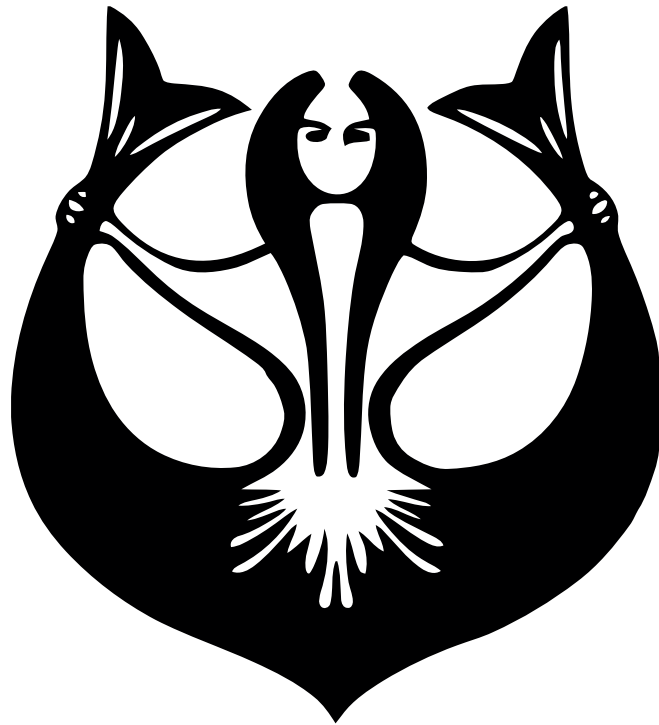




# CMAS ONE-STAR DIVER STANDARD



# CMAS

**BOARD OF DIRECTORS VISA N°:204**

STANDARD 2.A.5 



# CMAS ONE-STAR DIVER STANDARD

## 1. AIM OF THE TRAINING PROGRAM

- This training program aims at introducing the fundamentals of SCUBA diving to new entrants to the sport of recreational SCUBA diving, which will enable the candidate to undertake no decompression stop dives, while using air as a breathing gas, to a maximum depth of twenty (20) meters in a safe manner.

## 2. CLASSIFICATION

- The CMAS One-Star Diver Training is classified as an entry-level sport diver training programme.

## 3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- The CMAS One -Star Diver Training program may be presented by a minimum of CMAS One-Star Instructor in active status that complies with the requirements of the national federation.
- The CMAS One-Star Instructor may be assisted by a minimum CMAS Three -Star diver that complies with the requirements of the national federation.

## 4. COURSE STRUCTURE AND DURATION

- ▶ **ACADEMICS** :(minimum hours) 6 hours.

- ▶ **PRACTICAL SKILLS:** minimum required hours is 8 wish at least 6 hours are in water training.

- Candidates must complete a minimum of 4 open water scuba dives, and remain underwater for a minimum of 20 minutes on each dive.
- All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
- All open water dives shall be conducted in water that allows direct vertical access to the surface. Open water dives therefore shall not be conducted in underwater caves, inside wrecks or below the ice.
- CMAS allows instructors to structure courses according to the number of candidates participating, their skill level and the diving environment.

## 5. COMPETENCIES OF A CERTIFIED CMAS ONE -STAR DIVER

- One-Star Divers can dive within the following parameters:
- Dive to a maximum depth of 20 meters if accompanied by a diver with same level or equivalent according to the national and local legal requirements.
- To make dives which do not require mandatory in-water decompression stops.
- To make dives during normal daylight hours.
- To dive in environments where direct vertical access to the surface is possible.
- To dive only when appropriate support is available at the surface. And
- To dive under conditions that are equal or better than the conditions in which they were trained.



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## 6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAM

- Minimum age 14 with written parental consent.
- Complete the medical history/statement form required by the CMAS Federation prior to participating in any in-water activities. And
- 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.

## 7. EXPERIENCE / KNOWLEDGE / CERTIFICATION

- Ability to swim 200 m independently.

## 8. RATIO CANDIDATE/ INSTRUCTOR

SKILLS	MAXIMUM CANDIDATES	INSTRUCTOR
THEORY	12	1
CON. WATER	6	1
OPEN WATER	4	1

## 9. REQUIREMENTS FOR CERTIFICATION

- Successfully complete the theoretical assessment of this standard.
- Successfully complete the confined water of this standard and.
- Successfully complete four dives (4) in open water at a depth between 5 & 20 meters (Each dive will have a minimum duration of twenty (20) minutes).

## 10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

### ► SYLLABUS REQUIREMENTS

- **ADMINISTRATION:** The candidate should be informed of the administrative obligations and recommendations of the CMAS and national federation for One-Star Diver.
- **BASIC EQUIPMENT AND SCUBA EQUIPMENT:** The candidate shall have an appropriate knowledge regarding the physical characteristics, operating principles and maintenance .
- **DIRECT EFFECTS OF PRESSURE:** The candidate shall have an appropriate knowledge regarding the physical principles and their application to diving activities, equipment and hazards.
- **DECOMPRESSION:** The candidate should be familiar with the use of a decompression table and/or dive computer (**no decompression diving**) and have a basic understanding of successive and repetitive dives.
- The candidate shall have an appropriate knowledge concerning the use of dive computers.



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- ▶ **DIVE PLANNING:** The candidate should know how to behave while diving in compliance with safety norms, know the notion of a buddy, and know the communication signs while diving and on the surface.
- ▶ **MEDICAL PROBLEMS RELATED TO DIVING:** The candidate shall have an appropriate knowledge concerning the causes, symptoms, prevention, first aid and treatment of diving medical problems.
- ▶ **ENVIRONMENT:** The candidate shall have appropriate knowledge concerning the local and general conditions of the diving environment and their possible effects on the SCUBA diver and the SCUBA divers' impact on the environment.

## 11. PRACTICAL TRAINING PARAMETERS

### ▶ CONFINED WATER SCUBA SKILLS

- The candidate shall demonstrate to the CMAS Instructor his mastery of the confined water SCUBA skills, as prescribed in CMAS Syllabus One-Star diver, during one or more of the confined water lessons.

### ▶ OPEN WATER SCUBA SKILLS

- The candidate shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills, as prescribed in CMAS Syllabus One-Star diver during one or more of the open water training dives.

## 12. ASSESSMENT

### ▶ KNOWLEDGE

- The candidate shall demonstrate to the CMAS Instructor knowledge of SCUBA diving by taking and passing an oral or written examination. This examination shall test entry-level theoretical knowledge of SCUBA skills as prescribed in CMAS Syllabus One-Star diver.

## 13. CERTIFICATION

- Upon successful completion of the training program, the candidate shall be awarded a CMAS One-Star Diver C-card.