



CMAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

CMAS Standard Touristic Diver

COURSE OUTLINE and TRAINING PROGRAMME

VERSION 2008/01

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I. Course Outline

1 Definition

A student who is competent in the safe and correct technique in the use of basic scuba diving equipment in a sheltered water and open water training area with a maximum depth of 10-metres; visibility greater than 5-metres; current less than 0.5-knots; wind-force less than 0.5 on the Beaufort-scale and is ready to gain diving experience in appropriate open water condition under instructor supervision.

2 Course classification (Type & Level)

The CMAS Introduction to diving course is considered as a resort diving course and provides a short and easy way to introduce people with underwater world and receive their first CMAS diving certificate.

3 Aims & Objectives of course

- 3.1 To introduce non-divers to the underwater world and providing them with:
 - Basic skills to safely enter and exit the water,
 - Basic skills to safely use basic underwater breathing apparatus (Scuba),
 - Fin swimming techniques and diving procedures under the direct supervision of a Diving Instructor.
- 3.2 To familiarize candidates with the self-rescue skills, techniques and problem solving for this level of diving.

4 Entry requirements

- 4.1 Student's minimum age: 14 years (Parental agreement required for all minors)
- 4.2 Certification level: None
- 4.3 Be able to swim free style at least 50-metres, without the use of equipment.
- 4.4 Candidates must be able to declare medical fitness to dive, as set out in National standards for the country in which they are attending the course.

5 Maximum students/instructor ratios

- 5.1 Theory: 12/1
- 5.2 Sheltered water training area: 4/1
- 5.3 Open water training: 2/1
- 5.4 **Note 1:** The in-water ratio must be reduced if open water conditions are not ideal.
- 5.5 **Note 2:** All dives must be with an instructor.

6 Instructor/Assistants requirements

6.1 Instructor Course Director

- 6.1.1. Minimum qualification level - National Federation/CMAS 1 Star instructor.
- 6.1.2. Instructor must be in active teaching status, as required by the National Federation.
- 6.1.3. Insurance and medical approval, as required by the National Federation.
- 6.1.4. Must have submitted their own course outline which has to be approved the Federation Technical Committee or must use a standard outline provided by Federation itself or CMAS.
- 6.1.5. Must have approved and valid training in Diver Rescue, medical First aid and CPR by a recognized training organization.

6.2 Assistants:

Assistants act as support divers only:

- 6.2.1. Minimum qualification level - National Federation/CMAS 3 Star diver.
- 6.2.2. Insurance and medical approval, as required by his National Federation.
- 6.2.3. Must use the same as an instructor course outline.
- 6.2.4. Must have approved and valid training in Diver Rescue, medical First aid and CPR by a recognized training organization.

7 Special course requirements

7.1 Course approval by national federation.

7.2 Facilities:

- 7.2.1. Classroom - adequate classroom, according to the needs of course and students
- 7.2.2. Confined open water area (sheltered area) must include the shallow water condition and acceptable bottom none-silty composition.
- 7.2.3. Recommended open water condition must include:
 - 7.2.3.1. Maximum bottom depth – 10m.
 - 7.2.3.2. Visibility – not less than 5m.
 - 7.2.3.3. Weather condition – less than 0.5 Beaufort scale (no heavy surf zone),
 - 7.2.3.4. Currents – less than 0.5 knots

7.3 **Diving equipment requirements**

- 7.3.1. Adequate thermal protection to match the local environment.
- 7.3.2. Mask, snorkel, fins
- 7.3.3. Scuba equipment with air as breathing gas (instructors and assistants must be equipped with alternative air source - at least have an octopus system).
- 7.3.4. Buoyancy control device with power-inflator (correctly sized for each candidate).

7.4 **Other equipment/material**

- 7.4.1. Diving flags and signals
- 7.4.2. Buoy(s), lines, and markers for entry/exit
- 7.4.3. Emergency medical kit with oxygen
- 7.4.4. Communications (Two-way Marine, Local phone box, mobile phone) close-to-hand.

7.5 **Other restrictions**

- 7.5.1. Recommended duration of in-water practical lesson dive is 20 minutes (dive duration must be planned so as not to reach the reserve, normally 50-bar)
- 7.5.2. Entry/exit may be from land or boat, but at the same place, clearly marked and to all visible from water (**IMPORTANT**: Drift dives are **prohibited**).
- 7.5.3. Depth limits according to programme requirements but, no deeper than 10-metres.

7.6 **Supervision**

- 7.6.1. During the complete course, at least one authorized Course Director (instructor as outlined above) must be present.
- 7.6.2. During practical underwater training, a Course Director provide all training directly to candidates (i.e. The Course Director must demonstration each skills, and correct any candidate error and finally make an assessment of candidate's skills).

7.7 **Emergencies**

- 7.7.1. A risk assessment must be made of the class room and dive sites, which will lead to the preparation of a detailed emergency plan that includes an emergency evacuation plan. This plan must be explained to all course staff, and the candidates. At least one trained member of staff, familiar with the emergency plan, dive site, first aid and CPR, with the relevant equipment must remain on land or boat for co-ordination and supervision of emergencies

8 **Candidate Performance Objectives**

By the end of the course, candidates will have completed the course theory, sheltered water training dive and the open water dive to the satisfaction of the Course Director.

9 **Minimum course duration**

- 9.1 Recommended number of sessions 3
- 9.2 Minimum duration: 4 hrs
 - a) Classroom: 1½ hrs
 - b) Confined water: 1 hrs
 - b) Open water preparation and dive: 1½ hrs
- 9.3 Minimum number of open water dives: 1

10 **Quality Control/Assurance**

CMAS strongly recommends and encourage all Federations to use an adequate system for quality control and assurance.

A system in widespread use with proven effectiveness is to send questionnaires to the course candidates, followed by analysis of the feedback.

Were complains and/or poor training is identified measure must be taken to correct the situation.

II. Training Programme

1 **Six lessons & topics (brief overview):**

- 1.1 Introductory and administrative details concerning of the course, organization of CMAS and the school/club.
- 1.2 Basic diving equipment
- 1.3 The basic physics affecting diving
- 1.4 Elementary hand signals
- 1.5 Basic Physiology
- 1.6 Safe diving practices

2 Practical Training Programme

2.1 Equipment skills (basic equipment - mask, snorkel, fins, suit, BCD, Scuba)

2.1.1. Selecting, assembling, fitting and wearing of dive equipment

2.1.2. Pre-diving equipment check:

- Dry surface self-checks and Buddy check.
- In-water surface self-checks and Buddy Check
- Mid water and during dive checks – Self and Buddy

2.2 Entering/exit skills.

2.3 Underwater mask clearing.

2.4 Swimming skills fin swimming at least one effective style, mid water control of depth.

2.5 Buoyancy control proper weighting.

2.6 Ascent procedure and ascent rate.

2.7 Positive buoyancy on surface.

2.8 Underwater “Out of Air” management.

2.9 After dive equipment maintenance.

III. Knowledge review & skills assessment

1 Theoretical knowledge:

An assessment may be made in written or in oral form at end of Lesson two.

2 Practical skills:

Carry out the required practical skills to the satisfaction of the instructor.

IV. Issuing of recognition material

1 **CMAS C-Card.**

2 **Wall Certificate.**