

*Confédération Mondiale des Activités
Subaquatiques
World Underwater
Federation*



Apnoea

Standards

V.2014 Bod185

Level I

1. Entry requirements

- a. Minimum age: 14
- b. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Number of lessons: 5 1-hour lessons
- b. Contents:
 - Basic Equipment
 - Dos-Don'ts:
 - Basic Compensation Techniques
 - Basic Breathing Techniques
 - Basic Safety Procedures
 - Basic Physics Laws
 - Basic Physiology
 - More on Breathing Techniques, Basic Relaxation Techniques
 - Environmental awareness, Knowledge of the local environment

3. Practical lessons

- a. Number of lessons: 20 1-hour lessons
- b. Contents:
 - Mask clearing
 - Surface Swimming Techniques
 - Breathing
 - Water entries
 - Compensation
 - Underwater Swimming Techniques (with and without fins)

4. Security

Buddy diving
Surveillance
Alert

5. Skill assessment

Agreement of the instructor is required to present the skill assessment

Swimming pool or open water	Open water		
Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
30m (1)	10m	8m (4)	4

see notes below

For each skill, the qualities of

Propulsion

Breathing

Buoyancy

Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Level II

1. Entry requirements

- a. Level I certificate
- b. Number of logged dives: 10 logged dives since obtaining Level I
- c. Minimum age: 15
- d. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Number of lessons: 8 1-hour lessons
- b. Contents:
 - Equipment
 - Physics Laws, with applications to Freediving (mask choice, weighting, etc.)
 - Hyperbaric Physiology (blood-shift, diving response, etc.)
 - Frenzel Compensation Techniques (at least one of them)
 - Advanced Breathing Techniques
 - Relaxation Techniques
 - Safety Procedures (buddy assistance, rope utilisation, etc.)
 - Environmental awareness, Knowledge of the local environment

3. Practical lessons

- a. Number of lessons: 20 1-hour lessons
- b. Contents:
 - Improvement of the previous skills
 - Basic buddy assistance

4. Security

Same as Level I
 Knowledge of the hypoxic symptoms (“samba“, blackout)
 Recovery

5. Skill assessment

Agreement of the instructor is required to present the skill assessment

Swimming pool or open water		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
2'	50m (1)	20m	16m (4)	4

see notes below

For each skill, the qualities of

Propulsion

Breathing

Buoyancy

Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Level III

1. Entry requirements

- a. Level II certificate
- b. Number of logged dives: 10 logged dives since obtaining Level II
- c. Minimum age: 16 for individual skills (18 for taking responsibilities as a diving leader)
- d. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Number of lessons: 10 1-hour lessons
- b. Contents:
 - Hyperbaric Physio-Pathology
 - All 3 Frenzel Compensation variants
 - Advanced Breathing Techniques
 - Advanced Relaxation Techniques
 - Help/Rescue Techniques, BLS
 - Physic and Mental Training
 - Environmental awareness

3. Practical lessons

- a. Number of lessons: 20 1-hour lessons
- b. Contents:
 - Improvement of the previous skills
 - Knowledge and control of the hyperbaric effects
 - Effort management

4. Security

Same as Level II

Recovery at -16 meters + towing 25 meters minimum, installing on boat

Reanimation

5. Skill assessment

Agreement of the instructor is required to present the skill assessment

Swimming pool or open water		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
3'	75m (1)	30m	24m (4)	6

see notes below

For each skill, the qualities of

Propulsion

Breathing

Buoyancy

Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Level IV - Instructor Level I

1. Entry requirements

- a. Level III certificate
- b. Number of logged dives: 20 logged dives since obtaining Level III
- c. Minimum age: 18
- d. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Training to BLS: 15 hours. (The candidates having a certification recognised by the national federation are exempted.)
- b. Local legislation (1 hour)
- c. Hyperbaric Physio-Pathology (5 hours)
- d. Structures of the national federation (1 hour)
- e. Structures of CMAS (1 hour)
- f. Knowledge of the environment (5 hours)
 - Marine animal-life and flora
 - Currents, tides
 - Ecology
- g. Security organisation of the practical lessons (5 hours)
- h. Pedagogy and organisation (10 hours)

3. Practical lessons

- a. Practical exercises for Help/Rescue and BLS techniques (5 hours)
- b. Pedagogy and practical organisation
 - 10 theory or practical lessons under the control of as instructor
 - Methodology and conception of a full training course.

4. Skill assessment

- a. **Theory**
 - BLS (general and specific)
 - Physiology
 - Rescue organisation
 - Knowledge of the environment
 - Structures of the national federation and structures of CMAS
- b. **Pedagogy**
 - Organisation (theoretical) of a full training course
 - Running of a theoretical and practical course
- b. **Physical aptitudes**
 - Rescue in real situation (from recovery to evacuation)
 - Level III skill assessment

Swimming pool or open water		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
2' 30"	65m (2)	25m (2)	3x24m in 10' (3)	20

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see notes below

Level V - Instructor Level II

1. Entry requirements

- a. Level IV certificate
- b. Number of logged dives: 20 logged dives since obtaining Level IV
- c. Minimum age: 20
- d. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Physical Training (5 hours)
- b. Mental Training (5 hours)
- c. Hyperbaric Physio-Pathology (5 hours)
- d. Pedagogy and organisation (5 hours)

3. Practical lessons

- a. Practical exercises for Help/Rescue and BLS techniques (5 hours)
- b. Practical exercises for Freediving Techniques (20 hours)

4. Skill assessment

a. Theory

- BLS (general and specific)
- Physiology
- Rescue organisation
- Knowledge of the environment
- Structures of the national federation and structures of CMAS

b. Pedagogy

- Organisation (theoretical) of a full training course
- Running of a theoretical and practical course

b. Physical aptitudes

- Rescue in real situation (from recovery to evacuation)
- Level IV skill assessment

Swimming pool or open water		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
3'	75m	30m	2x30m in 10' (3)	20

see notes below

Notes:

- (1) The progression from I Level to III Level should be 25m, 50m, 75m (an arithmetic progression with common difference of 25m), but we prefer to start with 30m instead to stimulate from the very beginning the learning of the U-turn in a 25m swimming pool.
- (2) These values are lesser than the corresponding requirements for the III Level because while the III Level may be given even though one of its requirements is not achieved, this is not true for the I Instructor Level, for which all the performances are strictly required.
- (3) These requirements are for the safety of learners.
- (4) This progression from I Level to III Level is a nice and smooth arithmetic progression with common difference of 8m.