

CMAS TRY A DIVE STANDARD



CMAS

COMITE DIRECTEUR VISA N°:223

CMAS TRY A DIVE STANDARD

1. AIM OF THE TRY A DIVE TRAINING PROGRAMME

- 1.1. The CMAS try a dive diver training programme aims at introducing recreational SCUBA diving to persons who want to experience scuba diving but do not want to enroll on a CMAS One-Star Diver training programme in a protected environment in a safe manner.

2. CLASSIFICATION

- 2.1. A try a dive training is classified as an entry-level recreational diver training programme.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS try a dive Training Programme may be presented by a CMAS Instructor who holds a minimum of a CMAS One Star Instructor grading, provided he is in active status and complies with all of the other requirements of his National Federation.
- 3.2. The CMAS One Star Instructor must be assisted by a minimum Dive Leader (i.e. a CMAS Three Star Diver or a CMAS Divemaster that complies with the requirements of the national federation).

4. COURSE STRUCTURE AND DURATION

- 4.1. **DIVING TIME** : The participant remain underwater for a minimum of 15 minutes
- 4.2. **LIMITATION:**
 - Dive to the maximum depth of 5 metres and must be completed during daylight hours, or under conditions that simulate daylight conditions.
 - All try a dives shall be conducted in water that allows direct vertical access to the surface. Open water dives therefore shall not be conducted in underwater caves, inside wrecks or below ice.
 - CMAS allows instructors to structure courses according to the number of participants participating, their skill level and the diving environment.

5. COMPETENCIES OF A TRY A DIVE DIVER

- 5.1. The participants are allowed to do additional dives with a Divemaster after their training under the supervision of a minimum CMAS One-star Instructor and in the conditions for which they have been taught.
- 5.2. In the event that more than one month has elapsed since their last dive, they must be re-trained in a confined water environment before participating in additional dives.

6. PREREQUISITES FOR PARTICIPATION

- 6.1. Minimum age of 8 with written parental or a legal guardian consent;
- 6.2. Complete the medical history/statement form required by the National Federation prior to participating in any in-water activities; and
- 6.3. Sign the appropriate Form(s) as required by the National Federation acknowledging and assuming the risks of scuba diving prior to participating in any in-water activities.

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7. EXPERIENCE / KNOWLEDGE/CERTIFICATION

7.1. No prior diving knowledge, skills or experience is required.

8. RATIO PARTICIPANT/ INSTRUCTOR

| SKILLS | MAXIMUM PARTICIPANTS | INSTRUCTOR | ASSISTANTS |
|------------|----------------------|------------|------------|
| CON. WATER | 6 | 1 | 0 |
| | 8 | 1 | 1 |
| | 10 | 1 | 2 |
| | 12 | 1 | 3 OR MORE |
| OPEN WATER | 4 | 1 | 0 |
| | 6 | 1 | 1 |
| | 8 | 1 | 2 |
| | 10 | 1 | 3 OR MORE |

9. THE GENERAL ORGANISATION

- 9.1. The try scuba is performed by a minimum CMAS one star instructor;
- 9.2. The try a dive is carried out in all places guaranteeing the safety of the try a dive person.
- 9.3. The try a dive is performed in two steps: an introduction to the basic skills and the confined water lesson.
- 9.4. It is recommended to progress to the maximum depth (5 m) in a progressive and safe way.

10. MINIMUM SAFETY AND SUPPORT REQUIREMENTS

- 10.1. The safety organisation is under the direct responsibility of the CMAS instructor who is in charge of :
 - Having the usual safety equipment (oxygen administration equipment, means of communication, emergency plan...).
 - Adapt the activity according to the conditions encountered (visibility, water conditions, temperature...).
 - Having surface support, in particular to assist the participant when entering and leaving the water.

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11. TRY A DIVE CONTENT AND PROCEDURES

11.1. EQUIPMENT

11.1.1. Diving equipment should be presented and explained to the participant.

11.1.2. The participant will be equipped with the following diving equipment:

- Mask
- Fins
- Weight belt
- Scuba Cylinder
- Regulator with an alternative air source and a submersible pressure gauge (SPG)
- A wetsuit (adapted to the diving conditions)
- Buoyancy control device (BCD)

11.1.3. Assistance with the donning and doffing of equipment instead of helping the participant to wear the gear.

11.2. INSTRUCTIONS TO THE TRY A DIVE PARTICIPANT

11.2.1. The instructor should give simple safety instructions that include :

- A description and demonstration of the most common methods of ear clearing.
- The importance of maintaining normal breathing without breath hold during the dive and specifically during the ascent.
- The importance of ascending slowly.
- The possible local hazards (e.g. fauna and flora).

11.3. BASIC SKILLS INTRODUCTION

11.3.1. The CMAS Instructor shall explain and demonstrate the following skills to the participant before entering the water:

- Underwater breathing (How to breathe from a regulator when underwater)
- Ear clearing and mask equalisation (How to equalise the pressure in his ears and his mask when underwater?)
- Mask clearing (What to do if water should enter the mask?)
- The instructor shall verify that the participant has sufficiently mastered these basic skills before conducting open water dives.

11.4. SCUBA DIVING HAND SIGNALS

- Have the participants demonstrate and repeat CMAS approved hand signals that will be used during both the confined and open water sections of the training programme.

11.5. BRIEFING

- In addition to the previous points, the CMAS instructor must ensure that the participants are ready to dive. If necessary, the instructor will take time to comfort the participant.

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11.6. THE TRY A DIVE

- During the descent, the instructor will check that the participant is regularly clearing his ears and equalising the pressure in his mask.
- During his dive, CMAS Instructor is required to regularly check the breathing rhythm and checks the participant general comfort, especially thermal comfort.
- The CMAS instructor is also attentive to point out interesting fauna and flora during the dive to the participant to enhance the participant's enjoyment of the dive.

11.7. DEBRIEFING

11.7.1. The purpose of the debriefing is:

- To congratulate and motivate the participant.
- To describe the progress that the participant had made during the training programme.
- To emphasise the importance of undergoing formal CMAS diver training and how to access such training.

12. ASSESSMENT

12.1. No assessment is required for this training course.

13. CERTIFICATION

- 13.1. Upon successful completion of the training programme, the participant shall be awarded a CMAS Try a dive diver diploma and;
- 13.2. A booklet describing the different activities of the diving centre.