

# **APNEA COMMISSION**

## **CMAS APNEA DIVER**

### **COURSES**

#### **STANDARDS & OUTLINES**

##### **VERSION 2017/02**



























**APNEA COMMISSION**

**CMAS APNEA SAFETY DIVER**

**COURSE**

**STANDARDS & OUTLINES**

**VERSION 2020 / 01**

**CA 208**

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## CMAS SAFETY DIVER

- Definition:** : Safety diver is the trained free diver who has completed the theoretical and practical training of CMAS Safety diver course and he is certified with certificate from a CMAS active Safety Instructor.
- Entry Requirements** : Minimum age 18 years old  
: Valid Medical certificate  
: Cmas 3\* star apnea diver certificate or equivalent
- Documents** : ID card or passport  
: Medical certification issued during the last 12 months  
: Liability release form
- Duration** : Theory : 8 x 1-hour lessons  
: Practice : 8 x 1-hour diving course
- Education** : Theory
- CMAS Freediving Competitions
  - CMAS Safety guidelines and procedures for international Championships (official document)
  - CMAS Competition Rules
  - Competition Personnel
  - Logistics
  - Recovery Systems
  - Disciplines at outdoor competitions
  - Role of judges and officials
  - Safety freediver role
  - Role of safeties as team
  - Risk Management
  - Emergency Plan and Safety Procedures
  - Out of water incident management and procedures (Advanced Airways Management, Advanced Care)
  - In Water incident management and procedures
  - Freediving physiology, physiopathology
  - Possible incidents at a deep freediving performance

## CMAS SAFETY DIVER

### Education

: Practice

- Solo rescue of an BO athlete -30m, management of the Blackout on the surface with BTT and rescue breaths
- Transport of the athlete on the surface for at least 25m with Oxygen \ BLS support
- Team rescue of a BO athlete from -30m, management of the blackout on the surface with BTT and rescue breaths
- Demonstrate ability in team cooperation of a surface blackout.

### Out of Water Safety:

BLS – CPR

- Advanced Airways Management support on surface-boat-platform
- Simulation of a competition accident.
- Emergency and Evacuation plan
- Back up plan

### Exams

: Theory

: 20 questions in theory topics. The candidate has to answer correctly at least in 14 questions (70%) otherwise he/she will not Be certified.

: Practice

: The candidate is examined and he/she must safely perform all the practice skills otherwise he/she will not be certified



## CMAS SAFETY DIVER

**Course organizing** : The course is organized and conducted by an active CMAS Safety 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 at sea** : 1 Instructor and 1 assistant to 8 students

The above described standards are the minimum requirements for a safety diver course. Exceptions and changes at the demands could be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors.

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## **CMAS APNEA INSTRUCTOR**

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# **APNEA COMMISSION**

## **CMAS APNEA DIVER**

### **COURSES**

#### **SUMMARY OF STANDARDS**

##### **VERSION 2017/02**











# **APNEA COMMISSION**

## **CMAS APNEA INSTRUCTOR**

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##### **VERSION 2017 / 02**









# **APNEA COMMISSION**

**CMAS**

**APNEA DIVERS AND  
INSTRUCTORS**

**REQUIREMENTS**

**VERSION 2017/02**















# **APNEA COMMISSION**

**CMAS**

**STANDARDS GLOSSARY**

**VERSION 2017/02**

**CA-195**



