

APNEA COMMISSION CMAS APNEA DIVER COURSES STANDARDS & OUTLINES VERSION 2017/02



DISCOVERY APNEA DIVER

Definition: : Discovery Apnea diver is a trained free diver who has

completed the theoretical and practical training of CMAS

Discovery Apnea diver and he is certified by a CMAS active

Apnea Instructor.

Entry : Minimum age 12 years old

Requirements : Valid Medical certificate

Documents : ID card or passport

: Medical certification issued during the last 12 months

: Liability release form

: Parental consent letter if less than 18 years old

Duration : Theory : 2 x 1-hour lessons

: Practice : 2 x 1-hour diving course

Education : Theory : History of Free Diving

: Basic Diving Physics

: Basic Physiology - Equalization - BO - LMC

: Basic Breathing Techniques

: Free Diving Equipment

: Diving Techniques

: Sea Environment

: Dangers and safety precautions

: Buddy practice



DISCOVERY APNEA DIVER

Education : Practice : Static apnea

: Swimming

: Equalization techniques

: Breathing

: Fin Technique

: Buoyancy

: Dynamic apnea

: Duck dive

: Skill exercises

Performances : Static apnea 60 sec

: Dynamic apnea 15 m

: Diving 2 m

Diving sessions : Two (2) sessions at least. Two (2) sessions per day are

permitted with an interval of at least 2 hours.

Exams : Theory : 20 questions in theory topics. The

candidate answers and the instructor musto

check the mistakes and give further instructions

: Practice : The candidate is examined and he/she must

safely perform the following performances:

Static apnea : 60 sec

Dynamic apnea : 15 m

Diving : 2 m

Otherwise he/she is not certified.



DISCOVERY APNEA DIVER

Course organizing : The course is organized and conducted by an active

1* Star CMAS Apnea Instructor, or higher, with current CPR and First Aid Certificate who has the responsibility for the

completion of the course and the certification of his/her students.

Instructor to students : 1 Instructor to 6 students

ratio : 1 Instructor and 1 assistant to 8 students

Number of participants: maximum 8 students

The course can take place either at confined waters at sea or at a swimming pool.

The condition of the sea at confined water sessions must be safe and controlled.

The Instructor must place at the diving site two (2) diving buoys clearly shown, if at sea.



Definition: : 1* Star Apnea diver is a trained free diver who has

completed the theoretical and practical training of CMAS

1* Star Apnea diver course and he is certified by a CMAS active

Apnea Instructor.

Entry : Minimum age 14 years old

Requirements : Valid Medical certificate

Documents : ID card or passport

: Medical certification issued during the last 12 months

: Liability release form

: Parental consent letter if less than 18 years old

Duration : Theory : 8 x 1-hour lessons

: Practice : 4 x 2-hour diving course

Education : Theory : History of Free Diving

: Basic Diving Physics

: Basic Physiology - Equalization - BO - LMC

: Basic Breathing Techniques

: Free Diving Equipment

: Diving Techniques

: Sea Environment

: Dangers and safety precautions

: Buddy practice



Education : Practice : Static apnea

: Swimming

: Equalization techniques: Breathing as a freediver

: Fin Technique

: Buoyancy

: Dynamic apnea

: Duck dive

: Free diving sessions: Constant weight dives

: Skill exercises

Performances : Static apnea 1:30 sec

: Dynamic apnea 25 m : Constant weight 10 m

Diving sessions : Four (4) sessions at least. Two (2) sessions per day are

permitted with an interval of at least 2 hours.

Exams : Theory : 20 questions in theory topics. The

candidate must answer correctly at least in 14 questions (70%) otherwise he/she is not

certified.

: Practice : The candidate is examined and he/she must

safely perform the following performances:

Static apnea : 1:30 sec

Dynamic apnea : 25 m

Constant weight : 10 m

Otherwise he/she is not certified.



Course organizing : The course is organized and conducted by an active

1* Star CMAS Apnea Instructor, or higher, with current CPR and First Aid Certificate who has the responsibility for the

completion of the course and the certification of his/her students.

Instructor to students : 1 Instructor to 6 students

ratio : 1 Instructor and 1 assistant to 8 students

Number of participants: maximum 8 students

The condition of the sea at open water sessions must be calm and the visibility at least 10mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.



Definition: : 2* Star Apnea diver is a trained free diver who has

complete the theoretical and practical training of CMAS

2* Star Apnea diver course and he/she is certified by a CMAS

active Apnea Instructor.

Entry : Minimum age 14 years old

Requirements : Medical certificate

: 1* Star Apnea Diver certificate or else if the diver is

experienced the Instructor must check if the abilities of

the 1* Star Apnea Diver are fulfilled.

Documents : ID card or passport

: Medical certification issued during the last 12 months

: 1* Star Apnea Diver certificate or Instructors permission

document.

: Liability release form

: Parental consent letter if less than 18 years old

Duration : Theory : 8 x 1-hour lessons

: Practice : 4 x 2-hour diving courses

Education : Theory : Diving Physics

: Physiology - BO - LMC

: Relaxation - Meditation

: First aid in diving accident

: Respiration-Breathing in free diving

: Physical condition

: Environmental awareness

: Local legislation about diving

: Equalization techniques

: Reaction in dangerous situations

: Buddy practice

: Tides and currents



Education : Practice : Equalization

: Relaxation - Breathing

: Propulsion - Buoyancy

: Diving schedule

: Rescue of a BO diver

: Apnea entry techniques

: Diving and movement techniques

: Static Apnea

: Dynamic Apnea

: Constant weight dives

: Skill exercises

Performances : Static apnea 2:30 min

: Dynamic apnea 50 m : Constant weight 20 m

Diving sessions : Four (4) sessions at least. Two (2) sessions per day are

permitted with an interval of at least 2 hours.

Exams : Theory : 20 questions in theory topics. The candidate

must answer correctly at least in 14

questions (70%) otherwise he/she is not

certified.

: Practice : The candidate is examined and he/she must

safely perform the following performances:

Static apnea : 2:30 min

Dynamic apnea : 50 m

Constant weight : 20 m

Otherwise he/she is not certified.



Course organizing : The course is organized and conducted by an active 1* Star

CMAS Apnea Instructor or higher with current CPR and First Aid Certificate who has the responsibility for the completion of the course and the certification of his/her

students.

Instructor to students : 1 Instructor to 6 students

ratio : 1 Instructor and 1 assistant to 8 students

Number of participants: Maximum 8 students

The condition of the sea at open water sessions must be calm and the visibility at least 12mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.



Definition: : 3* Star Apnea diver is a trained free diver who has

completed the theoretical and practical training of CMAS

3* Star Apnea diver course and he is certified by a CMAS active

Apnea Instructor.

Entry : Minimum age 16 years old

Requirements : Medical certificate

: 2* Star Apnea Diver certificate.

Documents : ID card or passport

: Medical certification issued during the last 12 months

: 2* Star Apnea Diver certificate.

: Liability release form

: Parental consent letter if less than 18 years old

Duration : Theory : 14 x 1-hour lessons

: Practice : 6 x 2-hour diving courses

Education : Theory : CMAS and National Federation structure

: Advanced Physiology – BO – LMC

: Advanced Relaxation - Meditation

: Rescue and First aid in diving accident

: Advanced Breathing Techniques

: Respiration - Stretching

: Preparation of physical condition

: Apnea diet

: Environmental awareness

: Local legislation about diving

: Advanced Equalization techniques

: Actions of a Rescue Apnea Diver

: CPR Training

: Buddy practice

: Tides and use of Tide charts



Education : Practice : Physical methods of Equalization

: Advanced Relaxation - Breathing

: Advanced Free Diving techniques

: Rescue and First Aid

: Rescue of a BO diver

: Perfect buoyancy - balance

: Static Apnea

: Dynamic Apnea

: Constant weight dives

: Variable weight dives

: FIM dives

: Skill exercises

Performances : Static apnea 3:30min

: Dynamic apnea: Constant weight30m

: Variable weight: Free Immersion

Diving sessions : Six (6) sessions at least. Two (2) sessions per day are

permitted with an interval of at least 2 hours.

Exams : Theory : 20 questions in theory topics. The candidate

must answer correctly at least in 14 questions

(70%) otherwise he/she is not certified.

: Practice : The candidate is examined and he/she must

perform the following performances:

Static apnea 3:30min

Dynamic apnea 75m

Constant weight 30m

Otherwise he/she is not certified.



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3 STAR APNEA DIVER

Course organizing : The course is organized and conducted by an active 2* Star

CMAS Apnea Instructor, or higher, with current CPR and First Aid (BLS) Certificate who has the responsibility for the completion of the course and the certification of his/her students.

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Instructor to students : 1 Instructor to 4 students

ratio : 1 Instructor and 1 assistant to 6 students

Number of participants: Maximum 6 students

The condition of the sea at open water sessions must be calm and the visibility at least 20mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.