

## Course Overview

The GUE Recreational Diver Level 2 course is a no decompression course structured to prepare divers for deeper recreational diving while using sound equipment, efficient diving skills and advanced breathing mixtures.

The class builds on from your introductory GUE class (either Rec 1 or Fundamentals) and covers the theory and practice of decompression, safe use of Nitrox and Triox (30/30) for extended bottom times, correct ascent procedures, diver rescue (on land, at the surface and underwater), emergency management, and the use of Helium to minimize narcosis, CO<sub>2</sub>, gas density, and post-dive “nitrogen stress.”



## Skills

The GUE Rec 2 course covers all the essential skills required to dive safely in the recreational depth range: navigation using lines and compasses, ascent protocols, rescue skills, light communication and touch contact; as well as reviewing and refining all the skills learned during Rec 1/Fundamentals.

## Your Instructor

Jamie Obern is New Zealand's only GUE instructor and has been teaching GUE classes since 2009. He has been involved with GUE since 2005 and is a passionate advocate for GUE in New Zealand. As well as running GUE classes Jamie is also actively involved in GUE projects, both in New Zealand and overseas.

## Course details

- Time commitment: 5 days
- No. of dives: 8 dives
- Pre-reqs: GUE Fundamentals “rec” pass, or GUE Rec 1, 16 years old
- Student to Instructor ratio: Max 3:1
- Equipment req'd: Standard GUE equipment configuration. Please contact us for more details.
- Qualification limits: 30m, EANx32 or 30/30 trimix, no decompression
- Cost: \$1,000 + expenses.
- Equipment hire: All specialist equipment req'd for this course is available for hire. Please contact us for details

