

Zombie Diver Distinctive Specialty Course Instructor Outline



This course provides the training required to allow divers
to competently and safely repel Zombies in the
underwater environment
[especially around Halloween]

DISCLAIMER

This distinctive specialty course has not been produced as a result of any belief in the existence of Zombies or any other ethereal being such as tooth fairies, ghosts, hobgoblins, gods, demons or any other, as yet unproven, mythological creatures that have become fabled and part of popular folk-lore.

However, it has been produced to offer a short course to divers that weds a lot of (admittedly weird) fun with the opportunity of practicing some basic emergency skills.

Please join us and have a load of fun!

Zombie Diver

1. Course Objectives and Standards

A. Course Goals

The goals of the Zombie Diver course are to:

- a) Introduce the student to the history of zombies
- b) Zombie Apocalypse
- b) Literature
- c) Contact hazards
- d) Prepare for Zombie attacks
- e) Emergency skills
- f) First Aid
- g) Planning dives for underwater repulsion of zombies

B. Zombie Diver Course Requirements

1. Minimum prerequisite certification: PADI Open Water Diver (or equivalent)
2. Minimum age of 10
3. Student to Instructor ratio: 8:1
4. Maximum depth 18 meters [30m if certified as PADI Advanced Open Water or Adventure diver with deep diving experience (or equivalent)]
5. Two (2) Open water dives alternating roles as Zombie and regular,

uninfected diver avoiding intimate contact with Zombies.

6. Minimum course duration is dependent on class size. As a guideline – a nominal duration for a class size of eight (8) students would be two (2) hours for theory; eight hours for practical exercises. Ideal class size a minimum of four (4).

7. Minimum Instructor rating: Open Water Scuba Instructor and Specialty Instructor in the Distinctive specialty of Zombie Diver

C. Student and Instructor Equipment Requirements

(i) Equipment requirements

1. Student equipment

a. All standard diving equipment

b. Slate

c. Camera

d. Compass

e. Pocket mask

2. Instructor equipment

a. All standard diving equipment

b. SMB

c. Slate

d. Compass

e. Camera

f. Student Record File

g. Class Roster

(ii) References

- a. McAlister, Elizabeth (2012). "Slaves, Cannibals, and Infected Hyper-Whites: The Race and Religion of Zombies". *Anthropological Quarterly*. 85 (2): 457–486.
- b. <http://chronicle.com/article/Zombies-on-the-Brain/133043/>
- c. Mogk, Matt (2011). Everything You Ever Wanted to Know About Zombies. Gallery Books.
- d. <https://www.youtube.com/watch?v=kGM8U3vBd5U>
- e. Drezner, D.W. (2014) *Theories of International Politics and Zombies*; revised Edition. Princeton : Princeton University Press

(iii) Recognition materials

- a. PIC envelopes (or PICs on-line)
- b. Specialty Diver Certificates

D. Knowledge Development Topics

The following is an actual presentation outline. Directions to, or comments for the instructor are enclosed in [brackets]

1. Introductions, welcome to the course and course overview:
 - a. Introduce yourself and your assistants
 - b. Student introductions
 - c. Course goals
2. Course overview
 - a. Classroom presentations. [Note to instructor: Academic information

will be via a short classroom discussion but essentially covered on-site at the dive site location/s. Other academic background will be reviewed through reading web-based text. Give the dates and locations of venue.]

b. Open water training dives.

c. Performance assessment. [Note to instructor: You are to ensure that all performance requirements have been met. Skills performed onsite are to be directly observed. Academic assessment may be accomplished through discussions with students and oral quizzes.

Tell the class how their performance will be evaluated.]

d. Certification: Upon successful completion of the course, you will be awarded the PADI Distinctive Specialty Diver Certification as a Zombie Diver.

e. Class requirements: Course costs [Explain all course costs], Equipment needs, and materials used during the course and attendance requirements.

f. Administration: Collect course fees and enrolment forms. [Continuing Education Administrative Document or Standard Safe Diving Practices Statement of Understanding, PADI Medical Statement, Liability Release and Express Assumption of Risk].

3. (a) *History*

With reference to: <https://en.wikipedia.org/wiki/Zombie>

The [English](#) word "zombie" is first recorded in 1819, in a history of [Brazil](#) by the poet [Robert Southey](#), in the form of "zombi", actually referring to the Afro-Brazilian rebel leader named [Zumbi](#) and the etymology of his name in "nzambi". The [Oxford English Dictionary](#) gives the origin of the word as West African and compares it to the [Kongo](#) words "nzambi" (god) and "zumbi" (fetish).

In [Haitian folklore](#), a zombie ([Haitian French](#): zombi, [Haitian Creole](#): zonbi) is an [animated corpse](#) raised by magical means, such as [witchcraft](#).

The concept has been popularly associated with the [religion of voodoo](#), but it plays no part in that faith's formal practices.

How the creatures in contemporary zombie films came to be called "zombies" is not fully clear. The film *Night of the Living Dead* made no spoken reference to its undead antagonists as "zombies", describing them instead as "[ghouls](#)" (though ghouls, which derive from Arabic folklore, are demons, not undead). Although George Romero used the term "ghoul" in his original scripts, in later interviews he used the term "zombie". The word "zombie" is used exclusively by Romero in his 1978 script for his sequel [Dawn of the Dead](#), including once in dialog.

According to George Romero, film critics were influential in associating the term "zombie" to his creatures, and especially the French magazine "[Cahiers du Cinéma](#)". He eventually accepted this linkage even though he remained convinced at the time that "zombies" corresponded to the undead slaves of Haitian voodoo as depicted in [Bela Lugosi's](#) [White Zombie](#).

(b) The “Zombie Apocalypse”

Intimately tied to the concept of the modern zombie is the "zombie apocalypse"; the breakdown of society as a result of an initial zombie outbreak that spreads. This [archetype](#) has emerged as a prolific subgenre of [apocalyptic fiction](#) and has been portrayed in many zombie-related media after *Night of the Living Dead*. In a zombie apocalypse, a widespread (usually global) rise of zombies hostile to human life engages in a general assault on civilization. Victims of zombies may become

zombies themselves. This causes the outbreak to become an exponentially growing crisis: the spreading phenomenon swamps normal military and law enforcement organizations, leading to the panicked collapse of civilized society until only isolated pockets of survivors remain, scavenging for food and supplies in a world reduced to a pre-industrial hostile wilderness. Possible causes for zombie behavior in a modern population can be attributed to viruses, bacteria or other phenomena that reduce the mental capacity of humans causing them to behave in a very primitive and destructive fashion.

(c) Literature

Information disseminated by Governmental authorities is scanty, but a good read is:

Drezner, D.W. (2014) *Theories of International Politics and Zombies*; revived Edition. Princeton : Princeton University Press

(d) Contact hazards

Initial contacts with zombies are extremely dangerous and traumatic, causing shock, panic, disbelief and possibly denial, hampering survivors' ability to deal with hostile encounters.

The response of authorities to the threat is slower than the Zombie population's rate of growth, giving the zombie plague time to expand beyond containment. This results in the collapse of the society. Zombies take full control, while small groups of the living [like us, as the diving elite] must fight for their survival.

Zombies have been produced by drugs (including tetrodotoxin often referred to as TTX) administered, or viruses released by mad scientists.

This makes healthy human beings become sick, partially paralysed, emotionless, rotting beings. In this form they are, fortunately, easy to outrun but lethal if they bite you.

We practice how to avoid being infected and becoming zombies ourselves - particularly those that have mutated sufficiently to survive in our special [aquatic] environment. What we must do to avoid these creatures involves underwater navigation in avoidance of infected zombie nests and ensuring visibility isn't obscured to reduce chances of surprise encounters/ambush.

Rescue exercises may also have to be invoked to repel zombie encounters with assistance given to those who have been damaged and/or starved of air.

4. Weapons to use

Your brain first!

Avoid Zombies as much as possible!

Underwater we have the advantage of being trained, seeing and moving better. Even so, we have to be capable of outsmarting them.

On land, when direct contact is unavoidable, we may have to use traditional weapons such as knives, baseball bats and grenades. A good list of useful items can be reviewed at:

<http://www.apocalypsesurvivalist.com/best-weapons-killing-zombies/>

And a great video showing use and value of such weapons can also be reviewed at: <https://www.youtube.com/watch?v=kGM8U3vBd5U>

This course however, will be dedicated solely to possible Zombie interactions underwater and the skills necessary to avoid or defeat them with the equipment we already have basic skills in using.

5. Plan for Zombie Attacks

Be prepared with a fortified dive operation, safe dive sites, appropriate equipment to dive with and skills to assist in avoidance and contact with Zombies. These skills are referred to later. Further to this, for on land encounters, we should have an arsenal of weapons as highlighted in 4., above.

6. Emergency skills

Underwater skills have to be sharp. If attacked by Zombies, repulsion techniques as learned in the rescue diver course should be polished. These will include maneuvering to turn the Zombie away and repel them should one grab a hold of you; using peak performance buoyancy control; clearing a flooded mask, fixing loose straps and tank bands, using a compass to avoid possible Zombie ambush areas and dealing with out-of-air emergencies.

7. First Aid

Problems could arise that require basic first aid skills such as bandaging and immobilization of fractures. It could even be worse where CPR may have to be administered. Poisoning by Zombie bite could also be lethal and the antidote for such as TTX passed on by the bite will need to be administered by supporting medical personnel. If students are not up to speed with training for this, they need to register for a PADI Emergency First Response course immediately.

8. Planning and organizing dives

This, to start, should be performed no differently than normal. But be especially aware how close you may be to the Zombie ambush areas underwater and how it is too easy to get sidetracked taking photos and/or

videos and not keeping an eye on either your buddy or what/who might be lurking around you.

Buoyancy control is a very important issue for the Zombie Diver with care to be taken in streamlining equipment. A watchful eye should be alert at all times for Zombie ambush. Contact could result by Zombies grabbing any dangling equipment you may have and this being used to pull you in to more sinister contact. Buddies should be constantly vigilant of each other.

Attending a Peak Performance Buoyancy workshop is recommended to improve buoyancy and streamlining skills.

The dives will be performed with a minimum of four divers. On the first dive, two will be Zombie attackers, the others will be attempting to avoid being infected by undesirable, yet intimate contact with them. On the second dive, roles will be reversed. In performing both roles, the divers can become aware of both avoidance tactics and the ways in which problems can be created (as in the latter instance, they will be inventing those problems).

9. Open Water Dives

1. Open Water Training Dive One

Learning Objectives.

By the end of this dive, you will be able to:

- *Demonstrate appropriate streamlining of dive equipment.*
- *Perform an appropriate entry.*
- *Correct weighting and adjust buoyancy as required at depth.*
- *Use navigation techniques to avoid underwater Zombie nests.*
- *Use appropriate repulsion techniques during a Zombie ambush*
- *Overcome Zombie attackers and replace loose equipment, use appropriate out-of-air emergency drills and rescue buddy for application of first aid*
- *Perform an ascent rate of no more than 18 metres/minute or as indicated by the divers' computer.*
- *Perform a 3-minute safety stop at 5 metres (if necessary!)*

a. Briefing

- Evaluate conditions
- Facilities at dive site
- Entry technique to be used-location
- Perform navigation and repulsion exercises as required
- Exit technique to be used-location
- Bottom composition, expected features and points of interest
- Depth range
- Planned air supply limit
- Review communication
- What to do if separated from class/buddy

- What to do if an emergency arises
- Buddy assignments

b. Plan Dive

[Instructor note: Have students plan this dive in buddy teams for your assessment and approval]

- Assign depth; have students determine theoretical depth (if dive site at altitude and/or using enriched air) and no-decompression limit [Instructor note: you should check these]
- Record no-decompression limit, maximum actual depth and maximum theoretical depth on slates
- Review exercises [navigation using preset coordinates; mask removal, replacement and clearing; air sharing; removal of Zombies through use of rescue exercise techniques]
- Review depth gauges and instrumentation; each student should know how to account for behaviour of his/her instrument while diving
- Assign maximum planned dive time

c. Pre-dive

- Prepare personal equipment including cameras and accessories and all extra emergency equipment
- Don equipment
- Pre-dive safety check
- Proper entry
- Weight adjustment for neutral buoyancy
- Maintain buddy contact

d. Open Water Training Dive One

- Descend in buddy teams

- Navigate predetermined route to avoid Zombie nest/s
- Resist and repel Zombie attackers
- Ascent not to exceed 18 metres/minute with a three-minute safety stop at depth of 5 metres.

e. Post dive

- Proper exit
- Remove and stow equipment
- Rinse cameras

f. Debrief

- Assess performance, make suggestions and give positive reinforcement
- Students calculate their ending pressure groups—review for correct calculation
- Log dive (Instructor signs log)

2. Open Water Training Dive Two

Learning Objectives.

By the end of this dive, you will be able to:

- *Demonstrate appropriate streamlining of dive equipment.*
- *Correct weighting and adjust buoyancy as required at depth*
- *Use navigation techniques to avoid underwater Zombie nests.*
- *Use appropriate repulsion techniques during a Zombie ambush*
- *Overcome Zombie attackers and replace loose equipment, use appropriate out-of-air emergency drills and rescue buddy for application of first aid*
- *Perform an ascent rate of no more than 18 metres/minute or as indicated by the divers' computer.*
- *Perform a 3-minute safety stop at 5 metres.*
- *Perform first aid, CPR, providing oxygen therapy, organising advanced life support, evacuation and repulsion of land Zombies.*

a. Briefing

- Evaluate conditions
- Facilities at dive site
- Entry technique to be used-location
- Review underwater repulsion, maintenance drills and rescue protocols
- Exit technique to be used-location
- Bottom composition, expected features and points of interest
- Depth range
- Planned air supply limit
- Review communication
- What to do if separated from class/buddy
- What to do if an emergency arises

- Buddy assignments

b. Plan Dive

[Instructor note: Have students plan this dive in buddy teams for your assessment and approval]

- Ensure that students record no-decompression limit, maximum actual depth and maximum theoretical depth on slates (if dive site at altitude and/or using enriched air).
- Review exercises [navigation using preset coordinates; mask removal, replacement and clearing; air sharing; removal of Zombies through use of rescue exercise techniques]
- Review depth gauges and instrumentation; each student should know how to account for behaviour of his/her instrument while diving
- Assign maximum planned dive time

c. Pre-dive

- Prepare personal equipment including action camera and requisite accessories
- Don equipment
- Pre-dive safety check
- Proper entry
- Weight adjustment for neutral buoyancy
- Maintain buddy contact

d. Open Water Training Dive Two

- Descend in buddy teams
- Perform prescribed exercises of navigation, gear replacement and rescue protocols
- Ascent not to exceed 18 metres/minute with a three-minute stop at a depth of 5 metres.

e. Post dive

- Proper exit
- Administer first aid, CPR, arrange for evacuation and repel on land attacks by Zombies. Shoot the fuckers in the head if necessary.
- Remove and stow equipment

f. Debrief

- Assess performance, make suggestions and give positive reinforcement
- Students calculate their ending pressure groups—review for correct calculation
- Log dive (Instructor signs log)
- Complete certification paperwork

10. KNOWLEDGE REVIEW

1. Describe where the expression *Zombie* came from

2. What is the greatest concern when confronting a *Zombie*?

3. Are we prepared for a *Zombie* attack?

4. What is TTX??

5. What diving skills are essential in preventing poor outcomes by underwater attacking *Zombies*?

6. What on-land skills are essential in preventing poor outcomes by *Zombie* attacks?

I have had explained to me and I understand the questions I missed.

Student Signature _____ Date _____

11. KNOWLEDGE REVIEW – MODEL ANSWERS

1. Describe where the expression *Zombie* came from

Probably West Africa but more commonly ascribed to Haiti

2. What is the greatest concern when confronting a *Zombie*?

Getting bitten

3. Are we prepared for a *Zombie* attack?

We should be

4. What is TTX??

Tetrodotoxin – a drug used to induce a person into a partially paralysed, moronic state. [I already have a few friends like this so suspect that they are already infected]

5. What diving skills are essential in preventing poor outcomes by underwater, attacking *Zombies*?

Rescue repulsion techniques, navigation, peak performance buoyancy, equipment familiarity, out-of-air emergency management

6. What on-land skills are essential in preventing poor outcomes by *Zombie* attacks?

First Aid including CPR, application of oxygen, arranging evacuation, note-taking and arranging advanced life support. Shooting the fuckers.

I have had explained to me and I understand the questions I missed.

Student Signature _____ Date _____