

A diver in a black wetsuit and scuba tank is exploring a large, rusted metal structure underwater, likely a shipwreck. The structure is covered in green algae and has a large circular opening. The diver is pointing towards the structure. The background is a deep blue-green water.

EXTENDED RANGE

DO YOU WANT TO STAY DOWN A LITTLE LONGER,
GO A LITTLE DEEPER OR EXPLORE FARTHER?

SSI SCUBA
SCHOOLS
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ENGLISH

NEW ADVENTURES BEYOND THE LIMITS

SSI XR programs are designed to take your diving to the next level.

Whether you are looking for the excitement of deep diving, going beyond recreational diving limits, significantly extending your bottom time or enjoying the thrill of exploring deep reefs, wrecks and caves; XR provides the training and experience necessary to complete your new adventure with confidence and skill.

XR diving will open up a diverse variety of aquatic environments, increase your dive depths limits, extend your bottom times and train you in new procedures. Academically you will advance your knowledge and understanding of principles, procedures and theories specific to diving safely with a decompression ceiling. You will adapt your existing equipment or be introduced to new equipment, concepts and the technically oriented dive rig.

You will also learn and master new skills designed to enhance your safety and enjoyment using this new equipment design. During your program your instructor will cover everything from supreme buoyancy, propulsion, equipment and effective decompression.

Throughout the program you will increase the knowledge, skills, equipment and experience to “extend your range of diving” in every sense of the word.

Whatever your current level of training, XR Diving will challenge and thrill you mentally and physically.

XR PATHWAY

Extended Range Nitrox Diving is the first step. Combined with Advanced Wreck Diving and Cavern Diving, you will gain practical knowledge and skills allowing you to experience these exciting new realms.

XR is the bridge between recreational and what was previously considered Technical Diving. Once you have completed the entry level programs and you have the desire to go even farther the next step is Extended Range. This program will allow you access to an even more awesome world. Options like Full Cave Diving and Technical Wreck Diving will push your limits. SSI Hypoxic Trimix is the ultimate and final step in the process; this unlimited depth qualification is the apex level certification. Whatever your goal SSI XR is there to support you all the way.

FLEXIBLE TRAINING

As with all SSI programs, XR is designed to fit your schedule with very specific training materials. The digital and physical materials are exciting and thorough. Complete with review sessions, specific Dive Log inserts and planning tools. All courses and training materials have been developed by industry professionals with decades of extended range and technical diving experience.

You can take each program individually or combine them to create a pathway specifically designed for you. Training is flexible to match your goals and objectives. It's menu-based just like our recreational programs. To enroll in Extended Range Nitrox Diving all you need to be is an Advanced Open Water Diver with both the Deep Diving and Enriched Air Nitrox specialties and a minimum of 24 logged dives.



NEW HORIZONS CHALLENGING DIVES

XR SPECIALITY PROGRAMS

The bridge between recreational and technical diving is narrower than ever before! XR programs are designed to allow you to "extend beyond the recreational limits" without dramatically changing your diving philosophy.

XR programs simply enhance and build upon your existing knowledge, skills and experience. They are taken like a regular SSI Specialty, and can be credited toward your Advanced Open Water or Master Diver.

The training will provide you with the skills to dive safely and with added confidence, giving you the tools to complete limited decompression.

This is the chance you have been waiting for to discover new horizons. We understand decompression is no longer a taboo word, it's a tool that when used correctly can allow you to experience much more of the underwater world. Ask your SSI Dive Center or Dive Professional about the XR programs, you'll be glad you did!

A whole new world full of adventure and fun is waiting for you!

Extended Range Nitrox Diving

This program qualifies you to dive to 40 meters using nitrox and 15 minutes of accelerated decompression using a one stage decompression gas. The program can be completed wearing your standard total diving system, a large cylinder with H or Y valve or even a full twinset.

Gas Blender

Gas Blender qualifies you to blend all Nitrox and Trimix gases with any oxygen content. You will learn the mathematics, physics and skill to confidently blend breathing mixes. This program is open to anyone, even non divers.



Advanced Wreck Diving

This program allows limited penetration into wrecks with an overhead environment. The training required for this type of diving is overhead buoyancy control, new fining techniques, laying safety line and the proper use of a light.

The program can be completed wearing a single cylinder with either a pony cylinder or H/Y valve or a technical total diving system.

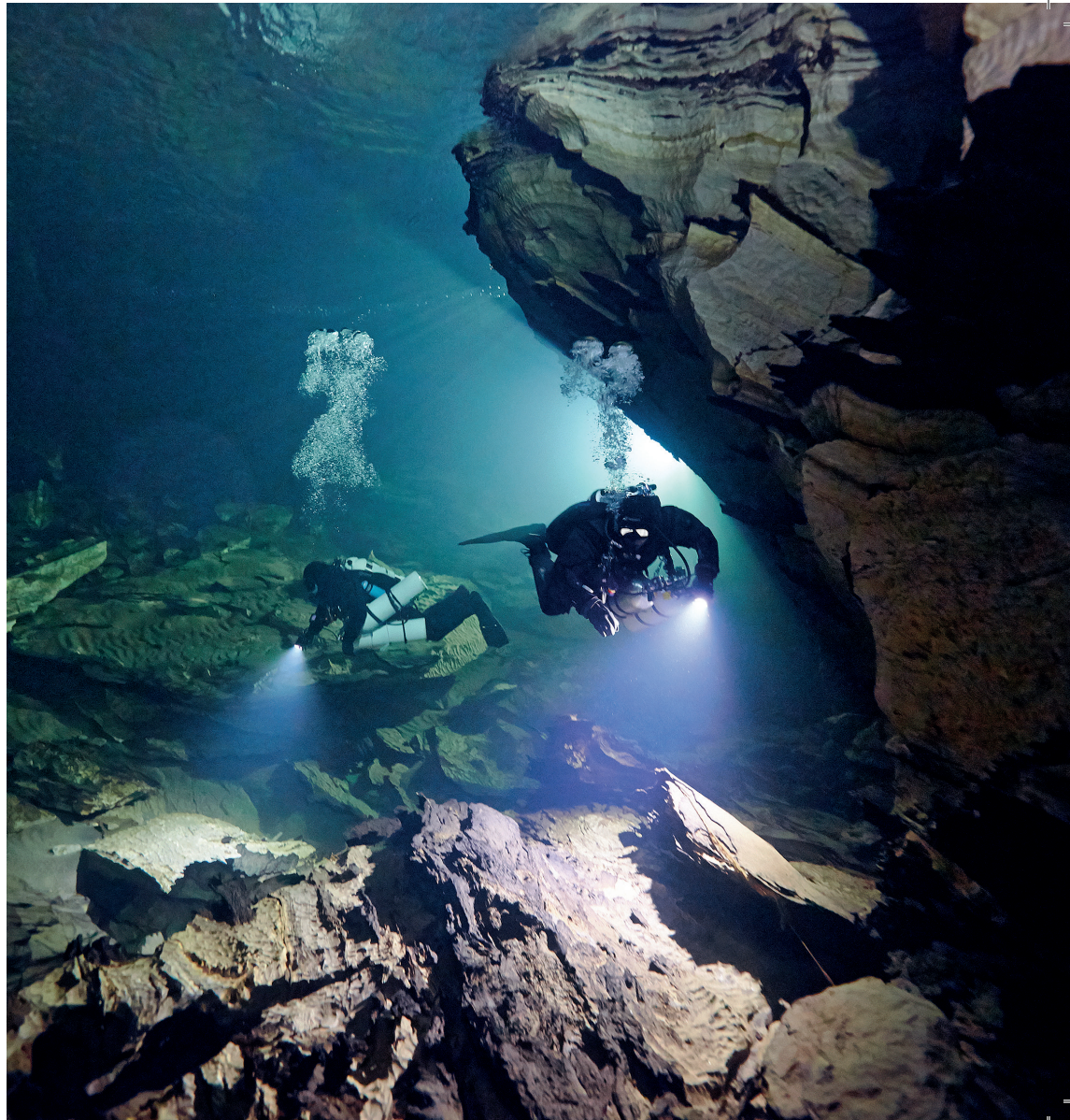
Cavern Diving

As with Advanced Wreck Diving, this program allows limited penetration into caverns. The training required for this type of diving is the same as Advanced Wreck Diving - overhead buoyancy control, new fining techniques, laying a safety line and the proper use of a light, plus a more thorough understanding of the environment.

In both Advanced Wreck Diving and Cavern Diving, you will also learn about lost line and lost buddy procedures, which is different from recreational diving.

Like Advanced Wreck Diving, the program can be completed wearing a single cylinder with either a pony cylinder or H/Y valve or a full technical diving system.

Both of these programs will easily kindle your enthusiasm for more challenging overhead environments.



ONE STEP FURTHER PUSH THE LIMITS

SSI's Advanced level XR Programs are technical diving, challenging the diver with multi-stage decompression, advanced failure management, plus supreme trim and buoyancy. When participating in Technical Wreck Diving and Full Cave Diving, you will learn the ultimate in overhead environment techniques. Because of the nature of these programs, your training will be incredibly thorough and exciting. Nothing is left to chance and all bases are covered. The high level of knowledge and skills are taken a step further allowing you to push not only traditional diving limits but also your own. This is the zenith in diving! Once you have completed your training you will be ready for all of the challenges of technical diving.

CONFIGURATIONS

XR programs are like all SSI programs and allow flexibility, you can take your XR program in a wide variety of equipment configurations - Sidemount, Twinset or Technical Closed Circuit Rebreather. Your SSI XR Instructor will be your guide and show you all the enjoyment that can come from a properly fitted high quality XR Total Diving system.

Extended Range

This program qualifies you to dive to 45 meters using nitrox and 20 minutes of accelerated decompression using a one stage decompression gas (up to oxygen). The program can only be completed wearing an Extended Range total diving system (Twinset or Sidemount). In addition to using nitrox, you will be qualified to use limited trimix with a minimum oxygen content of 21%. Extended Range with Trimix is specifically designed to reduce the risk of nitrogen narcosis for deeper diving.



Technical Extended Range

This program qualifies you to dive to 50m when using Air or 60m when using Normoxic Trimix (min 18% Oxygen content) two stage decompression gases will be utilized for this program. The program can only be completed wearing a full Extended Range total diving system.

Hypoxic Trimix

This is the pinnacle of technical diving. Here you will use all the knowledge, skills, equipment and experience from all of your previous training and push your limits to the extreme. There are two pathways; one takes you to 80 meters and the other to 100 meters using the same full Extended Range total diving system you mastered in previous programs. However, you will now use a minimum of three stages for decompression and travel gases.



Technical Wreck Diving

This program allows unlimited decompression wreck penetration to a maximum depth of 60 meters (during training). Like the other overhead programs, the training required for this type of diving is overhead, high level buoyancy control, finning techniques, laying line and the proper use of a light. You will also learn about a lost line, lost light and lost diver procedure.

If wrecks are your passion then this program is for you. The program can only be completed wearing a full Extended Range or Technical CCR total diving system.

Cave and Full Cave Diving

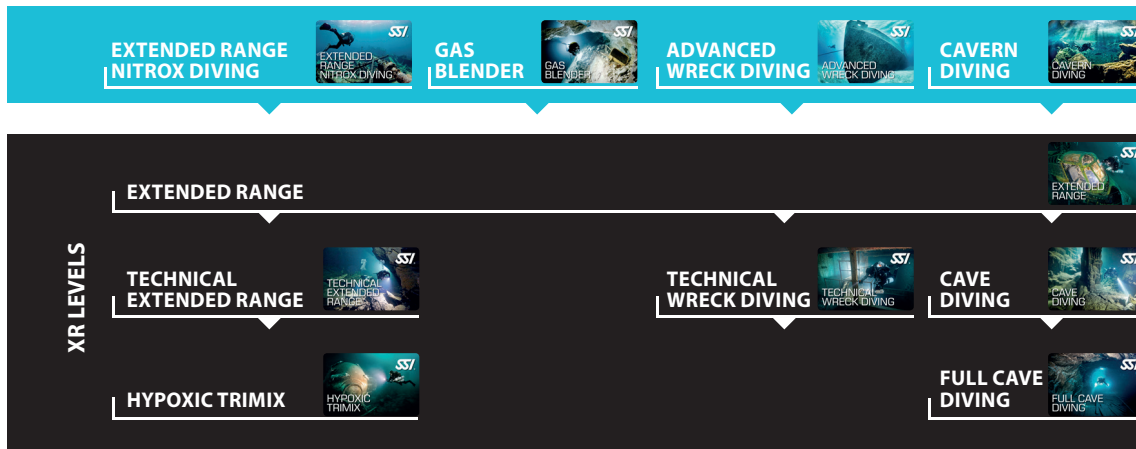
Your entrance to the subterranean world of cave diving will come from the SSI Cave Diving program. Cave will allow penetrations on a single line with basic navigation. You will learn techniques to deal with problems in this most unforgiving of environments. Safety is the number one concern and you will increase confidence by spending hours in the environment with your Cave Instructor. Once you are comfortable, SSI Full Cave Diving allows complex navigation and you learn how to traverse, jump, tee and gap within the cave system. You will learn even more about a lost line, lost light, gas sharing and lost diver procedure.

The Full Cave Diving Program is the highest level overhead environment program, providing all the tools needed to be a true explorer!



DIVESSI.COM

Over 40 years of experience with more than 3,000 Dive Centers worldwide delivering materials in 30+ languages in 110 countries.



THE DIVESSI APP

Free, easy to install, intuitive and everything a diver needs at home and abroad:

- **myTraining:** learn whenever and wherever you want in over 30 languages on any device.
- **myCards:** never leave home without your certification.
- **myDives:** log your dives digitally, use a picture of the dive site or your buddy and have them sign right on the device.
- **Dive Center Search:** find any SSI dive center or resort around the world.

And many more helpful tools, like first aid flow charts, checklists and hand signals.



iOS



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