



CMAS INTRODUCTORY SCUBA EXPERIENCE



CMAS

BOARD OF DIRECTORS VISA N°:

STANDARD INTRODUCTORY SCUBA EXPERIENCE **EN**

CMAS INTRODUCTORY SCUBA EXPERIENCE

1. AIM OF INTRODUCTORY SCUBA DIVING EXPERIENCE TRAINING PROGRAMME

- 1.1. This training programme aims at providing interested persons with an introductory SCUBA diving experience, to a maximum depth of ten (10) meters under the direct supervision of a CMAS Instructor, whilst using air as a breathing gas, in a safe manner..

2. CLASSIFICATION

- 2.1. The CMAS Introductory SCUBA Experience Training Programme is classified as an entry-level sport diver training programme that is commonly referred to as a «resort course».

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS Introductory SCUBA Experience Training Programme may be presented by a minimum of CMAS One Star Instructor in active status that complies with the requirements of the National Federation.
- 3.2. The CMAS One Star Instructor may be assisted by a minimum Dive Leader. (i.e., a CMAS Three Star Diver or a CMAS Divemaster as prescribed by the National Federation).

4. COURSE STRUCTURE AND DURATION

The participant shall be required to participate in one (1) introductory SCUBA dive.

4.1. RECOMMENDED NUMBER OF SESSIONS

- 4.1.1. Minimum duration: 4 hrs
 - a) Classroom: 1½ hrs
 - b) Confined water: 1 hrs
 - c) Open water preparation and dive: 1½ hrs.
- 4.1.2. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
- 4.1.3. All open water 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 the ice.
- 4.1.4. CMAS allows instructors to structure courses according to the number of candidates participating, their skill level and the diving environment.

5. COMPETENCIES OF INTRODUCTORY SCUBA DIVING EXPERIENCE

- 5.1. A CMAS Introductory SCUBA Experience Diver shall be trained such that when assessed by a CMAS Instructor, he shall be deemed to have sufficient knowledge, skill and experience to participate in an open water introductory SCUBA dive.
- 5.2. A CMAS Introductory SCUBA Experience Diver may only dive under the direct supervision of a CMAS Instructor and is not qualified to procure air, equipment, or any other diving services.

6. PREREQUISITES FOR PARTICIPATION

- 6.1. Minimum age of 14 with written consent from a parent or legal guardian.
- 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.

7. EXPERIENCE / KNOWLEDGE/CERTIFICATION

- 7.1. Effectively demonstrate his basic watermanship ability by performing, to a CMAS Instructor, the prescribed physical conditioning and watermanship evaluation of the CMAS Federation.

8. RATIO PARTICIPANT/ INSTRUCTOR

SKILLS	MAXIMUM PARTICIPANTS	INSTRUCTOR	ASSISTANTS
CON. WATER	4	1	0
	6	1	1
OPEN WATER	4	1	0
	6	1	1

- 8.1. No additional students may be added to the responsibility of the individual CMAS Instructor. These ratios are considered maximum and can be reduced by CMAS Federations to suit the environmental conditions or other factors in their respective countries.
- 8.2. During any introductory SCUBA dive, the CMAS Instructor may not engage in any other activities other than direct supervision. If other activities such as video or photography are conducted, then a separate certified assistant is to be used for such activities.

9. MINIMUM SAFETY AND SUPPORT REQUIREMENTS

The safety organisation is under the direct responsibility of the CMAS Instructor who is in charge of :

- 9.1. Having safety equipment (oxygen administration equipment, means of communication, emergency plan...).
- 9.2. Adapt the activity according to the conditions encountered.
- 9.3. Having surface support to assist the participant when entering and leaving the water.

10. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS Introductory SCUBA Experience , the participant shall:

- 10.1. Successfully complete the theoretical assessment of this standard.
- 10.2. Successfully complete one (1) open water training dive at depths between five (5) to ten (10) meters with a minimum underwater duration of fifteen (15) minutes.

11. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

11.1. SYLLABUS REQUIREMENTS

- 11.1.1.Mask and snorkel
- 11.1.2.Fins
- 11.1.3.Exposure suit and quick release weighting system (if it is going to be used)
- 11.1.4.Buoyancy control devices
- 11.1.5.Regulator
- 11.1.6.Submersible pressure gauge (breathing gas monitor)
- 11.1.7.Depth gauge/depth monitor
- 11.1.8.Alternative breathing gas source
- 11.1.9.Knife/cutting device
- 11.1.10.Reasons for breathing continuously during the dive
- 11.1.11.Equalisation technique
- 11.1.12.Avoiding hazardous aquatic life
- 11.1.13.Hand signals
- 11.1.14.Necessity for seeking further training and where to obtain it.

12. PRACTICAL TRAINING PARAMETERS

12.1. CONFINED AND OPEN WATER SCUBA SKILLS

The participant shall demonstrate to the CMAS Instructor one star his mastery of the confined water SCUBA skills, as prescribed in introductory SCUBA experience in open water Syllabus, or E-learning platform during one or more of the confined or open water lessons.

- 12.1.1.Diving system assembly and disassembly (at water's edge)
- 12.1.2.Appropriate entry/exit technique
- 12.1.3.Pre-dive equipment inspection and buddy check
- 12.1.4.Proper weighting
- 12.1.5.Mask clearing
- 12.1.6.Regulator mouthpiece clearing
- 12.1.7.Regulator retrieval
- 12.1.8. Ear clearing/equalisation techniques
- 12.1.9.Descent and ascent technique
- 12.1.10.Swim underwater efficiently with appropriate buoyancy and attitude control
- 12.1.11.Diving system disassembly and disassembly (at water's edge)

13. ASSESSMENT

13.1. KNOWLEDGE

13.1.1. The participant shall demonstrate to the CMAS Instructor knowledge of SCUBA diving by taking an oral or written examination or by passing the theoretical examination on CMAS E-learning platform.

13.1.2. Practical assessment is done on a continuous basis during the training.

13.2. OPEN WATER SCUBA SKILLS

13.2.1. The participant shall be required to participate in one (1) or more introductory SCUBA dive.

14. CERTIFICATION

14.1. Upon successful completion of the training programme, the participant shall be awarded with a CMAS Introductory SCUBA Experience C-card.