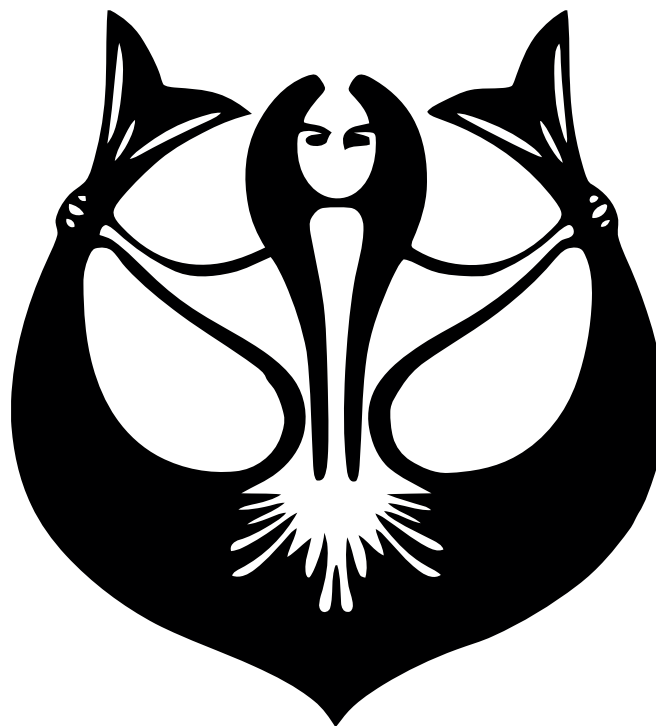




# CMAS THREE-STAR DIVER STANDARD



# CMAS

**BOARD OF DIRECTORS VISA N°:208**

STANDARD 3.A.7 



# CMAS THREE-STAR DIVER STANDARD

## 1. AIM OF THE TRAINING PROGRAM

- This training program aims at introducing the fundamentals of dive leadership to experienced certified CMAS two Star Divers, which will enable them to plan, organize and conduct their dives with the same level diver to a maximum recommended depth deep of 40 meters and lead (Dive Leader) other sport divers in open water according to the competencies of their levels, in a safe and competent manner.

## 2. CLASSIFICATION

- The CMAS Three-Star Diver Training Program is classified as an entry-level leadership diver training program.

## 3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

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

## 4. COURSE STRUCTURE AND DURATION

- Students must complete a minimum of twelve (12) 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 ice.
- CMAS allows instructors to structure courses according to the number of students participating, their skill level and the diving environment.

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

- A CMAS Three-Star Diver shall be trained such that, when assessed by a CMAS Instructor, he shall be deemed to have a professional level knowledge of diving theory, solid rescue skills, dive management and supervision abilities, exemplary diving skills and sufficient diving experience to plan, organize and conduct open water diving activities and lead other recreational sport divers in open water on both guided and organized dives in a safe and competent manner.
- A CMAS Three-Star Diver is qualified to dive within the following parameters:
- Dive to a maximum depth of 40 meters if accompanied by a diver with same level or equivalent according to the national and local legal requirements.
- To lead night dives for all diver levels.
- To conduct any specialized sport diving activities for which he has received appropriate training.
- To plan and execute emergency procedures appropriately for the diving environment and activities.



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- If he has received advanced additional training that includes decompression diving, the risks of deep diving and the organization of specific safety he can dive to a maximum PpO<sub>2</sub> 1.4 bar according to the regulation and standards of the national federation.
- DECO diving to a maximum PpO<sub>2</sub> 1.4 bar according to the regulation and standards of the national federation.
- To act as a safety diver to a CMAS Instructor by controlling students and improving safety.
- The CMAS Three-Star Diver is, however, not qualified to assess or teach any skills or knowledge to any candidate on during CMAS Diver Training Program.
- Follow theoretical and practical pedagogy training with minimum instructor Two-Star according to the requirement of the national federation.

## 6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAM

- Minimum age 18.
- 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

- Have at least fifty (50) dives in a Logbook that shall include night dives.
- Hold CMAS Two star Diver certification.
- Hold the underwater navigation specialty certification.
- Hold CMAS Rescue Diver certification.
- CMAS strongly recommends that Three-Star divers undertake Oxygen administration and CPR training in accordance with the regulations of the national federation.
- CMAS strongly recommends participation in a biological Specialty Course.

## 8. RATIO CANDIDATE/ INSTRUCTOR

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

## 9. REQUIREMENTS FOR CERTIFICATION

- In order to be certified as a CMAS Three-Star Diver, the student shall:
- Successfully complete the theoretical assessment of this Standard.
- Successfully complete the confined water training of this Standard.
- Having successfully completed twelve (12) dives in open water at a depth between 20 - 40 meters with a minimum duration of fifteen (15) minutes each.
- To have the prerogative to dive with maximum PpO<sub>2</sub> 1.4 bar, the candidate should successfully complete three additional (3) dives in open water at depths between 40 - 56 meters with a minimum duration of fifteen (15) minutes each.



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## 10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

### ▶ SYLLABUS REQUIREMENTS

- ▶ **ADMINISTRATION:** The candidates should be informed of the administrative obligations and recommendations of the CMAS and national federation for Three Star Diver.
- ▶ **ADVANCED DIVING KNOWLEDGE:** The candidate shall have mastered a professional level of knowledge of diving theory equal to that of a CMAS Instructor.
- ▶ **DIVE PLANNING:** The candidate shall have an appropriate knowledge regarding dive planning, the factors that affect dive planning, the dive planning process including the determination of the required gas, emergency planning and recommended safe diving practices.
- ▶ **UNDERWATER NAVIGATION:** The candidate shall have an appropriate knowledge regarding the underwater navigation.
- ▶ **THE DIVING ENVIRONMENT:** The candidate shall have an appropriate knowledge regarding environmental sea life and conservation and preservation of the diving environment.
- ▶ **DECO DIVING:** The candidate shall have training and experience with DECO diving. Planning and execution in a safe and appropriate level.
- ▶ **DIVE LEADERSHIP KNOWLEDGE:** The candidate shall have a professional level of knowledge and understanding of the dive leadership topics that will allow them to plan, execute and lead other divers on open water dives in all typical conditions encountered in their local environment and to plan for and respond to emergencies during such dives serving as an instructional assistant to CMAS Instructors during diver training programs.
- ▶ **CAREER DEVELOPMENT:** The candidate shall be provided with the career development information according to the requirement of the CMAS national federation.
- ▶ **BOAT:** The candidate shall have basic knowledge of handling a small boat.

## 11. PRACTICAL TRAINING PARAMETERS

### ▶ CONFINED WATER SCUBA SKILLS

- The candidate shall demonstrate his extended waterman-ship ability by demonstrating to a CMAS Instructor, the prescribed physical conditioning and waterman-ship evaluation of the CMAS Federation.

### ▶ OPEN WATER SCUBA SKILLS

- The candidate must receive advanced technical training in order to master his skills as a dive leader; to dive with divers of varying levels and ensure their safety.
- The candidate shall demonstrate mastery of the techniques involved in planning and executing dives beyond the depth ranges typical for recreational SCUBA diving in the local environment.



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- The candidate shall be able to competently demonstrate the following dive leadership skills in depth ranges and environmental conditions typical to those usually encountered by the CMAS Three-Star Diver.

## 12. ASSESSMENT

### • KNOWLEDGE

- The candidate shall demonstrate to the CMAS Instructor Two-Star knowledge of SCUBA diving by taking and passing an oral and written examination.
- This examination shall test advanced diving and leadership theoretical knowledge as prescribed in the Syllabus diver Three-Star.
- The candidate must pass the waterman-ship test.

## 13. CERTIFICATION

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