

CMAS THREE STAR DIVER STANDARD



CMAS

BOARD OF DIRECTORS VISA N°:208

CMAS THREE STAR DIVER STANDARD

1. AIM OF THE TRAINING PROGRAMME

- 1.1. The objective of this training is to improve the knowledge to experienced certified CMAS two Star Divers in practical and theoretical aspects of sport diving. Which will enable them to plan, organize and dive with the same level diver to a maximum recommended depth deep of 40 metres according to the competencies of their levels, in a safe and competent manner.

2. CLASSIFICATION

- 2.1. The CMAS Three Star Diver Training Programme is classified as an advanced level diver training programme.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS Three Star Diver Training Programme may be conducted by a minimum of a CMAS Two Star Instructor in active status that complies with the requirements of the national federation.
- 3.2. The CMAS Two Star Instructor may be assisted by a CMAS One Star Instructor in active status that complies with the requirements of the national federation.

4. COURSE STRUCTURE AND DURATION

- 4.1. Students must complete a minimum of twelve (12) open water scuba dives, and remain underwater for a minimum of 20 minutes on each dive.
- 4.2. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
- 4.3. All open water dives shall be conducted in water that allows direct vertical access to the surface.
- 4.4. Open water dives therefore shall not be conducted in underwater caves, inside wrecks or below ice.
- 4.5. CMAS allows instructors to structure courses according to the number of students participating, their skill level and the diving environment.

5. COMPETENCIES OF A CERTIFIED CMAS THREE STAR DIVER

A CMAS Three Star Diver is qualified to dive within the following parameters:

- 5.1. Dive to a maximum depth of 40 metres if accompanied by a diver with same level or equivalent according to the national and local legal requirements.
- 5.2. If he has received advanced additional training that includes decompression diving, the risks of deep diving and the organisation of specific safety he can dive to a maximum PpO₂ 1.4 bar according to the regulation and standards of the national federation.
- 5.3. DECO diving to a maximum PpO₂ 1.4 bar according to the regulation and standards of the national federation.
- 5.4. The CMAS Three Star Diver is, however, not qualified to lead divers, assess or teach any skills or knowledge to any candidate during CMAS Diver Training Programme.

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6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAMME

- 6.1. Minimum age 18.
- 6.2. Complete the medical history/statement form required by the CMAS Federation prior to participating in any in-water activities; and
- 6.3. Sign the appropriate form(s) as required by the CMAS Federation acknowledging and assuming the risks of SCUBA diving prior to participating in any in-water activities.

7. EXPERIENCE / KNOWLEDGE /CERTIFICATION

- 7.1. Have at least fifty (50) dives in a logbook that shall include deep and night dives.
- 7.2. Hold CMAS Two star diver certification.
- 7.3. Hold the underwater navigation specialty certification.
- 7.4. Hold CMAS Rescue Diver certification.
- 7.5. Provide proof of current CPR, first aid and oxygen administration certification, where local law permits in accordance with the regulations of the national federation.
- 7.6. CMAS strongly recommends participation in a biological Specialty Course.

8. RATIO CANDIDATE/ INSTRUCTOR

| SKILLS | MAXIMUM PARTICIPANTS/ INSTRUCTORS |
|------------|---|
| CON. WATER | The maximum number of students for confined water training is six (6) students per CMAS Instructor. Two (2) additional students per certified CMAS Assistant may be added up to a maximum of twelve (12) students per CMAS Instructor. Although additional CMAS Assistants may be used, no additional students may be added to the responsibility of the individual CMAS Instructor. |
| OPEN WATER | The maximum number of students for open water training is four (4) students per CMAS Instructor. Two (2) additional students per certified CMAS Assistant may be added up to a maximum of ten (10) students per CMAS Instructor. Although additional CMAS Assistants or Divemater may be used, no additional students may be added to the responsibility of the individual CMAS Instructor. These ratios are considered maximum and can be reduced by National Federations to suit the environmental conditions or other factors in their respective countries. |

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9. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS Three Star Diver, the student shall:

- 9.6.1. Successfully complete the theoretical assessment of this Standard.
- 9.6.2. Successfully complete the confined water training of this standard.
- 9.6.3. Having successfully completed twelve (12) dives in open water at a depth between 20 - 40 metres with a minimum duration of fifteen (15) minutes each.
- 9.6.4. To have the prerogative to dive with maximum PpO₂ 1.4 bar, the candidate should successfully complete three additional (3) dives in open water at depths between 40 - 56 metres with a minimum duration of fifteen (15) minutes each.

10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

10.1. SYLLABUS REQUIREMENTS

- 10.2. **DIVE PLANNING:** The candidate shall have an appropriate knowledge regarding dive planning, the factors that affect dive planning, the dive planning process including the determination of the required gas, emergency planning and recommended safe diving practices. The candidate shall be able to plan his dive independently with his buddies according to the safety rules of diving and environmental conditions.
- 10.3. **AUTONOMOUS DIVING:** The candidate must be able to dive autonomously, taking into account the safety of the group of divers and taking into account the planning choices.
- 10.4. **THE DIVING ENVIRONMENT:** The candidate shall have an appropriate knowledge regarding environmental sea life and conservation and preservation of the diving environment.
- 10.5. **DECO DIVING:** The candidate shall have training and experience with DECO diving. Planning and execution in a safe and appropriate level.
- 10.6. **PERFORM A RESCUE:** The candidate shall be able to identify an abnormal situation during a dive and demonstrate appropriate behaviour to deal with it effectively.
- 10.7. **ADAPTING TO THE DEPTH:** The candidate shall be able to dive safely and to adapt his behaviour according to the depth and to respect the safety rules.
- 10.8. **CAREER DEVELOPMENT:** The candidate shall be provided with the career development information according to the requirement of the CMAS national federation.
- 10.9. **DIVING THEORY:** The candidate must have a high level of knowledge of diving theory.

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11. PRACTICAL TRAINING PARAMETERS

11.1. CONFINED WATER SCUBA SKILLS

11.1.1. The candidate shall demonstrate his extended watermanship ability by demonstrating to a CMAS Instructor, the prescribed physical conditioning and watermanship evaluation of the CMAS Federation.

11.2. OPEN WATER SCUBA SKILLS

11.2.1. The candidate shall demonstrate mastery of the techniques involved in planning and executing dives beyond the depth ranges typical for recreational SCUBA diving in the local environment.

11.2.2. The candidate shall be able to competently demonstrate advanced dive skills in depth ranges and environmental conditions typical to those usually encountered by the CMAS Three Star Diver.

12. ASSESSMENT

12.1. KNOWLEDGE

12.1.1. The candidate shall demonstrate to the CMAS Instructor Two-Star knowledge of SCUBA diving by taking and passing an oral and written examination.

12.1.2. This exam tests advanced diving skills and high-level theoretical knowledge of the candidate CMAS Three Star Diver.

12.1.3. The candidate must pass the watermanship test.

13. CERTIFICATION

13.1.1. Upon successful completion of the training programme, the candidate shall be awarded with a CMAS Three Star Diver C-card.