

**INSPIRED-TRAINING**

**Technical**  
**Series** **Deep**  
**Explorer**



**Author: Mark Ellyatt – Technical Instructor Trainer**

# **INSPIRED-TRAINING**

**Dear Diver**

**We are delighted you have selected Inspired Training for your continuing diving education. From the outset we have dedicated ourselves to producing the best training manuals and support materials in the industry.**

**From our roots in the forefront of technical diver training you rest assured that years of common sense diving know how will be imparted through our programmes. To this end we have associated with the finest minds in technical diver training to create manuals like this one that will convey information in an easy to read format that will be a pleasure to work with, and become your reference guide for later reflection**

**Our authors are also recognised experts in their specific topics. So when you thumb through an Inspired Training manual you will have the confidence of knowing that author has spent thousands of hours underwater and in academic discussion to create a text that reflects direct “hands on” practical experience, rather than theoretical idealism**

**We also recognise that technology changes rapidly in today’s society and any suggestions for ways to improve our materials are welcomed at all times.**

**We want you to get the best possible experience from your Deep Explorer course and your instructor. Please let us know how we can better serve you. All of us at Inspired Training would like to extend our appreciation to you for your business and the time that you will invest in our training programmes**

**[www.INSPIRED-TRAINING.com](http://www.INSPIRED-TRAINING.com)**

# Contents

Foreword. Touring Bandit Country

**Chapter 1.** How Deep's Deep?

**Chapter 2.** Helium – Friend or Foe

**Chapter 3.** Physiology you should know

**Chapter 4.** Equipment for the job

**Chapter 5.** Dive planning

**Chapter 6.** What comes next



Copyright © Mark Ellyatt 2007

The right of Mark Ellyatt to be identified as the author of this work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988

[www.INSPIRED-TRAINING.com](http://www.INSPIRED-TRAINING.com)



Greenforce-Dive lights  
Illuminating the  
darkness, wherever  
you're going...