

Standard Number: 2.D.8

CMAS One Star Instructor Training Programme

Basic Requirements

1. Aim of the training programme

1.1 This training programme aims at introducing experienced CMAS Dive Leaders to the basic concepts, principles and instructional techniques for diver education and training, which will enable them to present certain prescribed CMAS Diver Training Programmes in a safe and competent manner.

2. Classification

2.1 The CMAS One Star Instructor Training Programme is classified as an intermediate -level leadership diver training programme.

3. Instructor and Assistant Requirements

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

4. Competencies of a certified CMAS One Star Instructor

4.1 A CMAS One Star Instructor shall be trained such that, when assessed by a CMAS Three Star Instructor, he shall be deemed to have a professional level of knowledge of diving theory, a professional level of knowledge of theoretical, confined and open water teaching and supervising skills, solid rescue skills, dive management and supervision abilities, exemplary diving skills and sufficient diving experience:

4.1.1 To teach, assess and certify participants on all CMAS Snorkel Diver Training Programmes, CMAS Introductory SCUBA Experience Training Programme and CMAS One Star Diver Training Programme in accordance with the prescribed CMAS Diver Training Standards on their theoretical knowledge, confined and open water skills;

4.1.2 To teach, assess and certify participants on their theoretical knowledge, confined and open water skills and other practical skills on all the CMAS Speciality Diver Training Programmes for which he himself has successfully completed the appropriate CMAS Speciality Diver Training Programmes and/or Speciality Instructor Training Programmes which are allowed to be presented by a CMAS One Star Instructor in terms of the relevant CMAS Diver Training Standards.

4.1.3 To act as an Instructional Assistant to a CMAS Two Star Instructor on all the CMAS Diver Training Programmes that a CMAS Two Star Instructor is authorised to present in terms of the relevant CMAS Diver Training Standards.

4.2 The parameters within which the CMAS One Star Instructor is qualified to dive are those applicable to the other diver training certifications he already holds.

5. Prerequisites for participation in the training programme

5.1 In order to gain access to the CMAS One Star Instructor Training Programme, the participant shall:

- 5.1.1 Be at least eighteen (18) years of age; there is no upper limit;
- 5.1.1 Hold the following CMAS Diver Training or equivalent certifications:
 - 5.1.1.1 CMAS Three Star Diver Training Programme or equivalent;
 - 5.1.1.2 CMAS BLS and CPR certification or any other equivalent first aid and CPR certification (i.e. the term of validity of the certificate must be valid on the date of certification as a CMAS Three Star Diver);
 - 5.1.1.3 CMAS Oxygen Administration Training Programme or equivalent (where not prohibited by legislation); and
- 5.1.2 CMAS Rescue Diver Training Programme or equivalent
- 5.1.3 Submit proof of at least one hundred (100) 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 his basic watermanship ability by performing, to a CMAS Three Star Instructor, the prescribed physical conditioning and watermanship evaluation of the CMAS Federation;
- 5.1.5 Shall undergo a diving medical examination by a registered medical practitioner and cleared as suitable for participation in the sport of recreational SCUBA diving in accordance with procedures laid down 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 One Star Instructor, 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 confined water assessment as provided for in Clause 10.2 of this Standard;
- 6.1.4 Successfully complete the open water assessment as provided for in Clause 10.3 of this Standard;
- 6.1.5 Successfully complete the teaching skills assessment as provided for in Clause 10.4 of this Standard; and
- 6.1.6 Successfully complete the emergency procedure skills assessment as provided for in Clause 10.4 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 3.8 of Chapter 3.

8. Theoretical training parameters

8.1 The CMAS Instructor shall conform to the standard theoretical training parameters as prescribed by 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 by Clause 4.6 of Chapter 1.

10. Assessment

10.1 Knowledge

10.1.1 The student shall demonstrate to the CMAS Instructor knowledge of SCUBA diving and of SCUBA diver training by taking and passing a written examination. This examination shall test the following as prescribed in Standard 3.8 of Chapter 3:

10.1.1.1 A professional level of theoretical knowledge of SCUBA diving;

10.1.1.2 A professional level of knowledge of SCUBA skills;

10.1.1.3 A professional level of knowledge of SCUBA diver training;

10.1.1.4 A professional level of knowledge of emergency procedures (first-aid and CPR, oxygen administration, diver rescue and rescue management)

10.2 Confined water SCUBA skills

10.2.1 The participant shall demonstrate to the CMAS Instructor his mastery of his ability to demonstrate the confined water SCUBA skills, as prescribed in Clause 2.1 of Standard 3.8 of Chapter 3, during two (2) or more confined water lessons.

10.3 Open water SCUBA skills

10.3.1 The participant shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills, as prescribed in Clause 2.2.1 of Standard 3.8 of Chapter 3, during one or more of the open water training dives.

10.4 Teaching skills

10.4.1 The participant shall demonstrate to the CMAS Instructor his mastery of the teaching skills, as prescribed in Clause 3 of Standard 3.8 of Chapter 3, by playing the role of an instructor in a structured series of actual or simulated training sessions (both in the classroom and in the confined and open water environments) which simulate the duties that he will be expected to fulfil once qualified.

10.5 Emergency procedure skills

10.5.1 The participant shall demonstrate to the CMAS Instructor his mastery of the emergency procedure skills, as prescribed in Clause 4 Standard 3.8 of Chapter 3 during one or more simulated rescue exercises.

11. Certification

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