



APBA APPROVED CAPSULE TRAINING CRITERIA

All procedures are to be discussed in detail with the driver before they are carried out. Drivers must indicate that they understand the procedure to be carried out and are comfortable with it prior to each exercise. All procedures are done with at least two safety divers ready at all times.

A. Orient driver with procedures and drill.

B. Familiarization with driver's air system.

- 1) Driver demonstrates knowledge of operation and proficiency with his equipment.
- 2) Driver demonstrates ability to utilize and clear his system in the pool with divers standing by.

C. Familiarization with diver's SCUBA regulator.

- 1) Function and use of regulator explained.
- 2) Demonstration of methods to clear regulator.
- 3) Explanation of breathing techniques, i.e. DO NOT HOLD YOUR BREATH!
- 4) Driver demonstrates use of regulator underwater.
- 5) Driver demonstrates how to clear regulator.

D. Familiarization with capsule safety equipment and function, i.e. steering wheel release, harness release and canopy release.

- 1) Driver demonstrates ability to release steering wheel, harness, and canopy.

E. Orient driver on procedures to extricate himself from the capsule.

- 1) Review extrication procedures. (1) canopy (2) wheel (3) safety harness (4) roll forward and out
- 2) Explain proper method for exiting capsule (driver rolls forward into a "C", coming up in front of boat)
- 3) Explain signals to be used
 - a) Driver ready (thumbs up)
 - b) Driver needs help (a clenched fist held out); safety divers will extricate.
- 4) Go over procedure to be followed; when signals are to be given, safety procedures, how drill will be conducted.
- 5) Driver is strapped into capsule with a SCUBA regulator.
- 6) Driver is asked if he is ready and signals he is ready.

F. Driver is flipped and allowed to extricate himself using SCUBA air.

G. Driver is strapped into capsule using his own air system.

- 1) Diver is asked if he is ready and signals he is ready.

H. Driver is flipped and allowed to extricate himself using his own air system.

I. Optional: Driver is strapped into capsule using either his own air system or a SCUBA regulator with mask/visor blacked out.

- 1) Driver is asked if he is ready and signals he is ready.
- 2) Driver is flipped and allowed to extricate himself using his own air system or SCUBA.

J. Driver should be wearing his flotation device and helmet he wears while racing. It is recommended that the driver also be wearing his driving suit and shoes.