

CMAS ONE STAR DIVER STANDARD



CMAS

BOARD OF DIRECTORS VISA N°:208

CMAS ONE STAR DIVER STANDARD

1. AIM OF THE TRAINING PROGRAMME

- 1.1. This training programme aims at introducing the fundamentals of SCUBA diving to new entrants to the sport of recreational SCUBA diving, which will enable the participant to undertake no decompression stop dives, while using air as a breathing gas, to a maximum depth of twenty (20) meters in a safe manner.

2. CLASSIFICATION

- 2.1. The CMAS One-Star Diver Training is classified as an entry-level sport diver training programme.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS One Star Diver 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 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. **ACADEMICS** : At least 6 hours.
- 4.2. **PRACTICAL SKILLS**: minimum required hours is 8 of which at least 6 hours are in-water training.
 - 4.2.1. Participants must complete a minimum of 4 open water scuba dives, and remain underwater for a minimum of 20 minutes on each dive.
 - 4.2.2. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
 - 4.2.3. 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.
 - 4.2.4. CMAS allows instructors to structure courses according to the number of candidates participating, their skill level and the diving environment.

5. COMPETENCIES OF A CERTIFIED CMAS ONE STAR DIVER

CMAS One Star Divers can dive within the following parameters:

- 5.1. Dive to a maximum depth of 20 metres if accompanied by a diver with same level or equivalent according to the national and local legal requirements.
- 5.2. To make dives which do not require mandatory in-water decompression stops.
- 5.3. To make dives during normal daylight hours.
- 5.4. To dive in environments where direct vertical access to the surface is possible.
- 5.5. To dive only when appropriate support is available at the surface. And
- 5.6. To dive under conditions that are equal or better than the conditions in which they were trained.

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6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAMME

- 6.1. Minimum age 14 with written parental or a legal guardian consent;
- 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. Ability to swim 200 m independently.

8. RATIO CANDIDATE / INSTRUCTOR

SKILLS	MAXIMUM PARTICIPANTS	INSTRUCTOR
THEORY	12	1
CON. WATER	6	1
OPEN WATER	4	1

9. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS One Star Diver, the participant shall:

- 9.1. Successfully complete the theoretical assessment of this standard;
- 9.2. Successfully complete the confined water assessment of this standard and;
- 9.3. Successfully complete four dives (4) in open water at a depth between 5 & 20 metres (Each dive will have a minimum duration of twenty (20) minutes).

10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

10.1. SYLLABUS REQUIREMENTS

10.1.1. ADMINISTRATION: The participant should be informed of the administrative obligations and recommendations of the CMAS and national federation for One Star Diver.

10.1.2. BASIC EQUIPMENT AND SCUBA EQUIPMENT: The participant shall have an appropriate knowledge regarding the physical characteristics, operating principles and maintenance.

10.1.3. DIRECT EFFECTS OF PRESSURE: The participant shall have an appropriate knowledge regarding the physical principles and their application to diving activities, equipment and hazards.

10.1.4. DECOMPRESSION: The participant should be familiar with the use of a decompression table and/or dive computer (*no decompression diving*) and have a basic understanding of successive and repetitive dives. The participant shall have an appropriate knowledge concerning the use of dive computers.

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10.1.5. DIVE PLANNING: The participant should know how to behave while diving in compliance with safety norms, know the notion of a buddy, and know the communication signs while diving and at the surface.

10.1.6. MEDICAL PROBLEMS RELATED TO DIVING: The participant shall have an appropriate knowledge concerning the causes, symptoms, prevention, first aid and treatment of diving medical problems.

10.1.7. ENVIRONMENT: The participant shall have appropriate knowledge concerning the local and general conditions of the diving environment and their possible effects on the SCUBA diver and the SCUBA divers' impact on the environment.

11. PRACTICAL TRAINING PARAMETERS

11.1. CONFINED WATER SCUBA SKILLS

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

11.2. OPEN WATER SCUBA SKILLS

11.2.1. The participant shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills, as prescribed in CMAS One-Star diver Syllabus during one or more of the open water training dives.

12. ASSESSMENT

12.1. KNOWLEDGE

12.1.1. The participant shall demonstrate to the CMAS Instructor knowledge of SCUBA diving by taking and passing an oral or written examination. This examination shall test entry-level theoretical knowledge of SCUBA skills as prescribed in CMAS One Star diver Syllabus.

13. CERTIFICATION

13.1. Upon successful completion of the training programme, the participant shall be awarded a CMAS One Star Diver C-card.