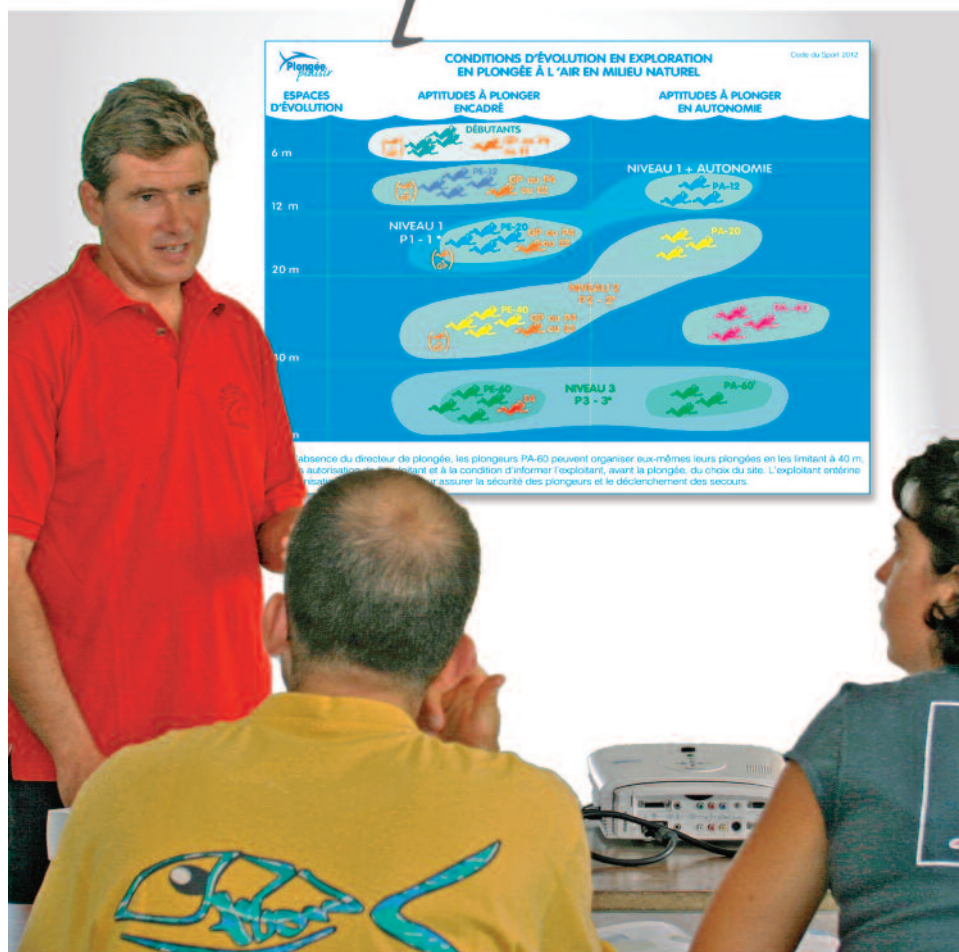


illustra[®] pack 3

Alain FORET



Supports de cours **Plongée plaisir** pour moniteurs

DOCUMENTATION

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CONTENU

Conditions d'utilisation

1. Photographies *Plongée Plaisir*

2. Schémas *Plongée Plaisir*

3. Signes de plongées

4. Icônes

5. Logos *Plongée Plaisir*

6. Couvertures *Plongée Plaisir*

7. Canevas de cours (.ppt)

CONDITIONS D'UTILISATION

Ce cédérom contient :

- l'essentiel des schémas (.png) des livres *Plongée Plaisir*, du niveau I au monitorat ;
- 50 photographies (.jpg) sur le monde sous-marin afin d'illustrer vos présentations ;
- des cours prêts à l'emploi que vous pouvez personnaliser (.ppt) ;
- une notice de présentation (Illustradoc.pdf).

Ces ressources pédagogiques sont mises à votre disposition pour que vous puissiez appuyer vos cours sur des illustrations claires, précises et homogènes avec celles des livres *Plongée Plaisir*.

Avec Illustra-pack version 3, vous pouvez :

- incorporer les schémas ou photographies dans vos cours (Powerpoint ®, Word ® ...) ;
- les projeter sur écran ;
- les projeter sur votre ordinateur ou sur une télévision.

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1. PHOTOGRAPHIES





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photos_002.jpg



photos_003.jpg



photos_004.jpg



photos_005.jpg



photos_006.jpg



photos_007.jpg



photos_008.jpg



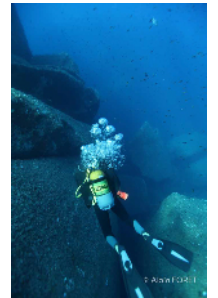
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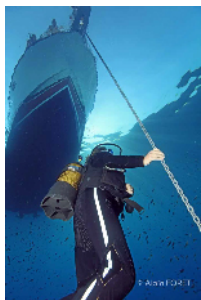
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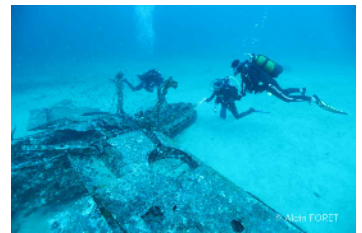
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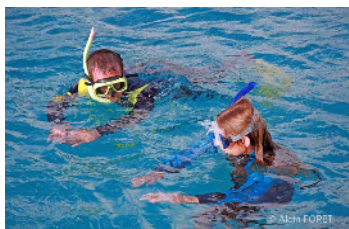
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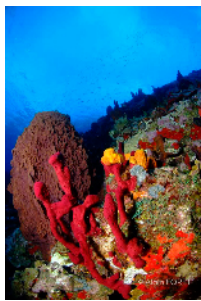
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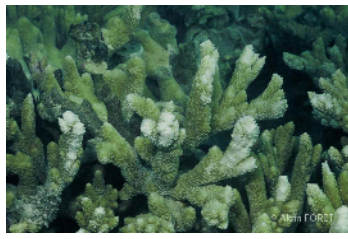
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photos_025.jpg



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photos_027.jpg



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photos_044.jpg



photos_045.jpg



photos_046.jpg



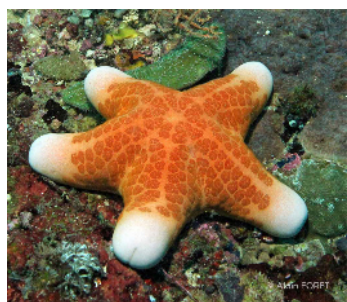
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photos_058.jpg



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photos_062.jpg



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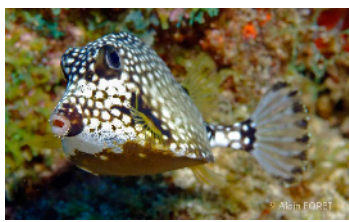
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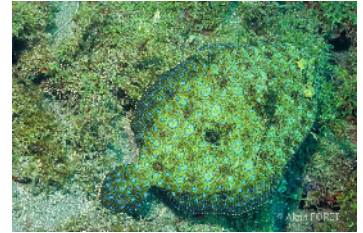
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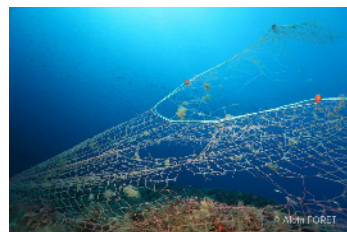
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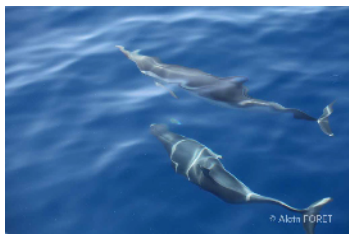
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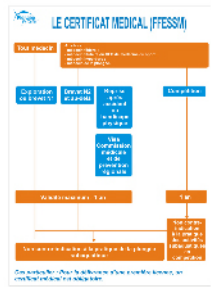
2. SCHEMAS



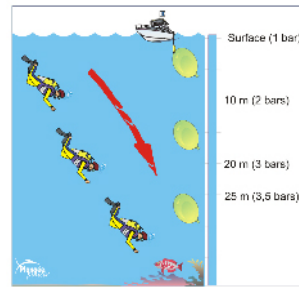
Le certificat médical

Activité	10m	20m	30m	40m	50m	60m	70m	80m	90m	100m
Plongée autonome										
Plongée en duo										
Plongée en équipe										
Plongée en apnée										
Plongée en apnée en duo										
Plongée en apnée en équipe										
Plongée en apnée en solo										
Plongée en apnée en duo en solo										
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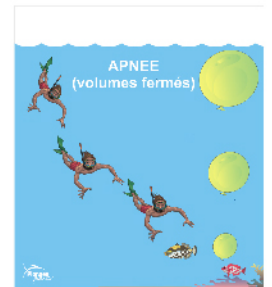
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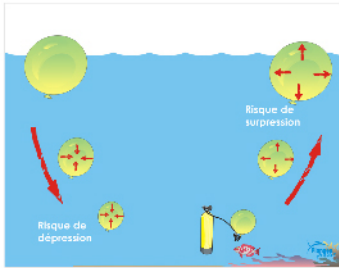
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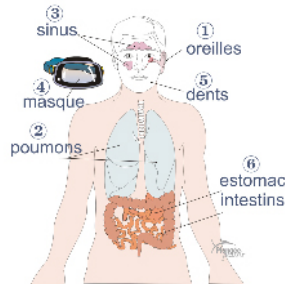
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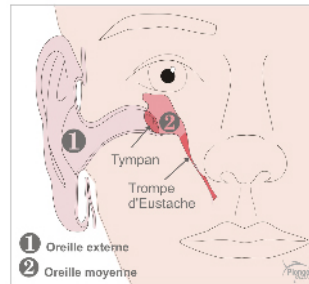
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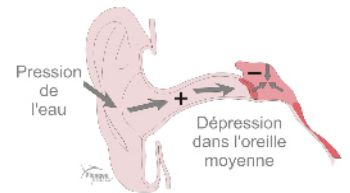
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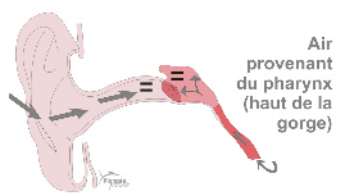
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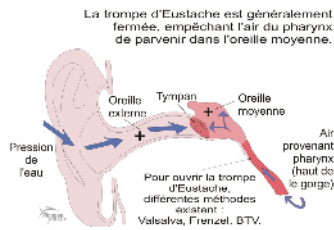
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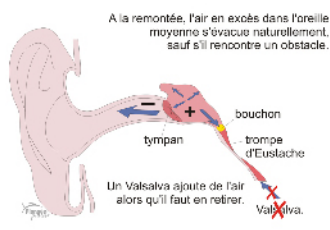
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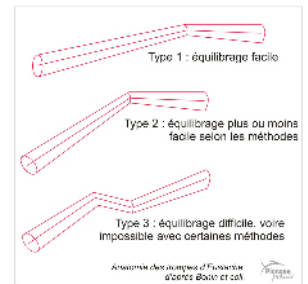
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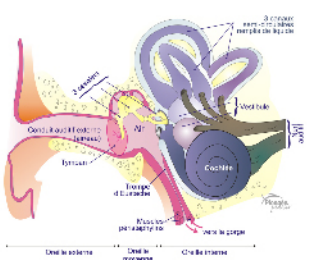
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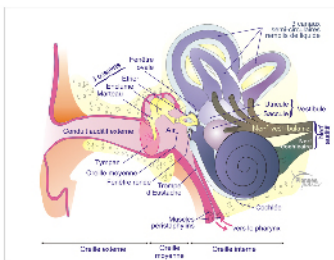
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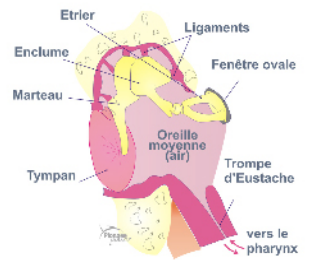
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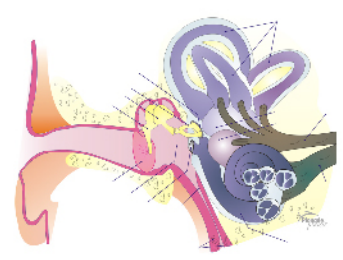
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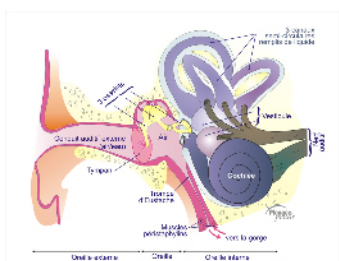
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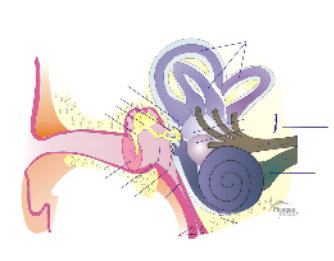
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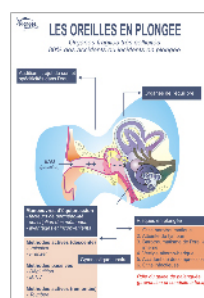
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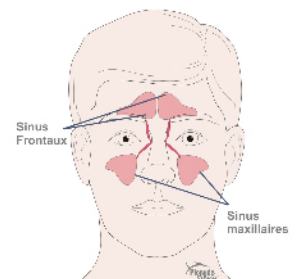
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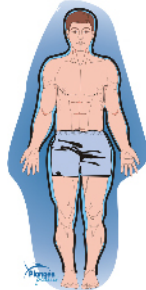
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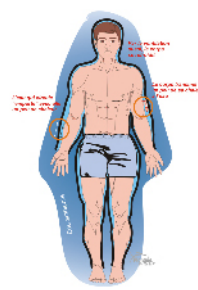
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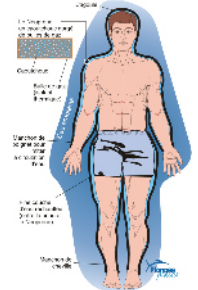
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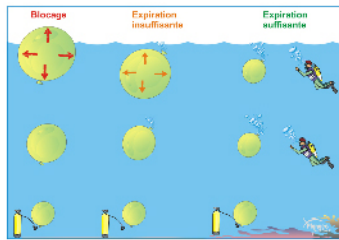
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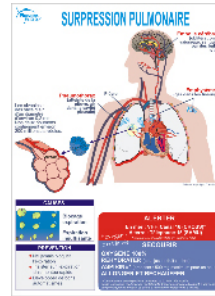
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FROID ET PLONGÉE		
Eau	Neutralité thermique 33°C	Refroidissement 25 fois plus rapide que dans l'air
		Convection Conduction Ventilation
1. Réduction des pertes calorifiques	Imperméabilité ?	Isolation naturelle de l'eau (maigre, gras), annulation de l'isolation naturelle -Régulation de la température
2. Production de chaleur	Imperméabilité ?	Temp. des bras de la corde nœud -Tendance à maintenir la chaleur et son énergie -Changement de position -Régulation de la température
3. Hypothermie	Isolation naturelle	Isolation de la température ambiante

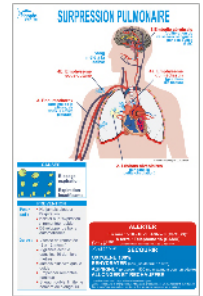
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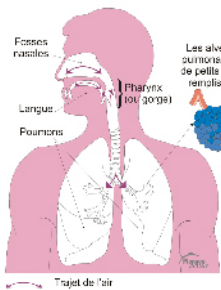
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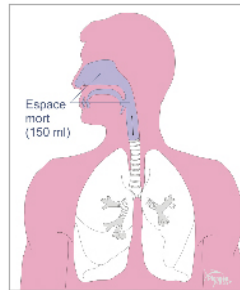
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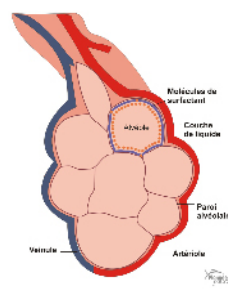
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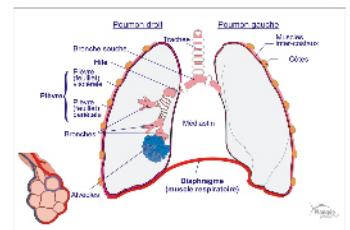
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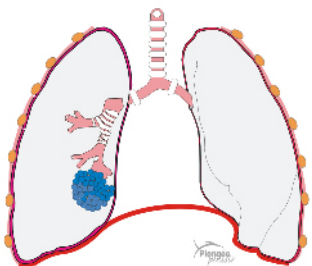
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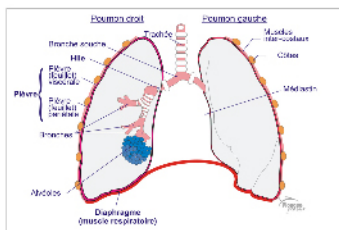
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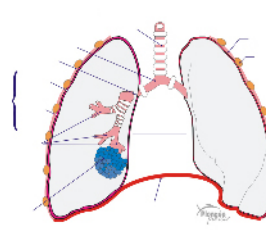
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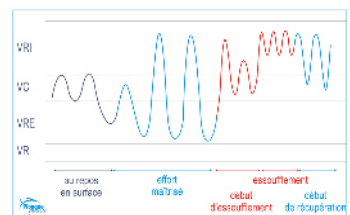
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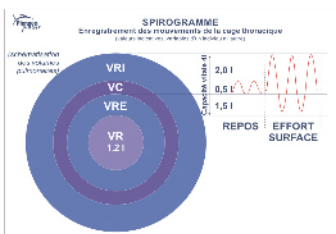
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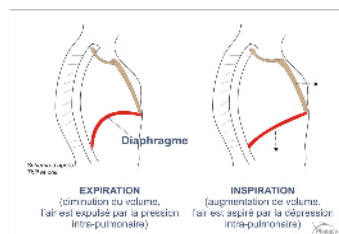
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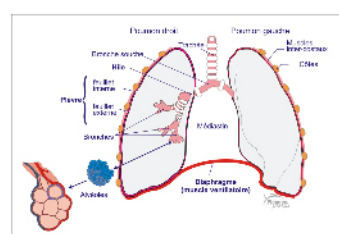
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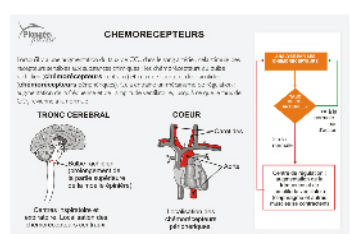
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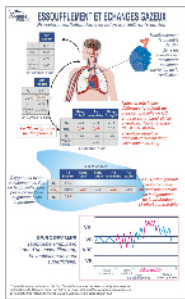
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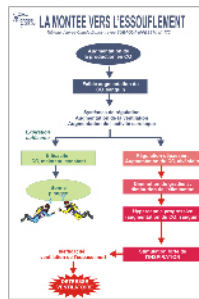
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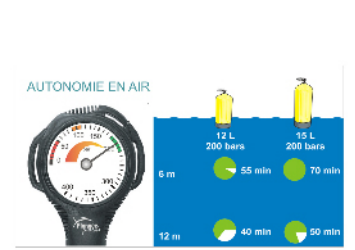
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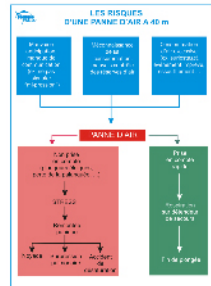
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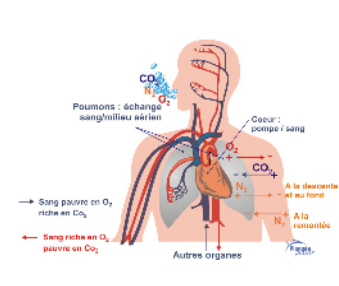
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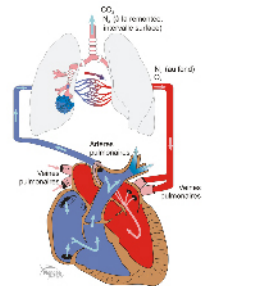
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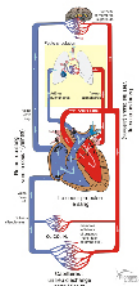
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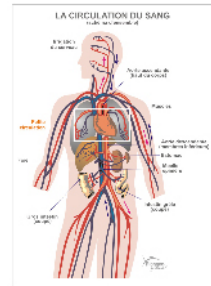
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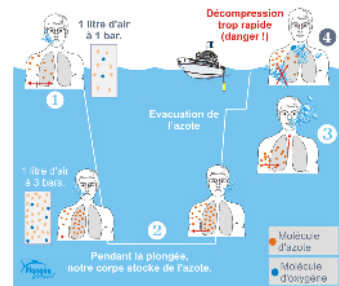
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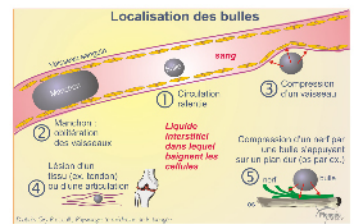
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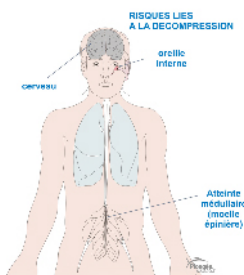
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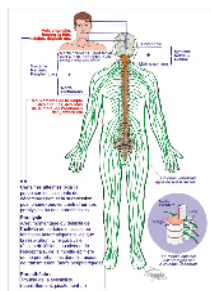
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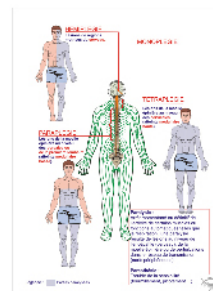
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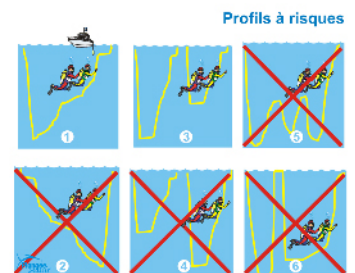
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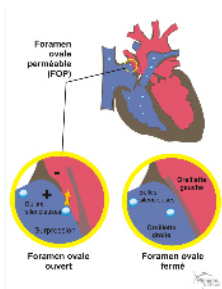
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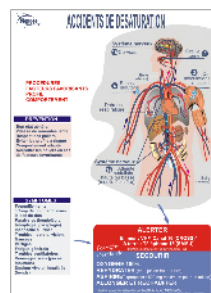
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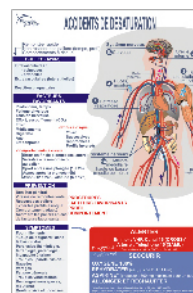
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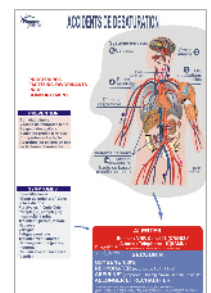
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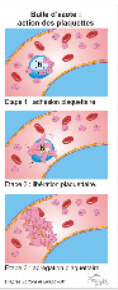
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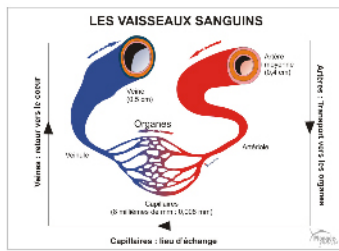
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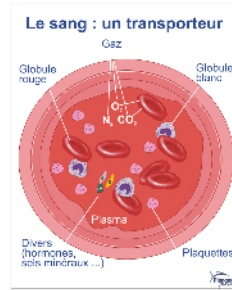
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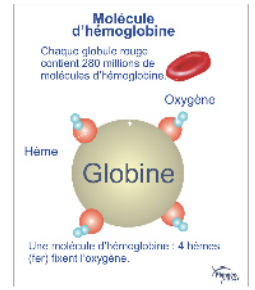
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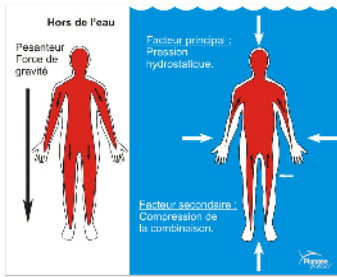
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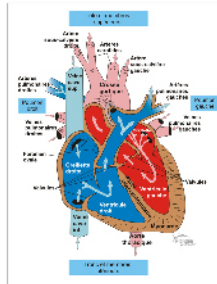
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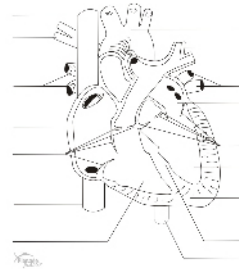
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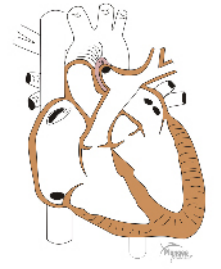
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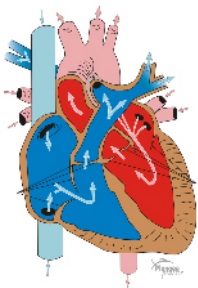
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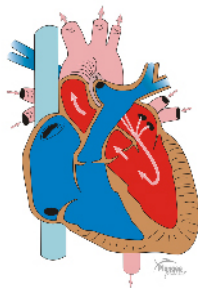
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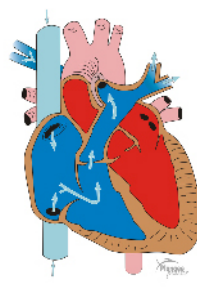
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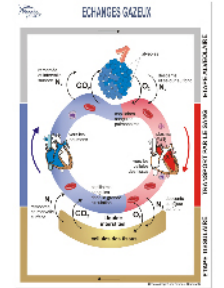
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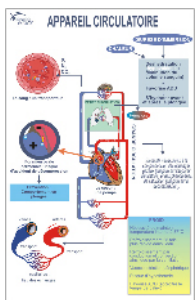
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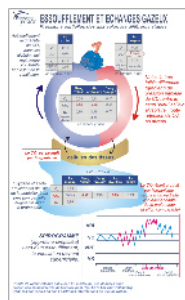
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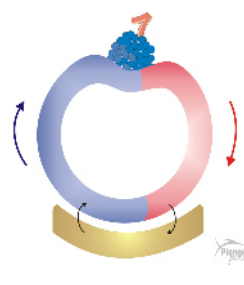
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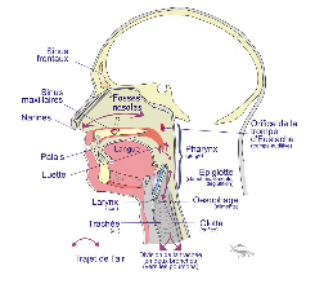
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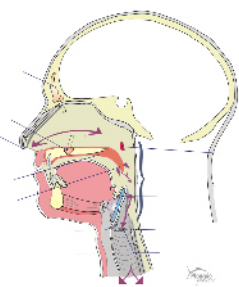
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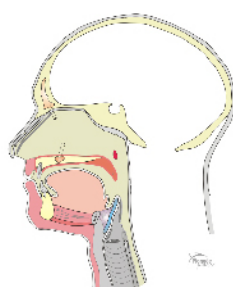
ipack_075.png



ipack_076.png



ipack_077.png



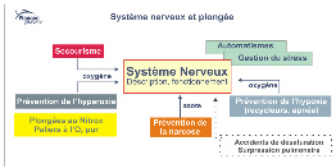
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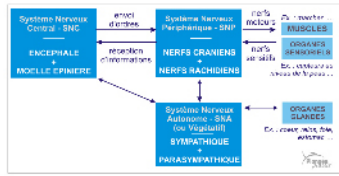
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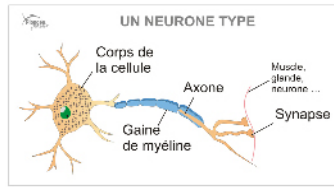
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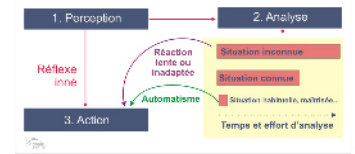
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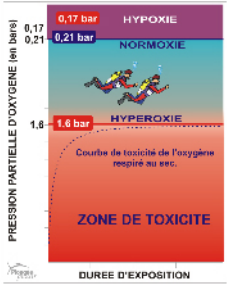
ipack_082.png



ipack_083.png



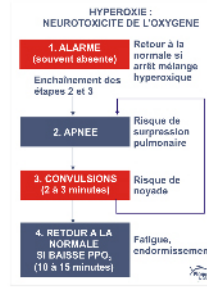
ipack_084.png



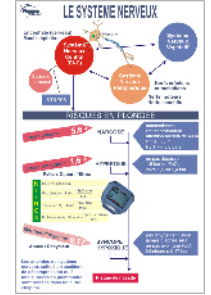
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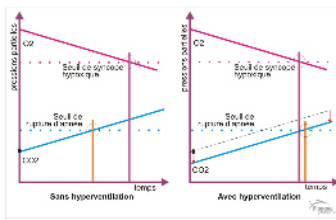
ipack_086.png



ipack_087.png

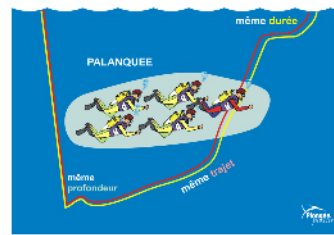


ipack_088.png

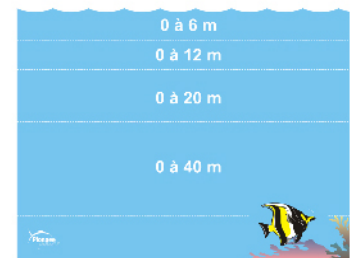


ipack_089.png

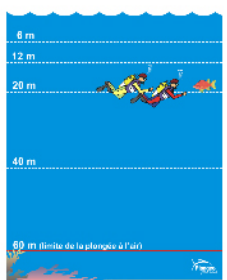
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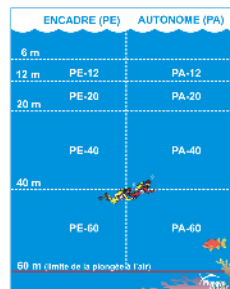
ipack_101.png



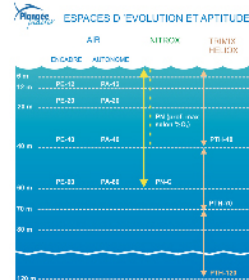
ipack_102.png



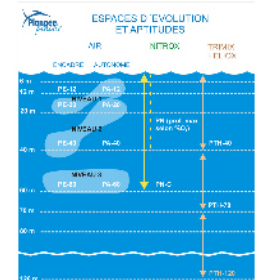
ipack_103.png



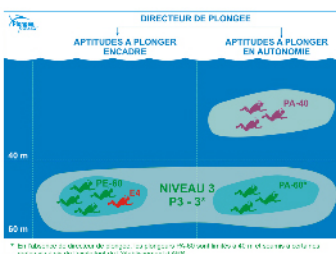
ipack_104.png



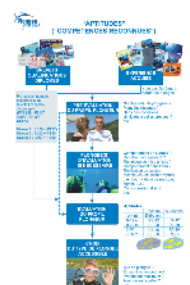
ipack_105.png



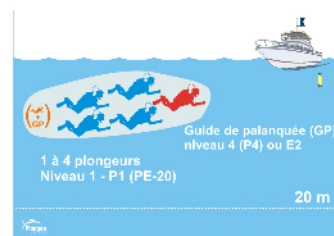
ipack_106.png



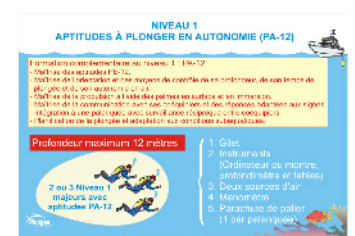
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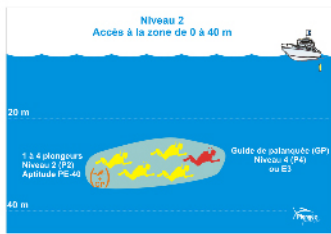
ipack_108.png



ipack_109.png



ipack_110.png



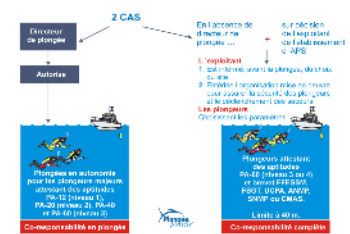
ipack_111.png



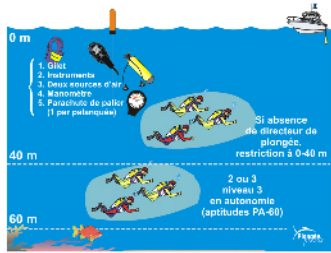
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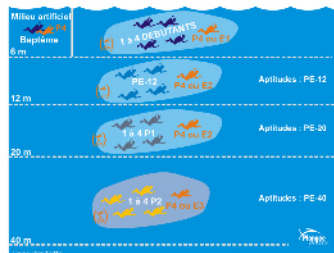
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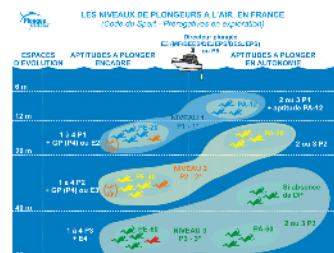
ipack_114.png



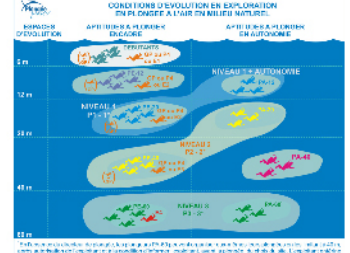
ipack_115.png



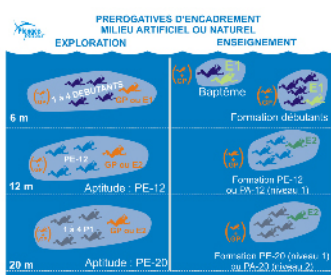
ipack_116.png



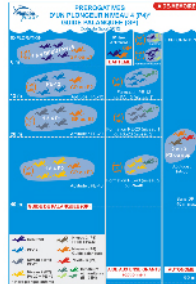
ipack_117.png



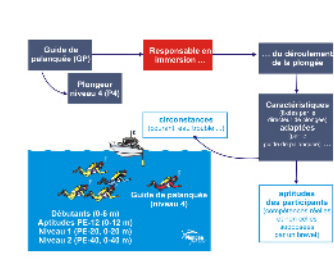
ipack_118.png



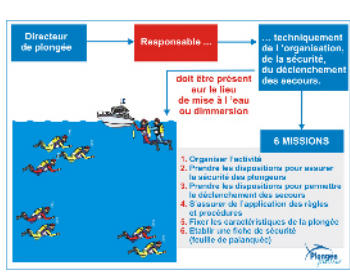
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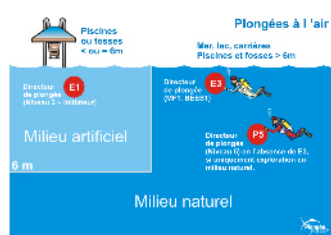
ipack_120.png



ipack_121.png



ipack_122.png



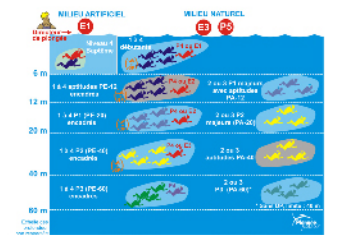
ipack_123.png



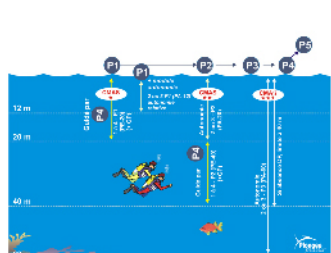
ipack_124.png

NIVEAU (ARTIFICIEL ou NATUREL)	MILIEU ARTIFICIEL				MILIEU NATUREL			
	Sur	En	En	En	Sur	En	En	En
E1 (P1)	•	•	•	•	•	•	•	•
P2 (Niveau 2)	•	•	•	•	•	•	•	•
Monteur	•	•	•	•	•	•	•	•
Monteur 2e	•	•	•	•	•	•	•	•

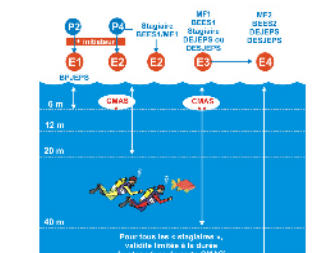
ipack_125.jpg



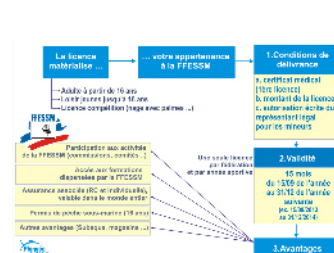
ipack_126.png



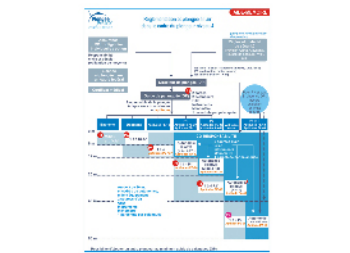
ipack_127.png



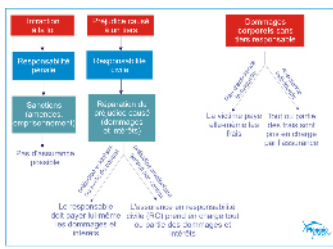
ipack_128.png



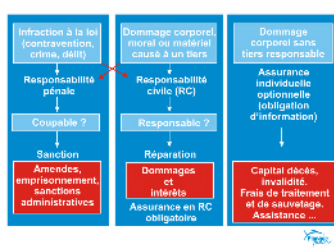
ipack_129.png



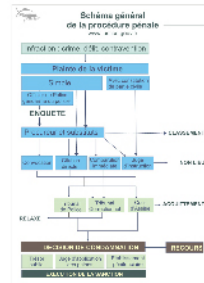
ipack_130.png



ipack_131.png



ipack_132.png



ipack_133.png

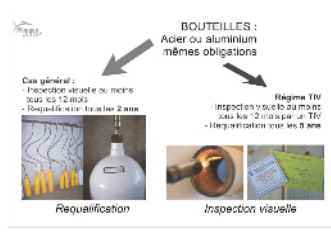
ipack_134.png

- 1. Moyens permettant de prévenir les secours (SVS) obligatoire en mer. ISL;
2. Eau douce potable;
3. IMVU + 2 réserves (circuit, moyen, profit) + réserve à faible concentration;
4. Reservoir d'oxygène, manomètre/sonde et débit de consommation;
5. Système de arrêt/mortem;
6. Fiche d'identification du plongeur;
7. Plan de secours;
8. Reservoir de secours;
9. Moyens de signalisation;
10. Tableau de plongée (norme NF);
11. Un jeu de bulbes de plongée;
12. Parfum Aqua (aut. sans RBT);
13. Fiches de sécurité (feuille de paramètres);
14. Trouse de secours;

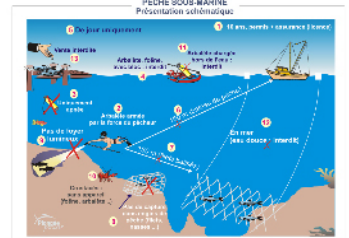
ipack_135.png



ipack_136.png



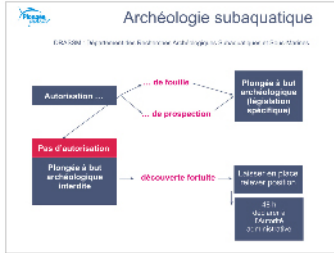
ipack_137.png



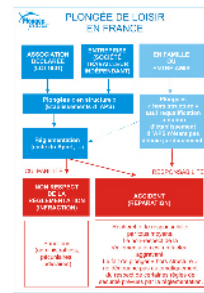
ipack_138.png

- 1. 10 ans, permis à jour, valide (chêne);
2. Activités de plongée en mer (sauf plongée);
3. Long terme et agréé;
4. Activités, formation, etc.;
5. De plongée;
6. Non (plongée);
7. Non (plongée);
8. Fiche d'identification;
9. Système de arrêt/mortem;
10. Système de arrêt/mortem;
11. Article 1018 du Code de Commerce;
12. Eau douce potable;
13. Eau douce potable;
14. Eau douce potable;

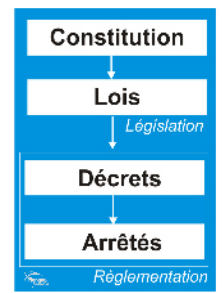
ipack_139.png



ipack_140.png



ipack_141.png



ipack_142.png

OU TROUVER L'INFORMATION ?

ipack_143.png

PLONGÉES D'EXPLORATION EN MILIEU NATUREL À L'AIR

Autonomie	Profondeurs permises
PF-12	1 à 4 plongeurs, autonomie de 0 à 12 m
PF-20	1 à 4 plongeurs, autonomie de 0 à 20 m
PF-40	1 à 4 plongeurs, autonomie de 0 à 40 m
PF-60*	1 à 4 plongeurs, autonomie de 0 à 60 m

ipack_144.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Code	Description	Autonomie (m)	Nombre de plongeurs
PA-12	2 ou 3 plongeurs, autonomie de 0 à 12 m	12	3
PA-20	2 ou 3 plongeurs, autonomie de 0 à 20 m	20	3
PA-40	2 ou 3 plongeurs, autonomie de 0 à 40 m	40	3
PA-60*	2 ou 3 plongeurs, autonomie de 0 à 60 m	60	3

ipack_145.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Niveau de plongée	Autonomie (m)	Nombre de plongeurs	Nombre de plongeurs
Plongée (niveau 1) à 12m	12	3	3
Plongée (niveau 1) à 20m	20	3	3
Plongée (niveau 1) à 40m	40	3	3
Plongée (niveau 1) à 60m	60	3	3

ipack_146.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Code	Description	Autonomie (m)	Nombre de plongeurs
PA-12	2 ou 3 plongeurs, autonomie de 0 à 12 m	12	3
PA-20	2 ou 3 plongeurs, autonomie de 0 à 20 m	20	3
PA-40	2 ou 3 plongeurs, autonomie de 0 à 40 m	40	3
PA-60*	2 ou 3 plongeurs, autonomie de 0 à 60 m	60	3

ipack_147.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Code	Description	Autonomie (m)	Nombre de plongeurs
PA-12	2 ou 3 plongeurs, autonomie de 0 à 12 m	12	3
PA-20	2 ou 3 plongeurs, autonomie de 0 à 20 m	20	3
PA-40	2 ou 3 plongeurs, autonomie de 0 à 40 m	40	3
PA-60*	2 ou 3 plongeurs, autonomie de 0 à 60 m	60	3

ipack_148.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Code	Description	Autonomie (m)	Nombre de plongeurs
PA-12	2 ou 3 plongeurs, autonomie de 0 à 12 m	12	3
PA-20	2 ou 3 plongeurs, autonomie de 0 à 20 m	20	3
PA-40	2 ou 3 plongeurs, autonomie de 0 à 40 m	40	3
PA-60*	2 ou 3 plongeurs, autonomie de 0 à 60 m	60	3

ipack_149.jpg

ANNEXE III-156 (part. A) (20/12/2001)

Code	Description	Autonomie (m)	Nombre de plongeurs
PA-12	2 ou 3 plongeurs, autonomie de 0 à 12 m	12	3
PA-20	2 ou 3 plongeurs, autonomie de 0 à 20 m	20	3
PA-40	2 ou 3 plongeurs, autonomie de 0 à 40 m	40	3
PA-60*	2 ou 3 plongeurs, autonomie de 0 à 60 m	60	3

ipack_150.jpg

ANNEXE III - 174 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN1	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN2	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

ipack_151.jpg

ANNEXE III - 176 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN3	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN4	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN5	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

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ANNEXE III - 176 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN6	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN7	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN8	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

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ANNEXE III - 184 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN9	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN10	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN11	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

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ANNEXE III - 184 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

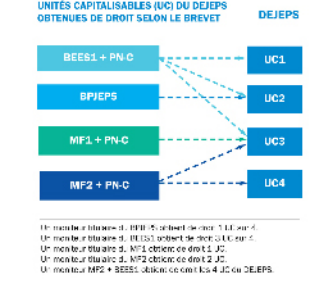
Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN12	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN13	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN14	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

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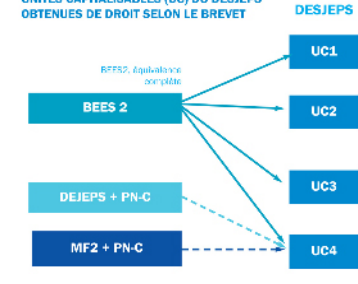
ANNEXE III - 184 (art. A322-91)
 Conditions d'obtention de l'agrément de l'ANES pour les plongeurs en scaphandre autonome

Niveau de plongée	Pré-requis	Contenu de la formation	Durée de la formation	Nombre de plongées
PN15	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN16	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16
PN17	16 ans révolus, certificat médical, connaissance de la nage, maîtrise de la conduite d'un scaphandre autonome, maîtrise de la conduite d'un plongeur autonome, maîtrise de la conduite d'un plongeur autonome.	16 heures de formation théorique et pratique.	16 heures	16

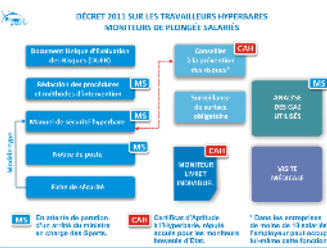
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ipack_159.png



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REPERES DE PLAN DE SECOURS
 PLAN DE SECOURS (MER, BATEAU)

LE SITE DE PLONGÉE	LE SITE DE SECOURS
NOM DU SITE	NOM DU SITE
COORDONNÉES	COORDONNÉES
PROFONDEUR	PROFONDEUR
ÉTAT DE MER	ÉTAT DE MER
TYPE DE BATEAU	TYPE DE BATEAU
ÉQUIPEMENT	ÉQUIPEMENT
PLONGEURS	PLONGEURS
MONITEUR	MONITEUR
PLONGÉE	PLONGÉE
REMARQUES	REMARQUES

ipack_164.png

EN CAS D'ACCIDENT GRAVE

ipack_165.png

PLAN DE SECOURS (PLONGÉE DE BORD)

LE SITE DE PLONGÉE	LE SITE DE SECOURS
NOM DU SITE	NOM DU SITE
COORDONNÉES	COORDONNÉES
PROFONDEUR	PROFONDEUR
ÉTAT DE MER	ÉTAT DE MER
TYPE DE BATEAU	TYPE DE BATEAU
ÉQUIPEMENT	ÉQUIPEMENT
PLONGEURS	PLONGEURS
MONITEUR	MONITEUR
PLONGÉE	PLONGÉE
REMARQUES	REMARQUES

ipack_166.png

FICHE D'ADMISSION DE PLONGEUR

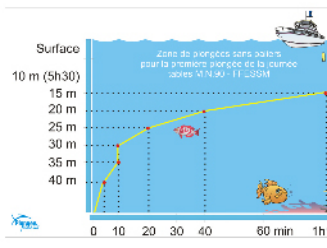
PLONGEUR	MONITEUR
NOM	NOM
PRÉNOM	PRÉNOM
DATE DE NAISSANCE	DATE DE NAISSANCE
AGÉ	AGÉ
PROFONDEUR	PROFONDEUR
ÉTAT DE MER	ÉTAT DE MER
TYPE DE BATEAU	TYPE DE BATEAU
ÉQUIPEMENT	ÉQUIPEMENT
PLONGEURS	PLONGEURS
MONITEUR	MONITEUR
PLONGÉE	PLONGÉE
REMARQUES	REMARQUES

ipack_167.jpg

EXEMPLE INDICATEUR DE PÊCHE DE SECOURS

PLONGEUR	MONITEUR
NOM	NOM
PRÉNOM	PRÉNOM
DATE DE NAISSANCE	DATE DE NAISSANCE
AGÉ	AGÉ
PROFONDEUR	PROFONDEUR
ÉTAT DE MER	ÉTAT DE MER
TYPE DE BATEAU	TYPE DE BATEAU
ÉQUIPEMENT	ÉQUIPEMENT
PLONGEURS	PLONGEURS
MONITEUR	MONITEUR
PLONGÉE	PLONGÉE
REMARQUES	REMARQUES

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ipack_201.png

Tableau de plongée à l'air

Profondeur (m)	10 min	15 min	20 min	25 min	30 min	35 min	40 min	45 min	50 min	55 min	60 min	65 min	70 min	75 min	80 min	85 min	90 min	95 min	100 min
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15

ipack_202.png

Tableaux de plongée à l'air
2013 - 2014 - 2015 (France)

ipack_203.png

Tableaux de plongée à l'air (France)
1 - PROLONGATION DE LA DURÉE DE PLONGÉE EN FONCTION DE LA PROFONDEUR

ipack_204.png

Tableaux de plongée à l'air (France)
2 - DÉTERMINATION DE LA DURÉE DE PLONGÉE EN FONCTION DE LA PROFONDEUR

ipack_205.png

Exemple : Tableaux MN90-FRESSM (France) - Extraits

Prof.	Durée	3 m	GPS
15 m (1h15)	1h10	J	I
	1h15	J	J
	1h20	2	J
18 m (50 min)	50 min	H	H
	55 min	1	I

ipack_206.png

Exemple : Tableau 1 des tables Comex-MT82 (France) - Extraits

Profondeur	Intervalle avant plongée		
	12 h	6 h	4 h
12 m (40 pieds)	165 min	150 min	135 min
15 m (50 pieds)	80 min	70 min	60 min
18 m (60 pieds)	50 min	40 min	35 min

ipack_207.png

Exemple : Tableaux DCIEM (Québec - FGAS) - Extraits

Depth	No-Decompression Bottom Times (min)			
	22 A	60 D	90 G	
40' (12 m)	30 B	70 E	120 H	150 J
	40 C	80 F	130 I	
50' (15 m)	18 A	30 C	50 E	75 G
	25 B	40 D	60 F	

ipack_208.png

Exemple : Tableaux US-Navy - LIFRAS (Belgique) - Extraits

Prof.	t (min)	Pal. 3 m	S
18 m	50		H
	55		I
	60		J
	70	2	K
	80	7	L

ipack_209.png

Exemple : Tableaux Böhmern - CMAS CH - FSSS (Suisse) - Extraits

Prof. (m)	Durée (min)	Paliers (3 m)	GR
15	75	1	G
	90	7	G
18	51	1	F
	70		G

ipack_210.png

Tableau 1: Détermination de la durée de plongée

ipack_211.png

Tableau 2: Détermination de la majoration en minutes

ipack_212.png

Tableau 1: Détermination de la durée de plongée

ipack_213.png

Tableau 2: Détermination de la majoration en minutes

ipack_214.png

Tableau 1: Détermination de la durée de plongée

ipack_215.png

Tableau 2: Détermination de la majoration en minutes

ipack_216.png

Tableaux de plongée à l'air

ipack_217.png

Tableaux de plongée à l'air

ipack_218.png

Tableaux de plongée à l'air

ipack_219.png

Tableaux de plongée à l'air

ipack_220.png

Tableau 2: Détermination de la majoration en minutes

ipack_221.png

Tableau 1: Détermination de la durée de plongée

ipack_222.png

TABLEAU 4: DURÉE DE REMONTÉE JUSQU'AU PREMIER PALIER PLUS TEMPS INTERVALIERS, EN MINUTES. PROFONDEUR DE REMONTÉE.

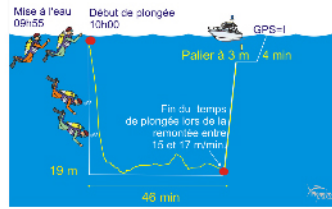
Profondeur du premier palier	0m	10m	12m	15m	18m	20m	22m	25m	28m	30m	32m	35m
10m	3	3	3	3	3	3	3	3	3	3	3	3
12m	3	3	3	3	3	3	3	3	3	3	3	3
15m	3	3	3	3	3	3	3	3	3	3	3	3
18m	3	3	3	3	3	3	3	3	3	3	3	3
20m	3	3	3	3	3	3	3	3	3	3	3	3
22m	3	3	3	3	3	3	3	3	3	3	3	3
25m	3	3	3	3	3	3	3	3	3	3	3	3
28m	3	3	3	3	3	3	3	3	3	3	3	3
30m	3	3	3	3	3	3	3	3	3	3	3	3
32m	3	3	3	3	3	3	3	3	3	3	3	3
35m	3	3	3	3	3	3	3	3	3	3	3	3

ipack_223.png

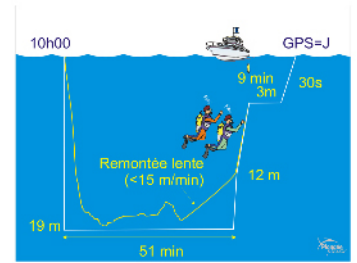
TABLEAU 4: DURÉE DE REMONTÉE JUSQU'AU PREMIER PALIER PLUS PROFONDEUR DE REMONTÉE.

Profondeur du premier palier	35m	32m	30m	28m	25m	22m	20m	18m	15m	12m	10m
35m	3	3	3	3	3	3	3	3	3	3	3
32m	3	3	3	3	3	3	3	3	3	3	3
30m	3	3	3	3	3	3	3	3	3	3	3
28m	3	3	3	3	3	3	3	3	3	3	3
25m	3	3	3	3	3	3	3	3	3	3	3
22m	3	3	3	3	3	3	3	3	3	3	3
20m	3	3	3	3	3	3	3	3	3	3	3
18m	3	3	3	3	3	3	3	3	3	3	3
15m	3	3	3	3	3	3	3	3	3	3	3
12m	3	3	3	3	3	3	3	3	3	3	3
10m	3	3	3	3	3	3	3	3	3	3	3

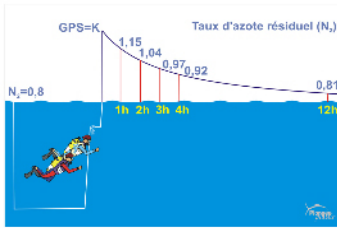
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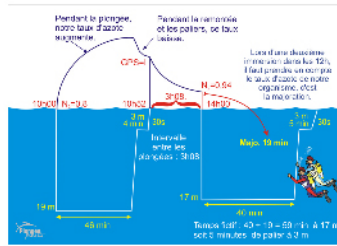
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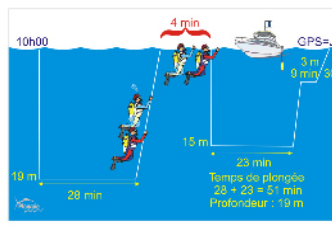
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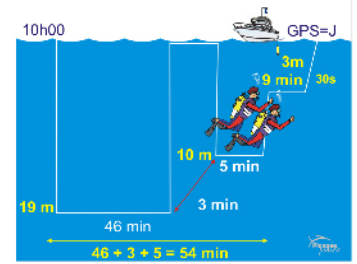
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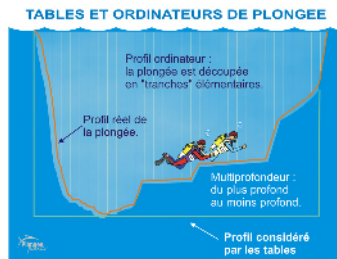
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ipack_229.png



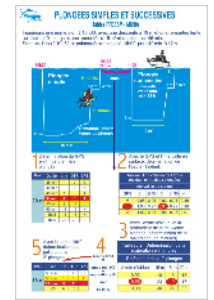
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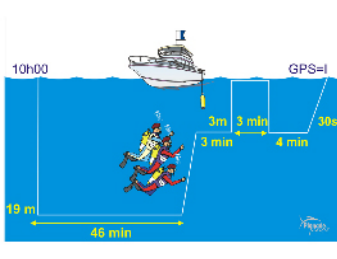
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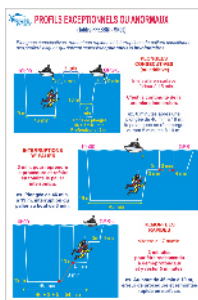
ipack_233.png



ipack_234.png



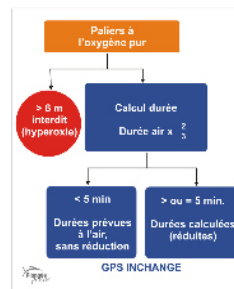
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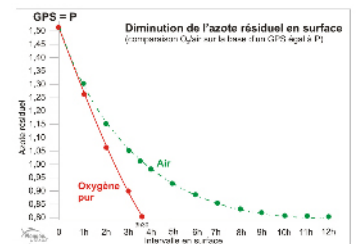
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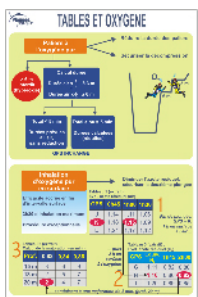
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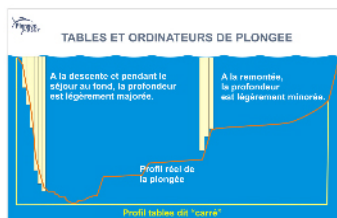
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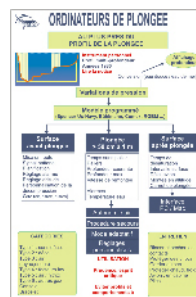
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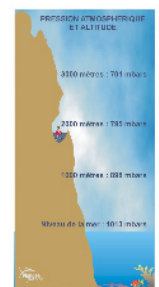
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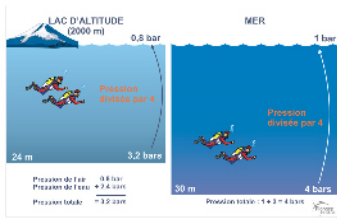
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ipack_241.png



ipack_242.png



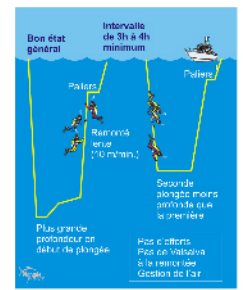
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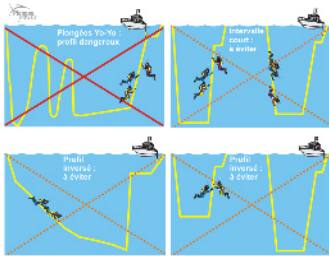
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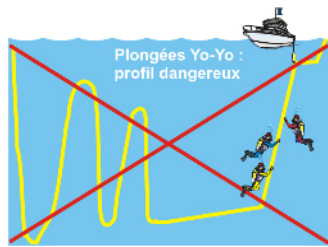
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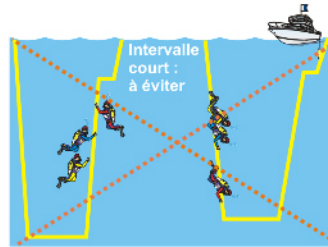
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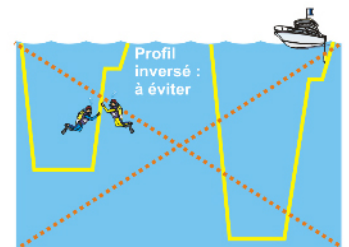
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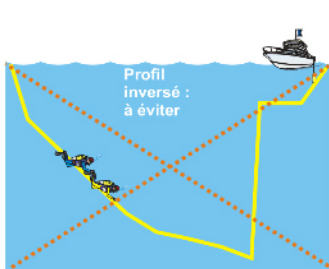
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ipack_249.png



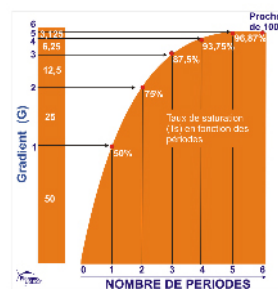
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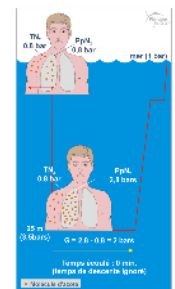
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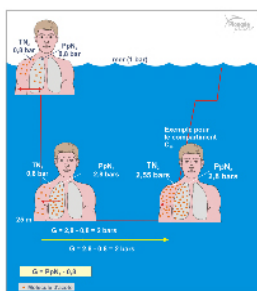
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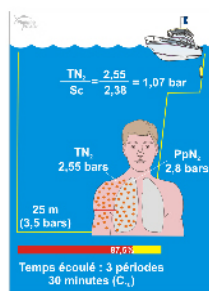
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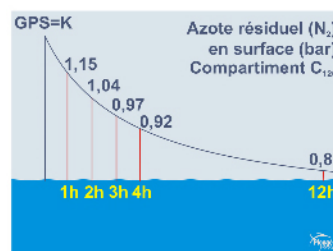
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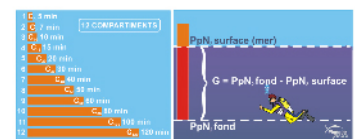
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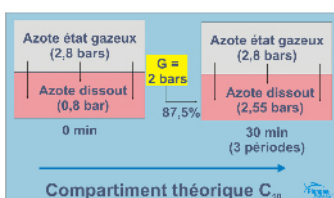
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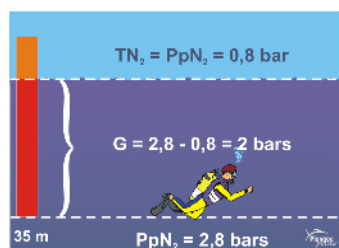
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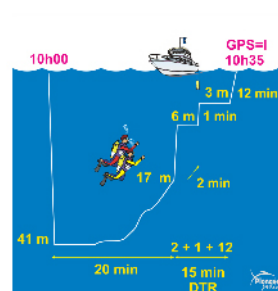
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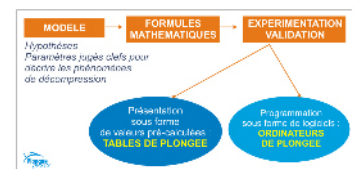
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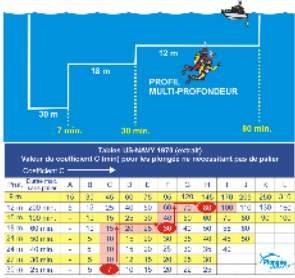
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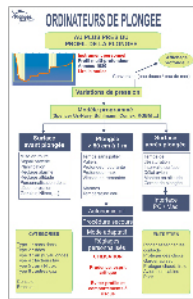
ipack_261.png



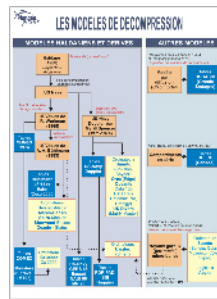
ipack_262.png



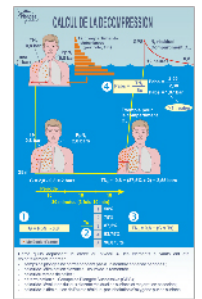
ipack_263.png



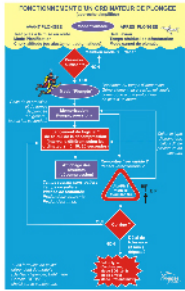
ipack_264.png



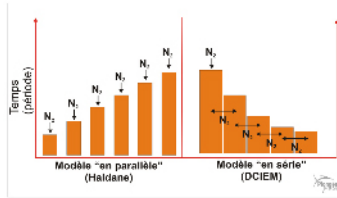
ipack_265.png



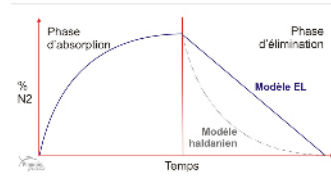
ipack_266.png



ipack_267.png



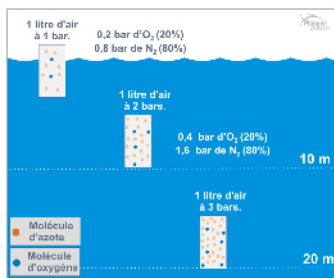
ipack_268.png



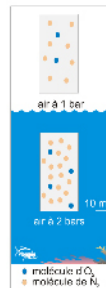
ipack_269.png



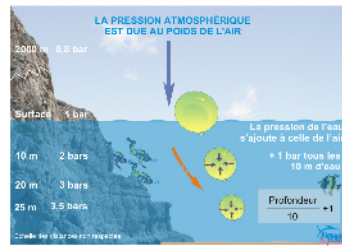
ipack_270.png



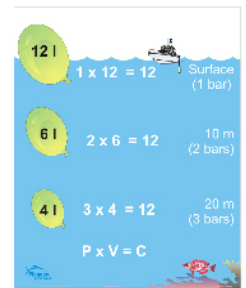
ipack_271.png



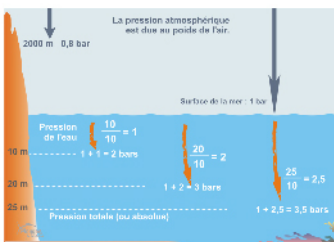
ipack_272.png



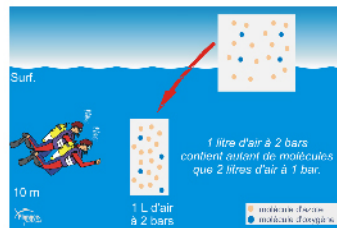
ipack_301.png



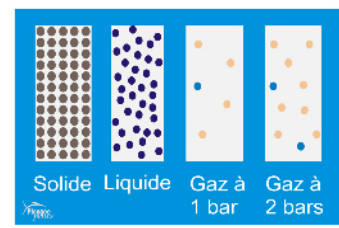
ipack_302.png



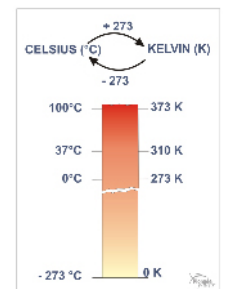
ipack_303.png



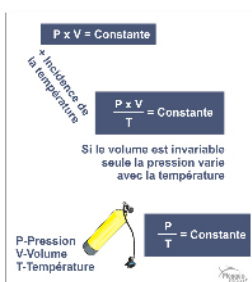
ipack_304.png



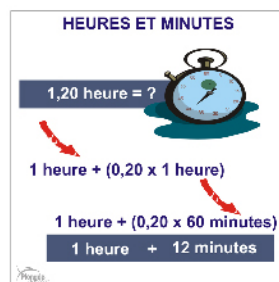
ipack_305.png



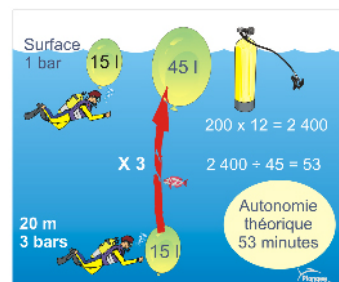
ipack_306.png



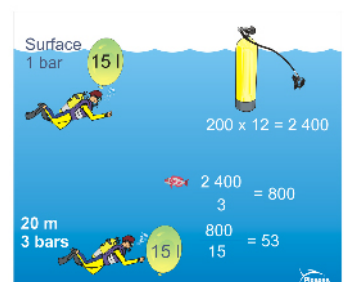
ipack_307.png



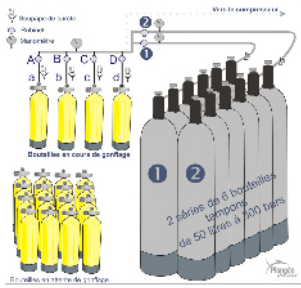
ipack_308.png



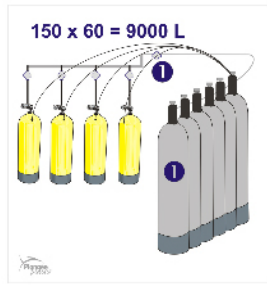
ipack_309.png



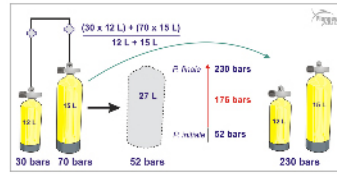
ipack_310.png



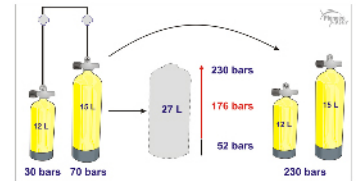
ipack_311.png



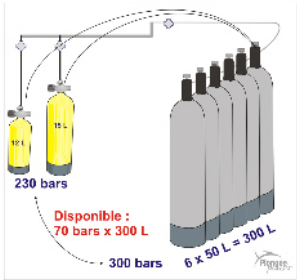
ipack_312.png



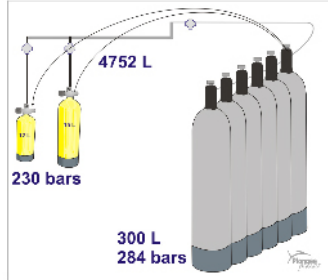
ipack_313.png



ipack_314.png



ipack_315.png



ipack_316.png



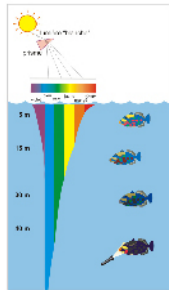
ipack_317.png



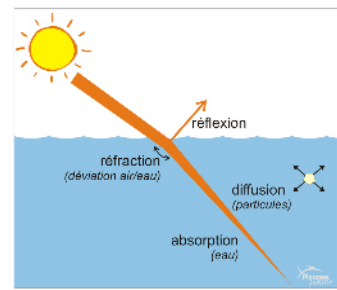
ipack_318.png



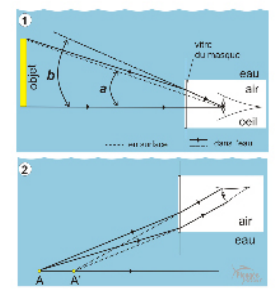
ipack_319.png



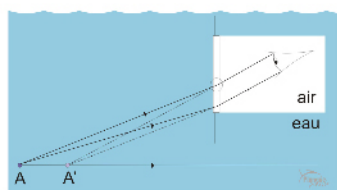
ipack_320.png



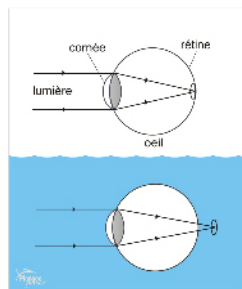
ipack_321.png



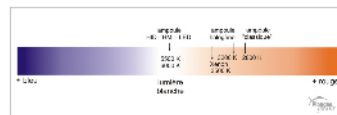
ipack_322.png



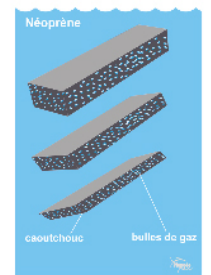
ipack_323.png



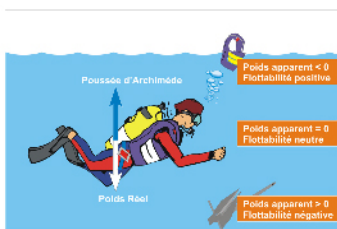
ipack_324.png



ipack_325.png



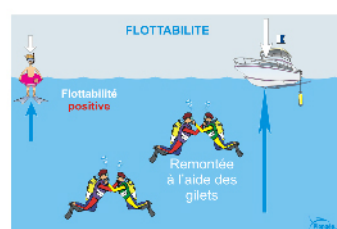
ipack_326.png



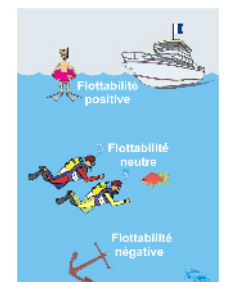
ipack_327.png



ipack_328.png



ipack_329.png



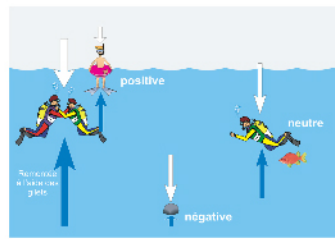
ipack_330.png



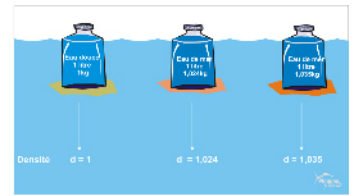
ipack_331.png



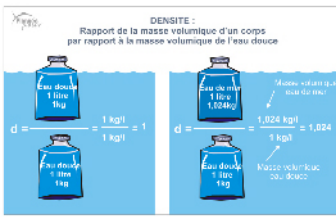
ipack_332.png



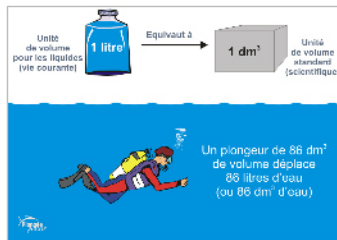
ipack_333.png



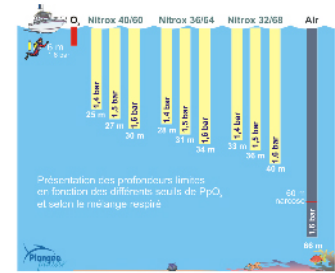
ipack_334.png



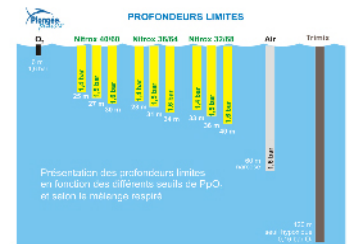
ipack_335.png



ipack_336.png



ipack_337.png

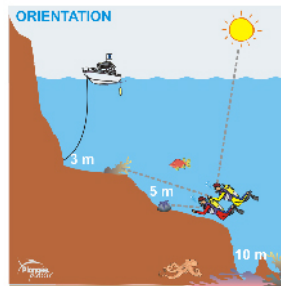


ipack_338.png

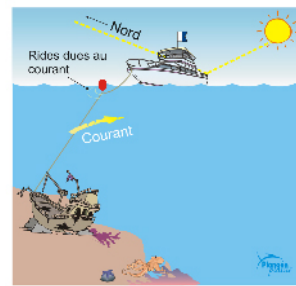
LIMITES DE MESURE ET FACTEURS DE CONVERSION

Unité	Conversion
1 m	3.281 ft
1 km	0.621 mi
1 cm	0.394 in
1 mm	0.039 in
1 m	1.094 fathoms
1 km	0.540 nautical miles
1 cm	0.028 fathoms
1 mm	0.0028 fathoms
1 m	1.102 fathoms
1 km	0.559 nautical miles
1 cm	0.029 fathoms
1 mm	0.0029 fathoms

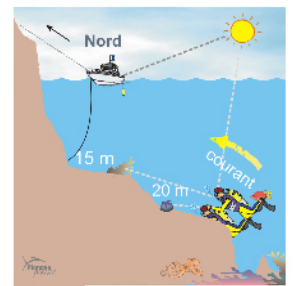
ipack_339.png



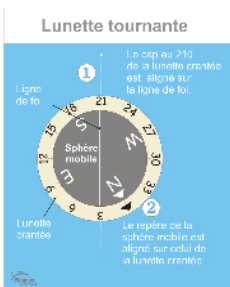
ipack_401.png



ipack_402.png



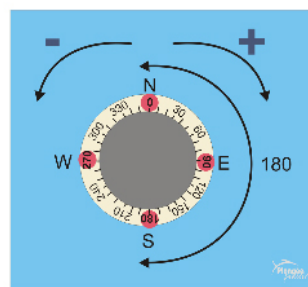
ipack_403.png



ipack_404.png



ipack_405.png



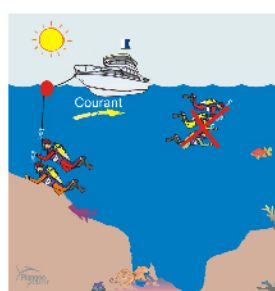
ipack_406.png



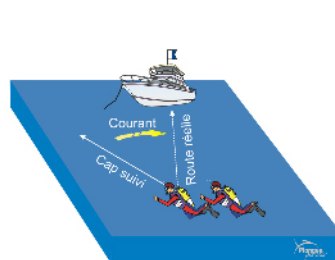
ipack_407.png



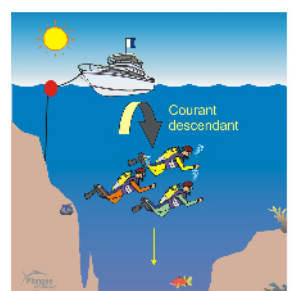
ipack_408.png



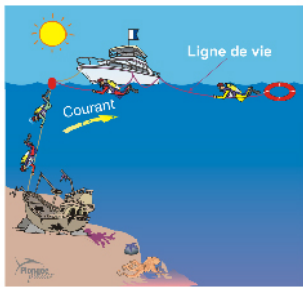
ipack_409.png



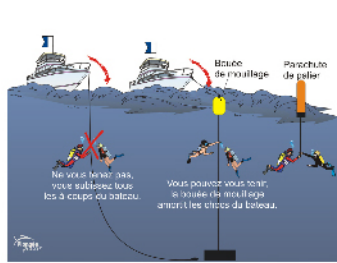
ipack_410.png



ipack_411.png



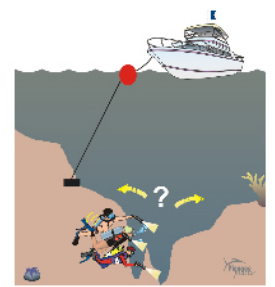
ipack_412.png



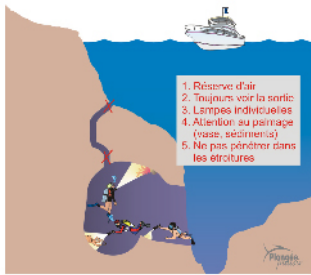
ipack_413.png



ipack_414.png



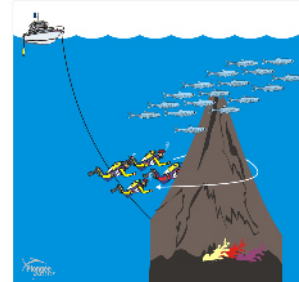
ipack_415.png



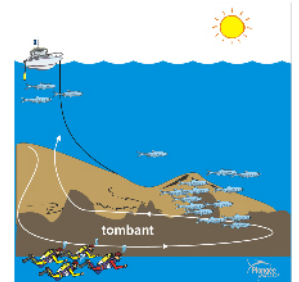
ipack_416.png



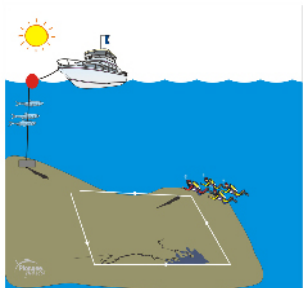
ipack_417.png



ipack_418.png



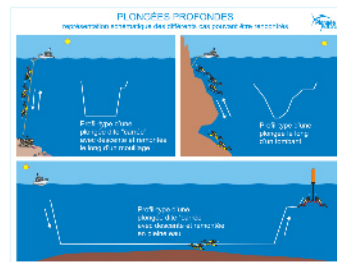
ipack_419.png



ipack_420.png



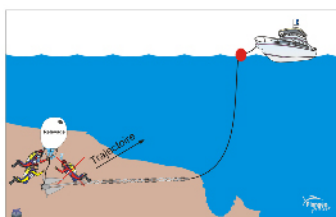
ipack_421.png



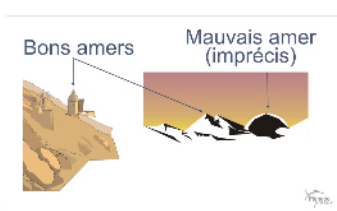
ipack_422.png



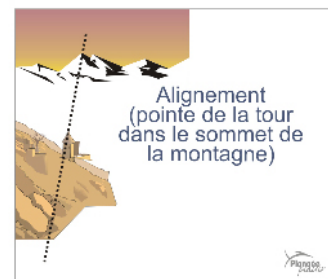
ipack_423.png



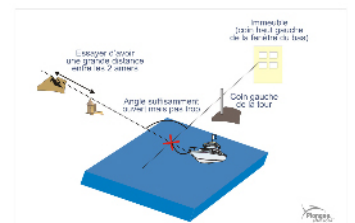
ipack_424.png



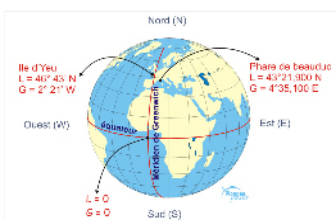
ipack_425.png



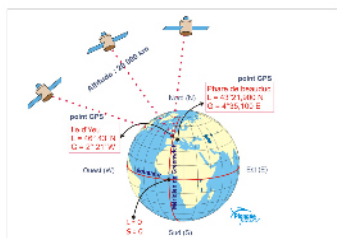
ipack_426.png



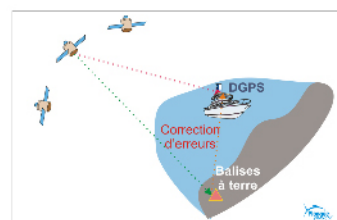
ipack_427.png



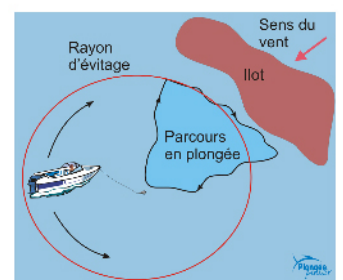
ipack_428.png



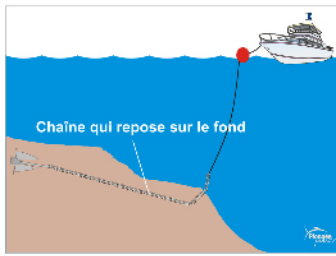
ipack_429.png



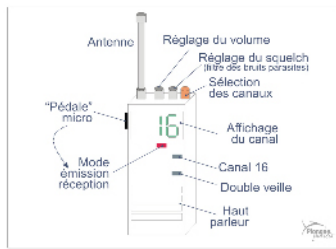
ipack_430.png



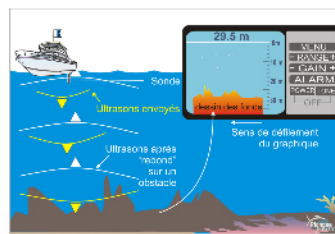
ipack_431.png



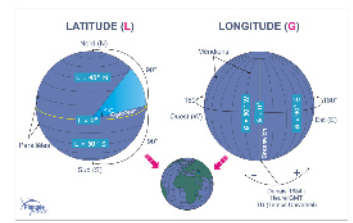
ipack_432.png



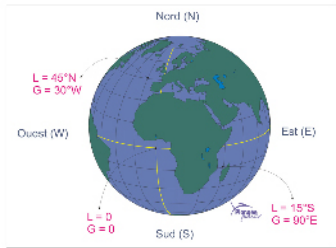
ipack_433.png



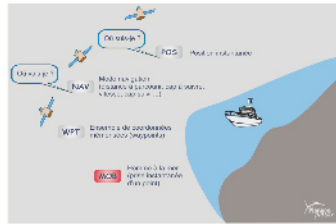
ipack_434.png



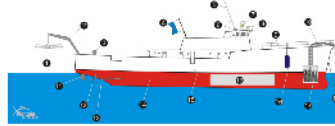
ipack_435.png



ipack_436.png



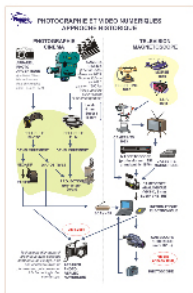
ipack_437.png



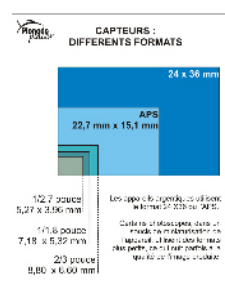
ipack_438.png



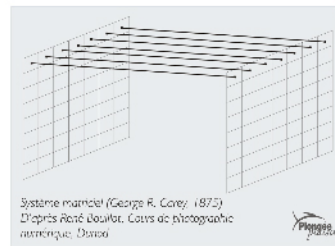
ipack_439.png



ipack_440.png



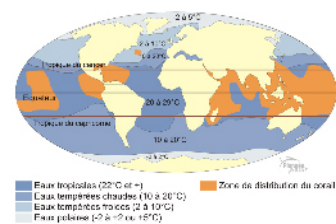
ipack_441.png



ipack_442.png



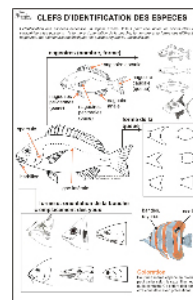
ipack_501.png



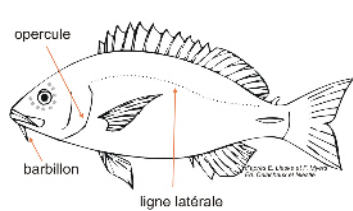
ipack_502.png



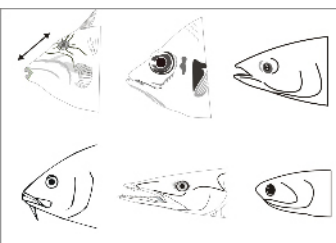
ipack_503.png



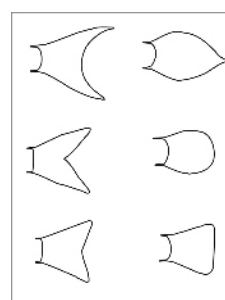
ipack_504.png



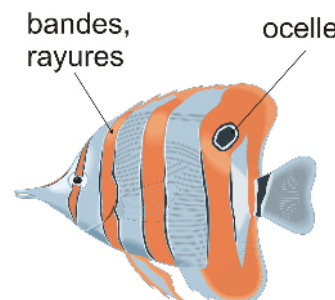
ipack_505.png



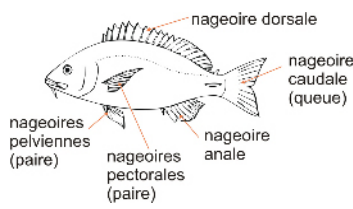
ipack_506.png



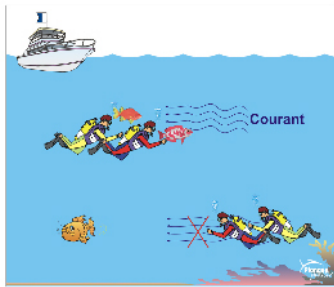
ipack_507.png



ipack_508.png



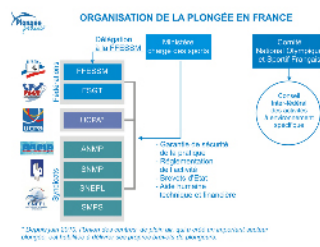
ipack_509.png



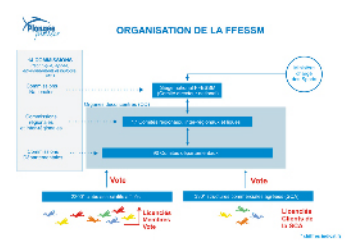
ipack_510.png



ipack_511.png



ipack_601.png



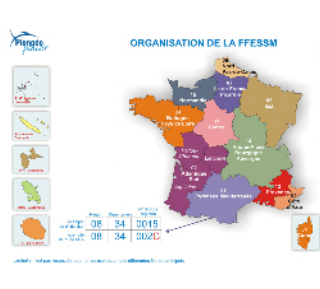
ipack_602.png



ipack_603.png



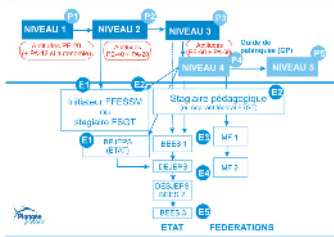
ipack_604.png



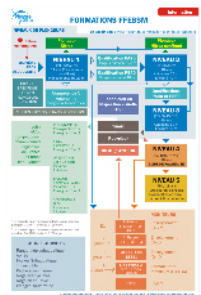
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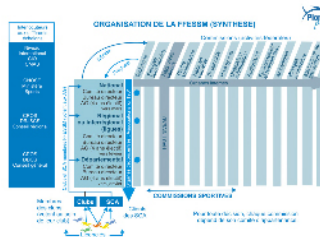
ipack_606.png



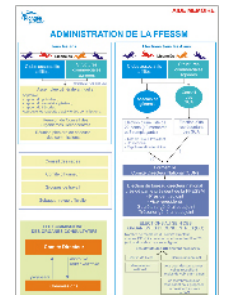
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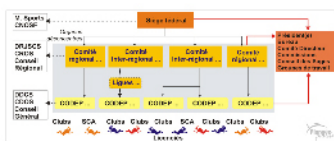
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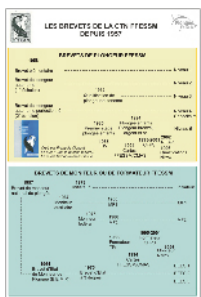
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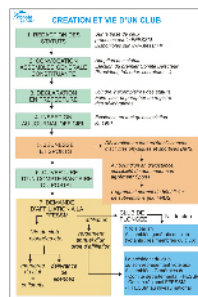
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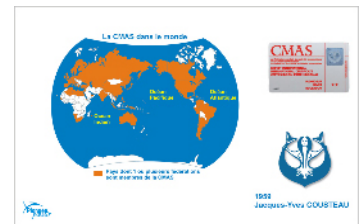
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ipack_612.png



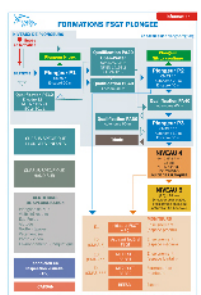
ipack_613.png



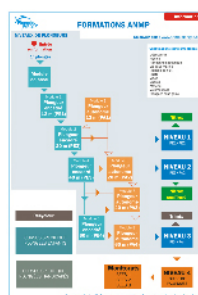
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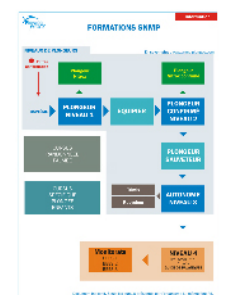
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ipack_616.png



ipack_617.png

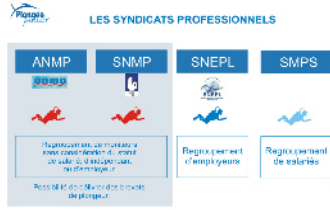


ipack_618.png

LES SYNDICATS PROFESSIONNELS



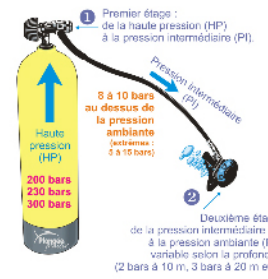
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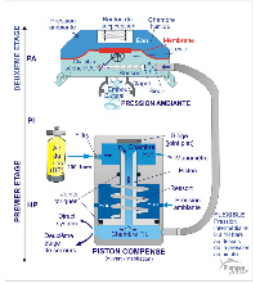
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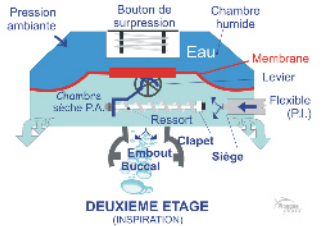
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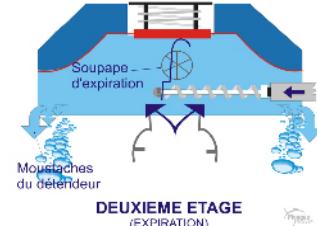
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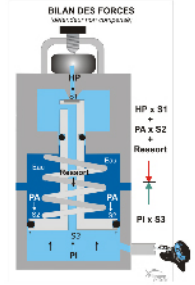
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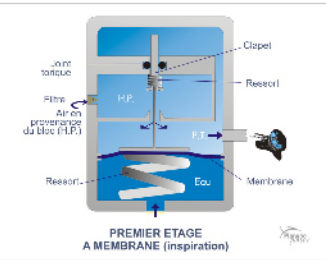
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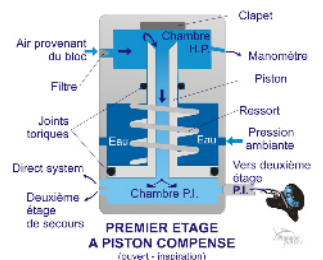
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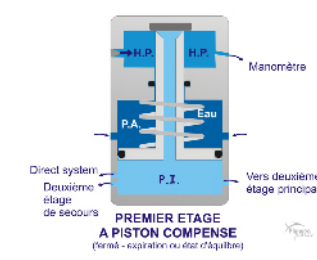
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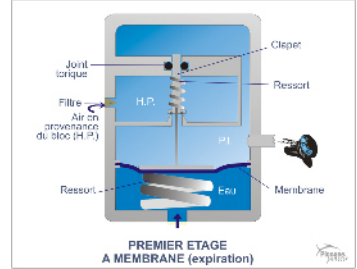
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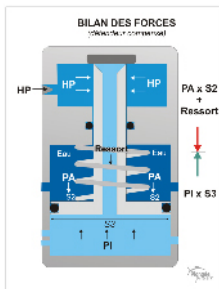
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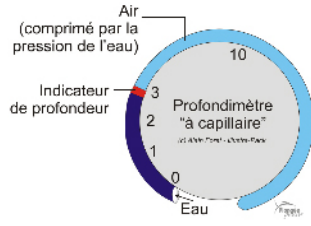
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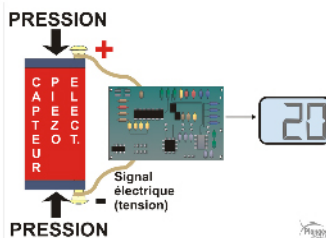
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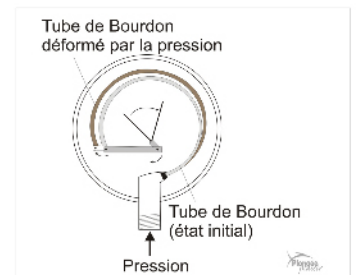
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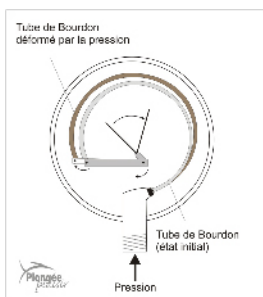
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ipack_712.png



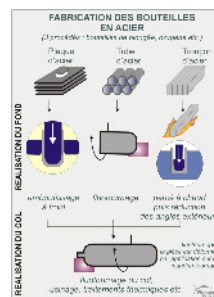
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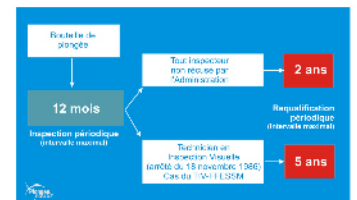
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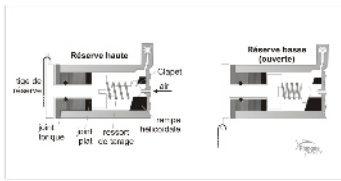
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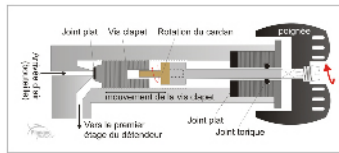
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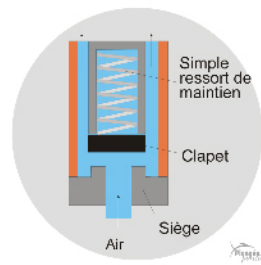
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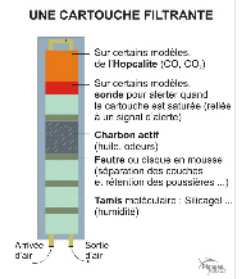
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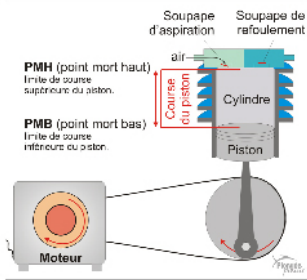
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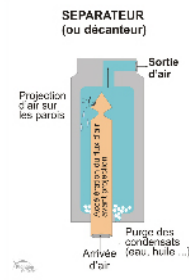
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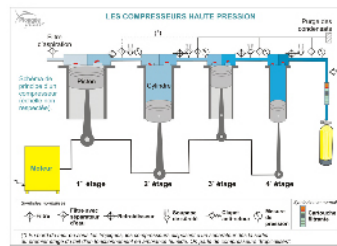
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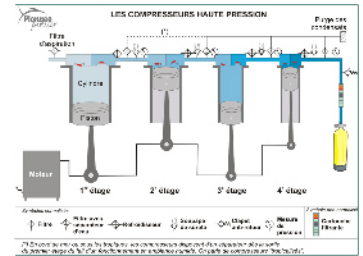
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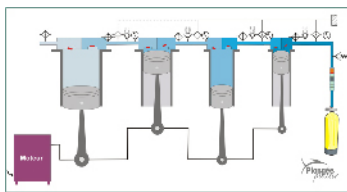
ipack_724.png



ipack_725.png



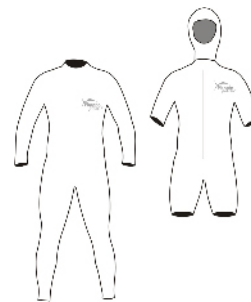
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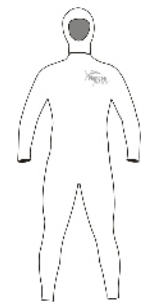
ipack_729.png



ipack_730.png



ipack_731.png



ipack_732.png



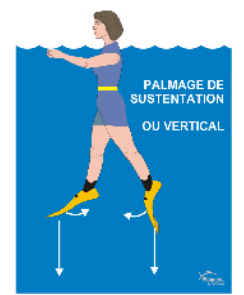
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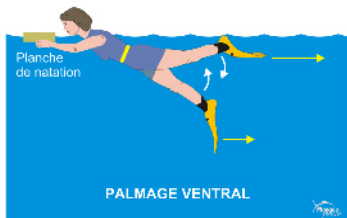
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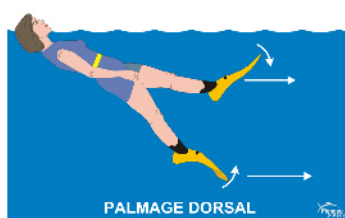
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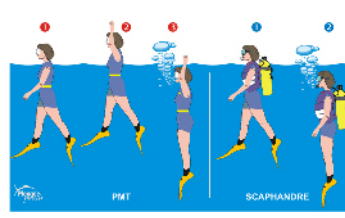
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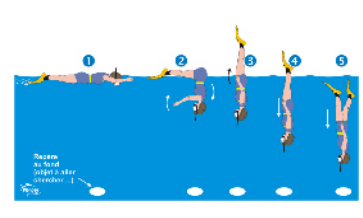
ipack_802.png



ipack_803.png

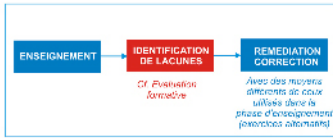


ipack_804.png



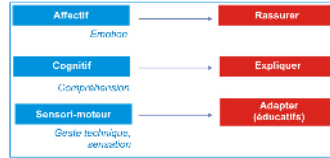
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LA REMEDIATION

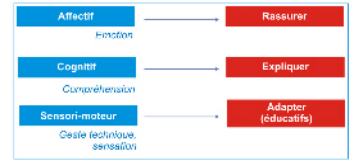


ipack_806.png

LES SOURCES DE DIFFICULTES

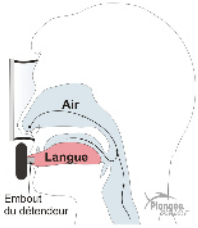


ipack_808.png

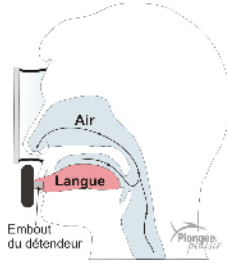


ipack_809.png

LA DISSOCIATION BUCCO-NASALE

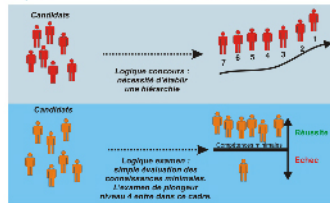


ipack_810.png



ipack_811.png

CONCOURS ET EXAMENS 2 LOGIQUES BIEN DIFFERENTES

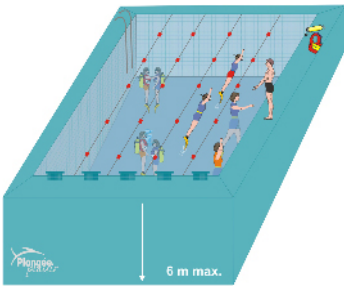


ipack_812.png

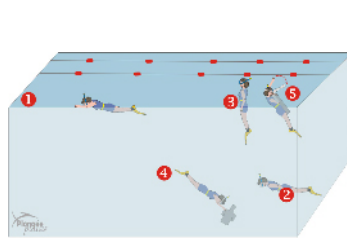
DIRECTEUR DE PLONGÉE



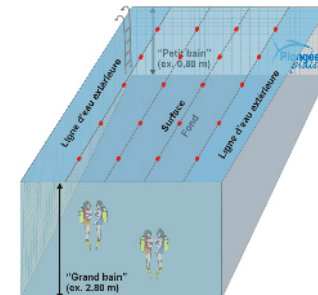
ipack_813.png



ipack_814.png



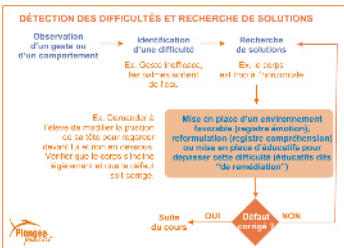
ipack_815.png



ipack_816.png



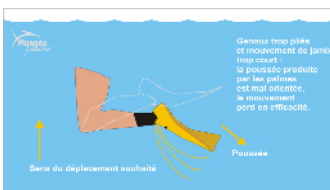
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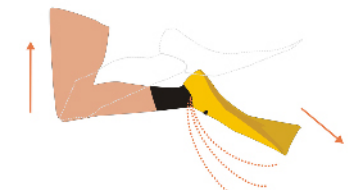
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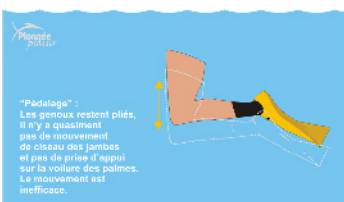
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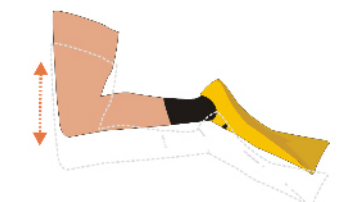
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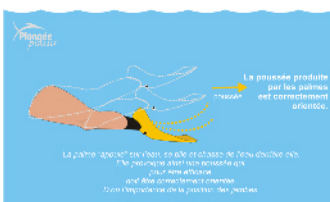
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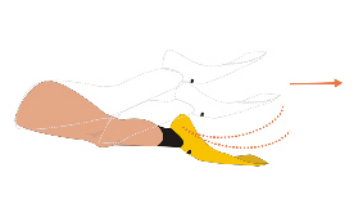
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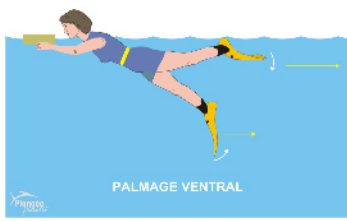
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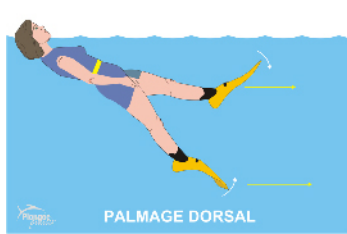
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ipack_826.png



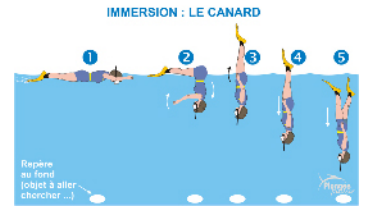
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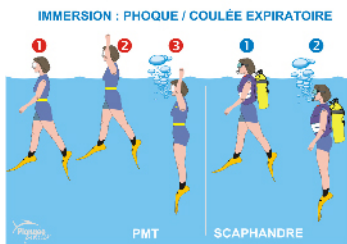
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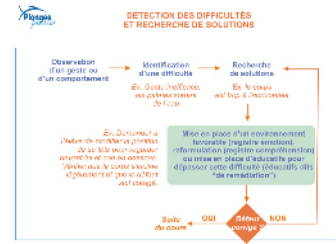
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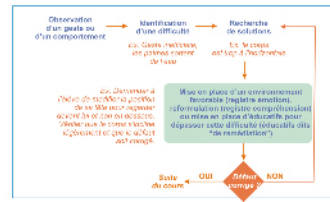
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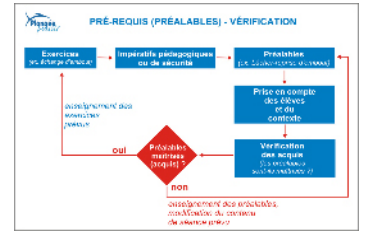
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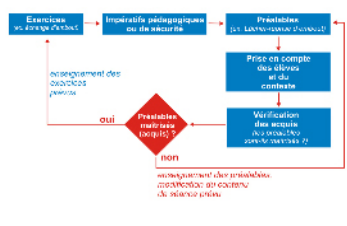
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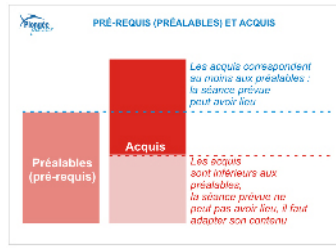
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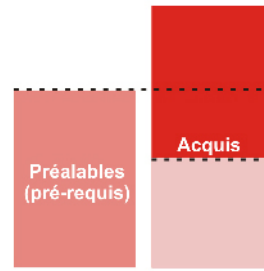
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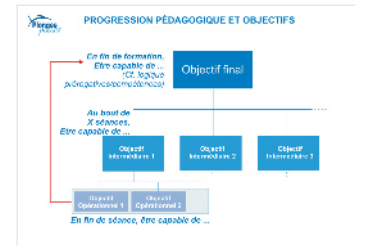
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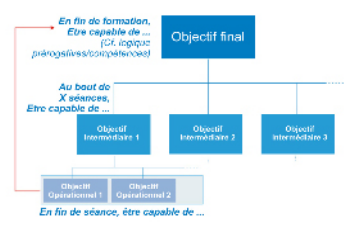
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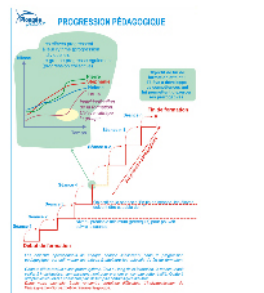
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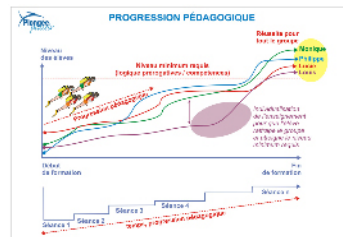
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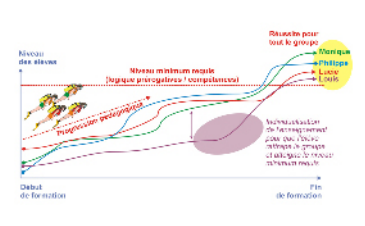
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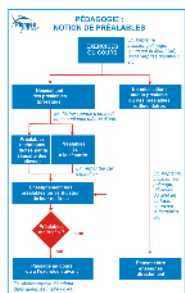
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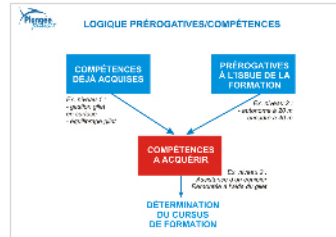
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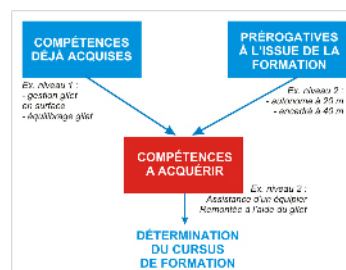
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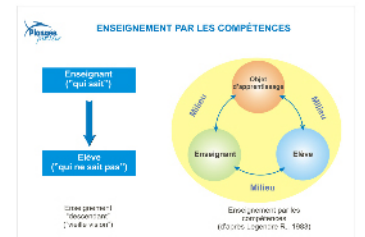
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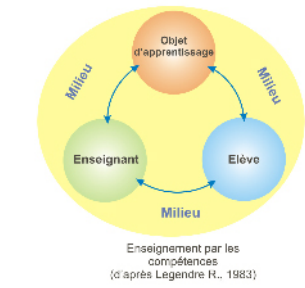
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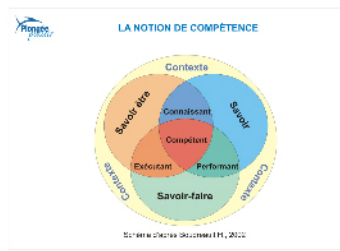
ipack_845.png



ipack_846.png



ipack_847.png



ipack_848.png

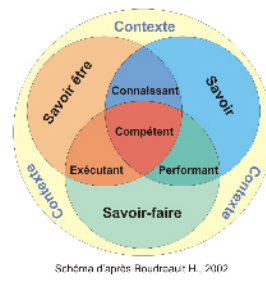
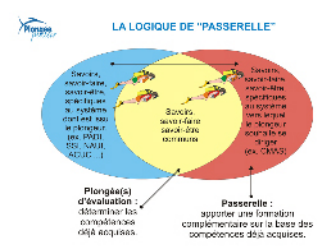
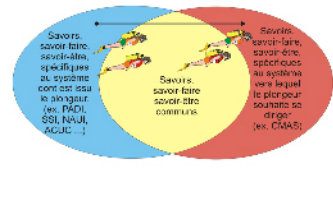


Schéma d'après Roudaut H., 2010

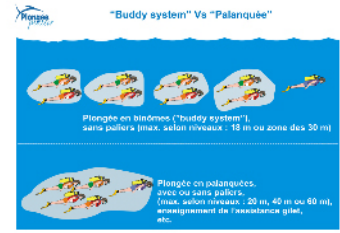
ipack_849.png



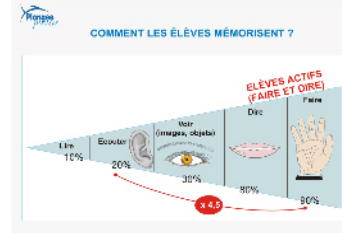
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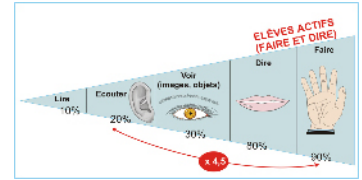
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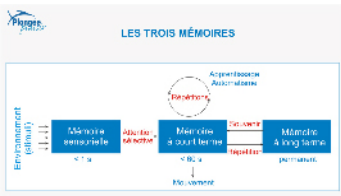
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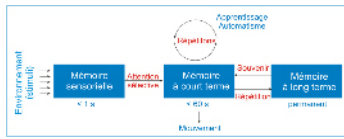
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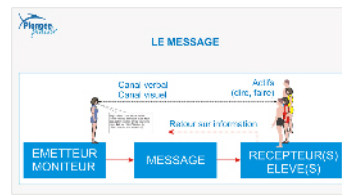
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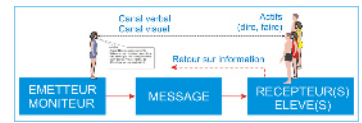
ipack_855.png



ipack_856.png



ipack_857.png



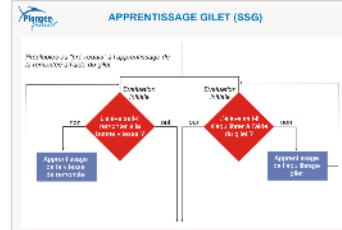
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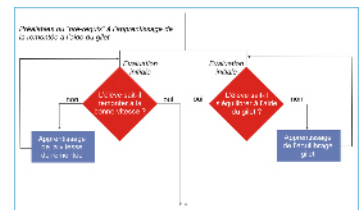
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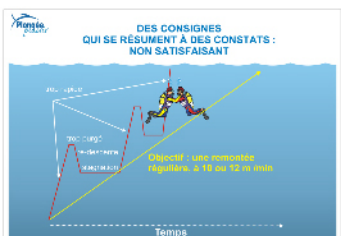
ipack_860.png



ipack_861.png



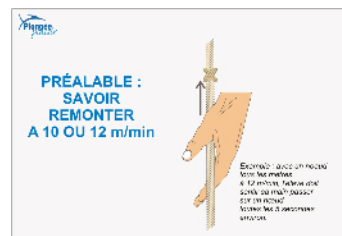
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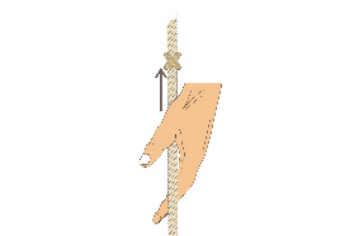
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ipack_864.png



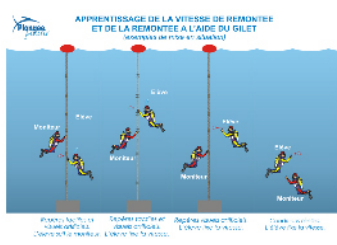
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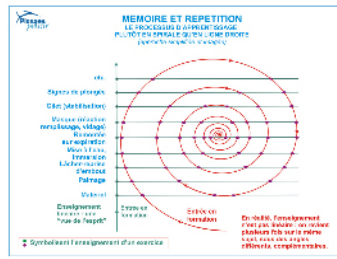
ipack_866.png



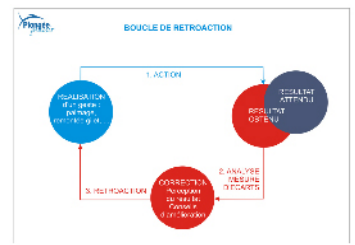
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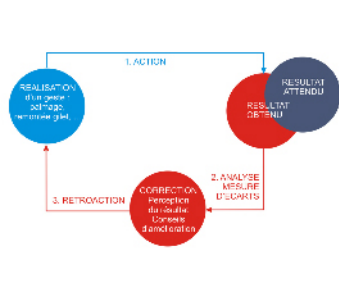
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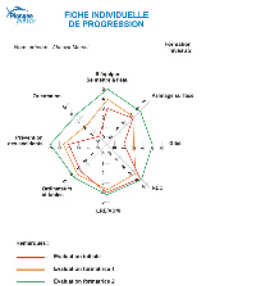
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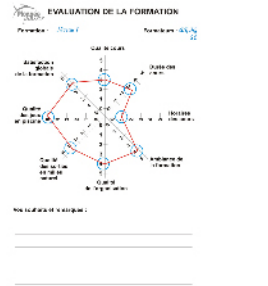
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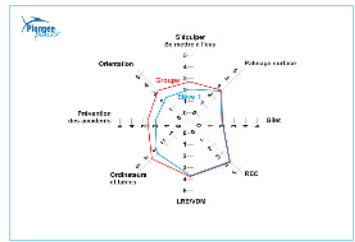
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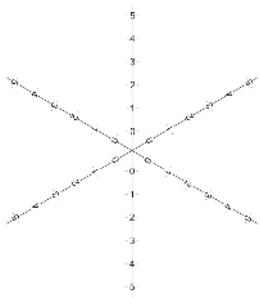
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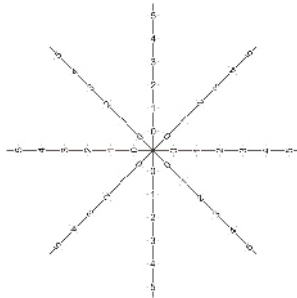
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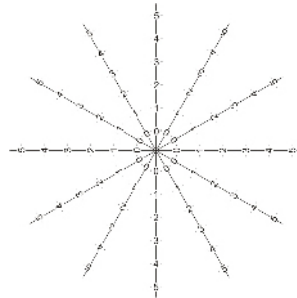
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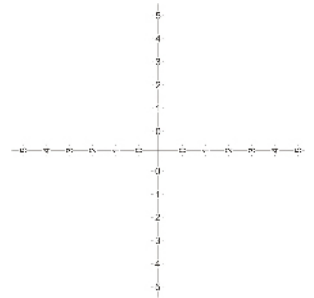
ipack_875.png



ipack_876.png



ipack_877.png



ipack_878.png

Aspecte vertical, învățăminte per sisteme

Activitate	Descriere	Obiective	Resurse
1. Activitate de învățare
2. Activitate de învățare
3. Activitate de învățare
4. Activitate de învățare
5. Activitate de învățare
6. Activitate de învățare
7. Activitate de învățare
8. Activitate de învățare
9. Activitate de învățare
10. Activitate de învățare

ipack_879.png

Aspecte vertical, învățăminte per sisteme

Activitate	Descriere	Obiective	Resurse
1. Activitate de învățare
2. Activitate de învățare
3. Activitate de învățare
4. Activitate de învățare
5. Activitate de învățare
6. Activitate de învățare
7. Activitate de învățare
8. Activitate de învățare
9. Activitate de învățare
10. Activitate de învățare

ipack_880.png



ipack_881.png

3. SIGNES DE PLONGÉE



Signes_03_maintien_prof.png



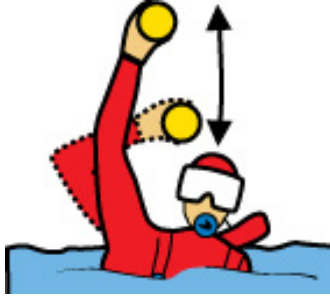
Signes_50_bars_reserve.png



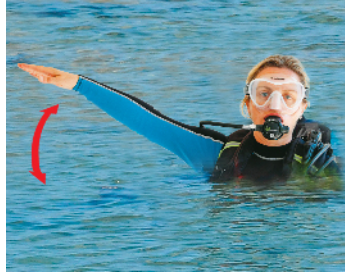
Signes_100_bars.png



Signes_descente.png



Signes_detresse_nuit.png



Signes_detresse.png



Signes_essoufflement.png



Signes_fin.png



Signes_froid.png



Signes_manometre.png



Signes_ne_va_pas.png



Signes_Ok_nuit_surface.png



Signes_Ok_nuit.png



Signes_Ok_surface.png



Signes_Ok.png



Signes_panne_air.png



Signes_remonte.png



Signes_souffle.png

4. ICÔNES



SAMU

15_legende.png



15.png



POLICE
GENDARMERIE

17_legende.png



17.png



POMPIERS

18_legende.png



18.png



TOUTES
URGENCES

112_legende.png



112.png



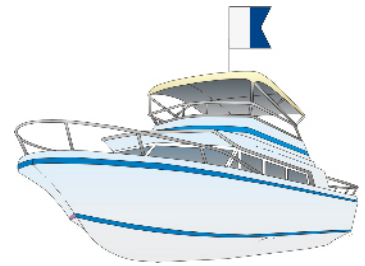
asn_70_legende.png



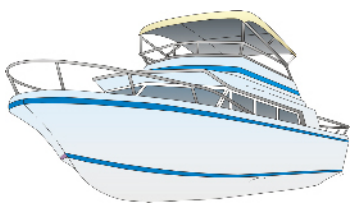
asn_70.png



avion.png



bateau1.png



bateau2.png



bouteille_tampon.png



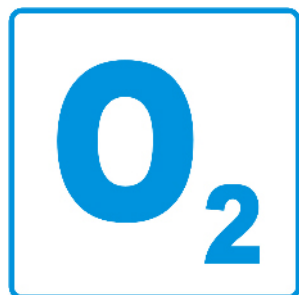
bouteille.png



croix_rouge_secours_1.png



croix_rouge_secours_2.png



o2.png



pavillon_alpha_1.png



pavillon_alpha_2.png



pavillon_croix_saint_andre_1....



pavillon_croix_saint_andre_2....



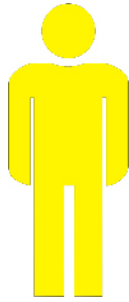
pavillon_rouge_blanc_1.png



pavillon_rouge_blanc_2.png



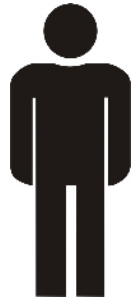
personnage_bleu.png



personnage_jaune.png



personnage_mauve.png



personnage_noir.png



personnage_orange.png



personnage_rouge.png



personnage_vert.png



plongeur1_bleu.png



plongeur1_jaune.png



plongeur1_mauve.png



plongeur1_noir.png



plongeur1_orange.png



plongeur1_rouge.png



plongeur1_vert.png



plongeur2_bleu.png



plongeur2_jaune.png



plongeur2_mauve.png



plongeur2_noir.png



plongeur2_orange.png



plongeur2_rouge.png



plongeur2_vert.png



vhf_16_legende.png



vhf_16.png

5. LOGOS





logo_bathyfolages_tris.png



logo_bathyfolages.png



Logo_GAP_carre.png



Logo_GAP_horiz.png



logo_illustrapack_tris.png



logo_illustrapack.png



logo_illustrapack3_tris.png



logo_illustrapack3.png



logo_plongee_plaisir_bleu_tris...



logo_plongee_plaisir_bleu.png



logo_plongee_plaisir_gris_tris....



logo_plongee_plaisir_gris.png



logo_plongee_plaisir_orange_...



logo_plongee_plaisir_orange....



logo_plongee_plaisir_vert_tris....



logo_plongee_plaisir_vert.png

6. COUVERTURES





PP1_2012_330.png



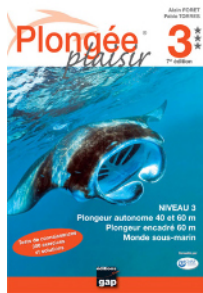
PP1_2012_HD.png



PP2_2012_280.png



PP2_2012_HD.png



PP3_2012_280.png



PP3_2012_HD.png



PP4_2012_280.png



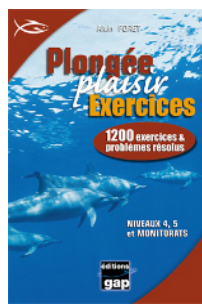
PP4_2012_HD.png



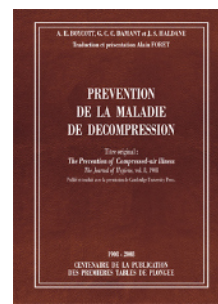
PP12_2012_280.png



PP12_2012_HD.png



PPE_280.png



pph_280.png



PPI_280.png



ppip_2012_280.png



ppip_2012_hd.png



ppm_280.png

7. CANEVAS DE COURS

LE RÉPERTOIRE « COURS » CONTIENT
DES CANEVAS DE COURS
AU FORMAT POWERPOINT (.PPT).

