

Standard Number: 2.D.7 / BOD no 183 (08-03-2013)
CMAS Three Stars Diver

1. Aim of the training programme

1.1 This training programme aims at introducing the fundamentals of dive leadership to experienced certified CMAS Two Star Divers, which will enable them to plan, organise and conduct their dives and lead other sport divers in open water, to a maximum recommended depth of PpO₂=1,4b + deep national regulation, meters in a safe and competent manner.

2. Classification

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

3. Instructor and Assistant Requirements

3.1 The CMAS Three Star Diver Training Programme may be presented by any CMAS Instructor with a minimum of a CMAS Two Star Instructor grading that complies with the requirements as prescribed by Clause 2.1.16 of the definitions in Chapter 1.

3.2 The CMAS Two Star Instructor may be assisted by a CMAS One Star Instructor that complies with the requirements as prescribed by Clause 2.1.16 of the definitions in Chapter 1

4. Competencies of a certified CMAS Three Star Diver

4.1 A CMAS Three Star Diver shall be trained such that, when assessed by a CMAS Instructor, he shall be deemed to have a professional level knowledge of diving theory, solid rescue skills, dive management and supervision abilities, exemplary diving skills and sufficient diving experience to plan, organise and conduct open water diving activities and lead other recreational sport divers in open water on both guided and organised dives in a safe and competent manner.

4.2 A CMAS Three Star Diver is qualified:

- 4.2.1 To carry out a risk assessment on a suggested dive location and conditions and to determine its safety;
- 4.2.2 To conduct any sport diving activities including Stage Stop decompression diving;
- 4.2.3 To conduct any specialised sport diving activities for which he has received appropriate training;
- 4.2.4 To plan and execute emergency procedures appropriate for the diving environment and activities;
- 4.2.5 To act as an instructional assistant to a CMAS Instructor by controlling students and improving safety. The CMAS Three Star Diver is however not qualified to assess or teach any skills or knowledge to any participant on a CMAS Diver Training Programme.

5. Prerequisites for participation in the training programme

5.1 In order to gain access to the CMAS Three Star Diver Training Programme, the participant shall:

- 5.1.1 Be at least eighteen (18) years of age; there is no upper limit;
- 5.1.2 Hold the following CMAS Diver Training or equivalent certifications:
 - 5.1.2.1 CMAS Two Star Diver Training Programme or equivalent
 - 5.1.2.2 CMAS Oxygen Administration Training Programme or equivalent (where not prohibited by legislation)
 - 5.1.2.3 CMAS Rescue Diver Training Programme or equivalent
- 5.1.3 Submit proof of at least fifty (50) logged open water dives that shall include night dives, limited visibility dives, deeper dives (between thirty (30) to forty (40) meters), drift dives, dives in colder water and navigation dives
- 5.1.4 Effectively demonstrate basic waterman-ship ability by performing, to a CMAS Instructor, the prescribed physical conditioning and waterman-ship evaluation of the CMAS Federation;
- 5.1.5 Complete the medical history/statement form required by the CMAS Federation prior to participating in any in-water activities; and
- 5.1.6 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.

6. Requirements for certification

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

- 6.1.1 Comply with all the prerequisites for participation in the training programme as prescribed by Clause 5 of this Standard;
- 6.1.2 Successfully complete the theoretical assessment as provided for in Clause 10.1 of this Standard;
- 6.1.3 Successfully complete the fifty (50) meter open water training dives and the open water assessment that shall be conducted during such dives, as provided for in Clause 10.2 of this Standard.

7. Required theoretical knowledge and diving skills

7.1 The participant shall receive tuition in the theoretical knowledge and diving skills as prescribed in Standard 3.7 of Chapter 3.

8. Theoretical training parameters

8.1 The CMAS Instructor shall conform to the standard theoretical training parameters as prescribed in Clause 4.5 of Chapter 1.

9. Practical training parameters

9.1 The CMAS Instructor shall conform to the standard practical training parameters as prescribed in Clause 4.6 of Chapter 1.

10. Assessment

10.1 **Knowledge**

10.1.1 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 advanced diving and leadership theoretical knowledge as prescribed in Standard 3.7 of Chapter 3.

10.2 **No confined water required for this grade Open water SCUBA skills**

10.2.1 The participant shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills, as prescribed in Clause 2.2 of Standard 3.7 of Chapter 3, during the four (4) open water assessment dives.

11. Certification

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