of the Suunto Cobra online class, the student must obtain from DiveComputerTraining.com the Certificate of Completion of the academic portion of this course and provide a copy to the Instructor.

Student must provide Certificate of Completion of the academic portion of this course. Student should request such certificate from DiveComputerTraining.com. Instructor must include such Certificate of Completion in the Diver Record Folder.

As an Instructor you can verify the Certificate of Completion at <u>http://www.divecomputertraining.com/membercheck.php</u> by entering the Certificate ID number printed on the certificate.

See Section 4 for a sample of the Certificate of Completion and Section 6 for student instructions on how to enroll in the Cobra Online Class and obtain the Certification of Completion.



3 OPEN WATER DIVE

3.1 OBJECTIVE

The main objective of the Open Water Dive is to have the students practice using the Cobra dive computer. Your responsibility is to make sure all the skills are properly executed while allowing students utilize the training under your supervision.

In this way, the divers apply the training under controlled conditions in preparation for diving on their own after the course.

3.2 MATERIALS

3.2.1 Student Items

- 1. Personal items: swimsuit and towel
- 2. Equipment: Total Diving System, including the Suunto Cobra Dive Computer
- 3. SSI Total DiveLog

3.2.2 Instructor Items

- 1. Personal items: swimsuit and towel
- 2. Equipment: Total Diving System, including the Suunto Cobra Dive Computer
- 3. SSI Suunto Cobra Computer Diver Instructor Manual (this document)
- 4. Diver Training Records
- 5. Instructor Slate
- 6. Accident Management Plan
- 7. Ascent Line
- 8. Oxygen Unit/First Aid Kit
- 9. Extra Set of Student Equipment

3.3 ORIENTATION

3.3.1 Briefing

Evaluate the conditions of the dive site, discuss proper entry and exit techniques and review dive plan.

Assign buddy teams according to ability and remind them to familiarize themselves with their buddies equipment.

By the end of the open water dive, student divers will be able to:

- a. Set the Suunto Cobra Dive Computer for a no deco dive using Air
- b. Plan a no deco, air dive using the Suunto Cobra Dive Computer
- c. Demonstrate proper use of the Suunto Cobra Dive Computer by communicating, while diving, several key dive indicators
- d. Demonstrate proper use of the Suunto Cobra Dive Computer safety stop feature
- e. Demonstrate proper understanding of the Suunto Cobra Dive Computer log-book

3.3.2 Overview of Exercises

Before diving, students should demonstrate proper knowledge of the Suunto Cobra Dive Computer by describing the key indicators of the Cobra and properly use it by:

- a. Set Model to Air
 - b. Set proper measurement system
 - c. Set Maximum Depth Alarm to the planned maximum depth for the dive
 - d. Set Dive Time Alarm for the planned turnaround time for dive
 - e. Access the Cobra Dive Planner
 - f. Identify the No Deco Time based on planned depth for the dive

While diving, student will demonstrate proper use of the Suunto Cobra Dive Computer by:

- 1. Communicate Current Depth
- 2. Communicate Air time Remaining
- 3. Communicate No Deco Time
- 4. Communicate Tank Pressure
- 5. Communicate Dive Time
- 6. Communicate level of Consumed Bottom Time



- 7. Communicate Water Temperature
- 8. Communicate that the Maximum Depth has been achieved upon triggering the Cobra Max Depth Alarm
- 9. Communicate that the turnaround time has been achieved upon triggering the Cobra Dive Time Alarm
- 10. Dive for fun and pleasure
- 11. Safe Ascent to the Safety Stop depth monitoring the Cobra Ascent Rate Indicator
- 12. While performing the Safety Stop communicate stop countdown timer

3.3.3 Water Conditions

Discuss and assess water conditions such as surf, current, water temperature and visibility. Discuss interesting marine life and site topography.

3.4 OPEN WATER EXERCISES

3.4.1 Dive Planning

Verify that the divers have a dive plan and check to see they adequately address each of the following topics:

- 1. Goal of dive
- 2. Minimum air limits
- 3. Maximum depth and bottom time
- 4. Environmental conditions
- 5. Equipment
- 6. Communications
- 7. Entry and exit procedures
- 8. Descent and ascent procedures
- 9. Hazardous situations
 - a. Lost buddy
 - b. Out of air

3.4.2 Equipment Check

After planning the dive, everyone should focus on their equipment. All buddy teams should check each other's equipment thoroughly. Also, it is a good time to check and set up all special equipment.

- 1. Check that their Total Diving System is functioning properly
- 2. Check that each diver has activated his/her Cobra dive computer

3.4.3 Free Descent

Divers should perform a free descent in buddy teams, and you should stay closest to the least capable buddy team. Emphasize good descent techniques, such as staying together, controlling buoyancy, monitoring the Cobra dive computer and watching the rate of descent.

3.4.4 Adjustment

After reaching the intended depth and/or goal of the dive, allow everyone to get comfortable before finishing the dive exercises. Take note of those who are cold or are struggling with a piece of equipment. Look for obvious signs of stress and take care of problems.

3.4.5 Buoyancy Control

When everyone is comfortable, check their buoyancy, because proper buoyancy is a sign of a comfortable diver. Uncomfortable divers may experience problems later in the dive.

Watch for divers with lots of air in their BC; they are over-weighted. People who are uncoordinated may simply be poor divers. Before continuing the dive, make sure everyone is neutrally buoyant and comfortable to your satisfaction.

3.4.6 Exercises

While diving, student must demonstrate proper use of the Suunto Cobra Dive Computer by:

- 1. Communicate Current Depth
- 2. Communicate Air time Remaining
- 3. Communicate No Deco Time



- 4. Communicate Tank Pressure
- 5. Communicate Dive Time
- 6. Communicate level of Consumed Bottom Time
- 7. Communicate Water Temperature
- 8. Communicate that the Maximum Depth has been achieved upon triggering the Cobra Max Depth Alarm
- 9. Communicate that the turnaround time has been achieved upon triggering the Cobra Dive Time Alarm

3.4.7 Ascent

When the maximum bottom time arrives or when someone reaches the minimum air pressure, gather the group and prepare for ascent.

Divers should perform a safe ascent to the Safety Stop depth monitoring the Cobra Ascent Rate Indicator.

3.4.8 Safety Stop

When the safety stop depth is reached, stop for the time indicated by the Cobra dive computer. While performing the Safety Stop divers should communicate the stop countdown timer shown by the Cobra dive computer.

3.5 OPEN WATER EVALUATION

After the dive, discuss how the exercises went. Let the divers know where they did well and where they need more work. This will help determine skill and comfort level.

3.5.1 Cobra Post Dive Procedures

After the equipment has been disassembled and students are dry and warm, have students review the Cobra post dive features:

- a. Review the No Fly Desaturation Time indicator
- b. Review all data screens of logbook for dive just completed
- c. Plan a second dive at the same depth as the previous dive; note if the new No Deco Time differs from the one in 3.3.2.f
- d. Discuss cleaning and maintenance procedures for the Cobra dive computer

3.6 RECORD KEEPING

3.6.1 SSI Total DiveLog

Have each diver fill in the appropriate log page. You will sign each one. This is extremely important, as logged dives count toward gaining the Specialty, Advanced Diver and Master Diver ratings.

3.6.2 Diver Training Record

Fill in the appropriate sections in the folder with each diver's signature, date and your signature and comments.

3.6.3 SSI Professional DiveLog

After completing all open water training and record keeping requirements, record the course on the "Certification Sign-Off" page in your Professional DiveLog. Specialty Course students are worth one Experience Point each for academic/pool and open water dives.

Experience Points count toward Century, Gold 500, Platinum 1000 and Platinum Pro 5000 Instructor recognition ratings.

3.6.4 Graduation Ceremony

Now is the time to reward them with their diploma and the Suunto Cobra Computer Diver Specialty Card. Remember, Specialty training should be an event not a chore — make them proud..



4 CERTIFICATE OF COMPLETION

Here a sample of the Certificate of Completion that student must obtain from DiveComputerTraining.com.





5 INSTRUCTIONS FOR DIVE RETAILERS

5.1 OVERVIEW

As indicated in section 2.2.4, students must independently perform the academic portion of this course by taking the Suunto Cobra online class – available at DiveComputerTraining.com – and must provide to Instructor the Certificate of Completion.

Student may enrol in the Cobra online class either by purchasing it directly or by obtaining an Activation Code from the dive retailer. In the same way, student may purchase directly the Certificate of Completion or redeem it using a Store Certificate Code obtained from his/her local dive retailer.

It is recommended that the dive retailer includes in the cost of this course both the Activation Code and the Store Certificate Code. In this section you can find instructions on how a dive store can obtain both types of codes.

5.2 REGISTER WITH DIVECOMPUTERTRAINING.COM

Before a dive retailer can order the codes, it must first register with the DiveComputerTraining.com service as a "Scuba Shop"; to do so, just go to http://www.divecomputertraining.com and click on the **REGISTER** button then select the Scuba Shop option and fill in the required form (make sure to write down your Username and Password !).



5.3 ENTER DIVE STORE



Once you have completed the registration, go back to the main page and log-in using your Username and Password. As a dive store you will be able to access DiveNav's online store by clicking on the **STORE** button.



Dive

ON DE CONTRACTOR

Once inside the online store you will be able to purchase both the Activation Codes and the Store Certificate Codes.



			C SHARE E & CO.
870	Shopping DiveNav Store Store Depart	next T Otex Out]
My Home Edit profile		Certificate Codes BUY	1
User CP My messages My dive log Find dive buddies Find a dive instructor Find a dive store Invite a Buddy My Referrais			

f share 0 tweet

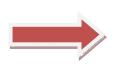
5.4 ACTIVATION CODES FOR ONLINE CLASSES

To purchase Activation Codes for online classes, click on the **Activation Codes** button.

5.4.1 Select Manufacturer

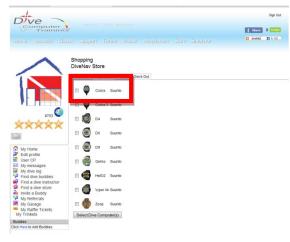
14

Then click on the **Suunto** logo



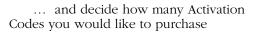
Control Processory - Control Management Control Processory - Control Violation - Control Violation Control Processory - Control Processory - Control Violation Control Processory - Contr	
Hone Indentified Classo Support Parant Victors Advectations Standardow Classified Shapping Directory Standardow Brown Directory Standardow	0
Shopping DueNav Store Two Two Two Two Two Two Two Two Two Two	E e 112.
Diveñad Store Store Store Store Store Store Store Stor	
Brow Dependence Brow Dependence Corr Developed Object Dependence	
Compared and the second and the	
A y increa Set profile Set profile Were CP Were CP Way and the set of	
A y increa Set profile Set profile Were CP Were CP Way and the set of	
A y increa Set profile Set profile Were CP Were CP Way and the set of	
My Home Grado Grado My mesagos My mesagos My mesagos My de mesagos My	
✓ disposite Ø disposi	
2° Extrapolitie 20 June CP 20 Angel Constant 20	
2° Extrapolitie 20 June CP 20 Angel Constant 20	
© My nesapas My try dro tog P Find dro tuddes P find a dro tuddes P find a dro tuddes P find a dro tuddes minte a budy	
P Find dive buddes P Find a dive instructor P Find a dive instructor P Find a dive instructor Instruct a dive store Instruct a dive store	
해 Find a dive instructor Find a dive store a imite a Buddy	
a Invite a Buddy	
My Referrals	
My Garage Wy Raffle Tickets	
My Rame Tickets My Trinkets	
Buddies post-	
lick Here to Add Buddles	
SUUNTO	

5.4.2 Select Product and Quantity



... select the Dive Computer for which you would like to purchase Activation Codes









5.4.3 Digital Activation Codes vs. Printed Activation Codes

When you reach the quantity selection page you will notice that the first line refers to **DIGITAL ACTIVATION CODE**. DiveNav Activation Codes are available in 2 forms: Digital and Printed.

Digital Activation Codes are easier to order (you can order just one – when you need it) and easier to get (the Digital Activation Code will be emailed to you shortly after you complete the transaction) but it is your responsibility to then provide the Digital Activation Codes to your students (print out the email and hand it over to your students... or just forward the email to



them). Just make sure that you do NOT provide the same Activation Code to 2 different people otherwise one of them will be very disappointed because the code will not work.



Printed Activation Codes are the preferred choice for large dive stores/chains that include them in the dive computer box. The Printed Activation Codes have the size of a business card, have an UPC code printed on them, are customized with your dive store name and have a minimum quantity requirement.

If you want, we can also replace the default background image with an image of your choice, but there is a one time set-up fee for this.

Depending on your location, it could take

between 5 to 15 days to receive the Printed Activation Codes.

Please note that each Activation Code is valid for 12 months since activation and could be used ONLY by ONE student.

5.4.4 PayPal

Review your cart, and then proceed to PayPal to complete the transaction.

If you do not have a PayPal account, you can use a credit card to pay for the activation codes; once you reach the PayPal page just click on the link "pay with credit card" and PayPal will take care of it for you.

5.5 STORE CERTIFICATE CODES

Store Certificate Codes allow students to obtain the Certificate of Completion by redeeming the code.

Each Store Certificate Code is a unique string of 9 alphanumeric digits and could be used only once – and only by one student.

To order Store Certificate Codes just click on the Certificate Codes button!





5.5.1 Select quantity of Store Certificate Codes



... select amount of Store Certificate Codes you would like to order



Note that the Store Certificate Codes are **DIGITAL ONLY**. This means that they will be emailed to you shortly after you complete the transaction and it is your responsibility to

provide the Store Certificate Codes to your students (print out the email and hand it over to your students... or just forward the email to them). Just make sure that you do NOT provide the same Store Certificate Code to 2 different people otherwise one of them will be very disappointed because the store certificate code will not work.



Please note that each Store Certificate Code could be used ONLY ONCE and ONLY by ONE student.

5.5.2 PayPal

Review your cart, and then proceed to PayPal to complete the transaction.

If you do not have a PayPal account, you can use a credit card to pay for the activation codes; once you reach the PayPal page just click on the link "pay with credit card" and PayPal will take care of it for you.



6 INSTRUCTIONS FOR STUDENT

6.1 OVERVIEW

As indicated in section 2.2.4, students must independently perform the academic portion of this course by taking the Suunto Cobra online class – available at DiveComputerTraining.com – and must provide to Instructor the Certificate of Completion.

Student may enrol in the Cobra online class either by purchasing it directly or by obtaining an Activation Code from the dive retailer. In the same way, student may purchase directly the Certificate of Completion or redeem it using a Store Certificate Code obtained from his/her local dive retailer.

In this section you can find instructions for students on how to enrol in the Suunto Cobra online class and on how to request and obtain the Certificate of Completion.

6.2 REGISTER WITH DIVECOMPUTERTRAINING.COM

Before a student can enrol in the Cobra online class, he/she must first register with the DiveComputerTraining.com service.





6.3 SELECT CLASS TYPE



Once the registration is completed student must log-in at DiveComputerTraining.com and then click on the **Classes** link on the main navigation bar and then click on the Dive **Computer Classes** button.



6.4 SELECT MANUFACTURER

Once Student should click on the Suunto logo







6.5 SELECT DIVE COMPUTER AND START CLASS



Then student should click on the icon of the Suunto Cobra Dive Computer



6.6 ENROL IN CLASS

The first few sections of every Online Class are free and everyone can see them. But, at a certain point the website will ask student to enrol in class.

A student can enrol in a class either by purchasing it directly or by using an Activation Code provided by the dive store.

If student has received an Activation Code from the dive store, then student should click on the **Use Activation Code** button.





6.6.1 Enter Activation Code



If student has an Activation Code, then should enter it in the required spaces and press the GO button to continue with the class.

Remember that the Activation Code is valid for 12 months since activation and could be used only by one person.



6.7 TAKE ONLINE CLASS

To complete the online class, student should view all videos, answer all quizzes, pass the final test, accept the Liability Release and review the Closing Recommendations section.

The class is organized based on progressive learning and as such the student is recommended to take the class following the modules and sections in sequence. At the same time, the interactive organization of the class allows student to directly access a specific section for easier reference.

Also, it is recommended that while taking the class, the student should consult the Cobra User Guide and be in possession of the Cobra dive computer for direct reference and practice.



6.8 CERTIFICATE OF COMPLETION

6.8.1 Request Certificate of Completion



Upon completing the final test, accepting the Liability Release, and after reviewing the Closing Recommendations section, the student will be shown the "Specialty Screen" in which he/she may choose to request the Certificate of Completion; to do so, student should click on the **Request Certificate of Completion** button.



6.8.2 Order Certificate of Completion

Student may obtain the Certificate of Completion either by purchasing it directly or by using a Store Certificate Code.

Before ordering the Certificate of Completion, student should verify that the name that will be printed on the certificate and that the email address to which the certificate will be email are both correct.

If student has received a Store Certificate Code from the dive store, then he/she should click on the Redeem Certificate Using Store Code button.





Note that the Store Certificate Code is a **DIFFERENT** code than the class Activation Code; the class Activation Code is a 16 digits alphanumeric string while the Store Certificate Code has only 9 digits.



6.8.3 Receive Certificate of Completion

the state of the second state	ion of Completi	. 1991					
hint out this email a	ind give a copy	to your the	structor.				
Best Regards,							
DiveNav Team							
_!							
	1990 A	200	139	Carl Bran			_ (
						172.	E
	BUUNTO	Certif	licate of	<i>Comple</i>	tion	SCUBA SCHOOLS	
			This is to c	ertify that			
			John	Doo			
			30111	DUC			
	Has com	pleted the	Knowledg	e Developmer	nt portion	of the	
					Disco		
		Suunt	o Cobra	Compute	r Diver		
	m	SSI	Unique S	pecialty Cours	se		
5		13	1				
		ur training you mu	st perform the Ope	pleted this Specialty Co n Water Dive portion of	this course with a		
	Class ID: 68543	2X654	Certificate	ID: 9208Z76103	Da	ate: 15/11/2010	1
	Statement of the local division of the	The second	The Difference	10. 39/200	Sec. 20	No. of Concession, Name	

Once student has ordered the Certificate of Completion, either by purchasing it or using a Store Certificate Code, such certificate of completion will be emailed to the student.

Student should then provide a copy of the Certificate of Completion to his/her instructor.

Note for Instructor:

As an instructor you can verify this certificate at <u>www.divecomputertraining.com/membercheck.php</u> by entering the Certificate ID number printed on this certificate.