

WSF Advanced Freediver

- Open Water Training



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INTRODUCTION..... 2

WSF ADVANCED FREEDIVER SESSION 1 AND 2 3

WSF ADVANCED FREEDIVER SESSION 3 AND 4 5

FINAL REQUIREMENTS 7

INTRODUCTION

In this section you will be learning more advanced freediving skills to help you master open water freediving to greater depths in comfort and safety. This is an important part of your freediving journey and will help you set up the skills that will stay with you through your freediving future.

You have now practiced some advanced skills in the confined water sessions. This is your time to develop the advanced freediving core skills which will ensure you are comfortable and confident in the water at a higher level.

During this session you will further develop the skills you learnt in your first freediving course and add some important new skills that will enhance your freediving.

You will learn the importance of stretching and the techniques used again but, more importantly, the advanced thoracic stretching that is used in freediving. Your instructor will again run a stretching session with the freediving group.

Some of the new skills practiced in this session will be:

- Frenzel Equalization
- Positioning and streamlining
- Turning on the rope at depth
- Free fall negative buoyancy
- Freedives to between 0-30M/0-99ft
- Rescue techniques and other safety skills

Your instructor will keep you moving at a pace that is comfortable to you. There is no time limit to complete the skills and if you want more sessions your instructor will advise you. Your progress is very personal and will be a guided journey with your instructor.

So now you can get ready for some fun in the open water.



WSF ADVANCED FREEDIVER SESSION 1 AND 2

Depth Range: 0- 30 metres/0-99 feet

Open Water Depth for passing the freediver program: 20-30 metres/ 66-99 feet

The following skills are to be performed over four freediving sessions. Your instructor may change the sequence to suit the training conditions, but all skills are to be completed. There may be multiple freedives in each session based on your instructor's development evaluations.

FREEDIVING GOLDEN RULES

Always freedive with a buddy

Always use the Freediving buddy system method

Freediving Preparation:

1. Freediving equipment preparation and checks with your buddy.
2. Relaxation and stretching techniques.
3. Listen and participate in the dive planning and briefings.
4. Enter the water in the manner discussed in the briefing.
5. Adjust weight for sea water/fresh water, weight for correct freediving buoyancy.
6. Freedive breathing techniques:
 - a. Breathe up
 - b. Final breaths
 - c. Post-dive recovery breathing



Freediving Skills:

1. Buddy system procedures
2. Duck dive correct technique with rope positioning
3. Correct finning technique
4. Streamlining adjustments: arms, legs, head positioning
5. Frenzel Equalization Technique
6. Depth rope turning technique
7. Free fall technique using negative buoyancy
8. Correct surface procedures including recovery breaths

Freediving completion:

1. Exit the water in the manner discussed in the briefing.
2. Post-dive equipment care.
3. Listen to de-brief and participate.
4. Log the dives online at the end of the session.



WSF ADVANCED FREEDIVER SESSION 3 AND 4

Depth Range: 0- 30 metres/0-99 feet

Open Water depth for passing the freediver program: 20-30 Metres/ 66-99 feet

The following skills are to be performed over two freediving sessions. Your instructor may change the sequence to suit the training conditions but all skills are to be completed. There may be multiple freedives in each session based on your instructor's development evaluations.

FREEDIVING GOLDEN RULES

Always freedive with a buddy

Always use the Freediving buddy system method

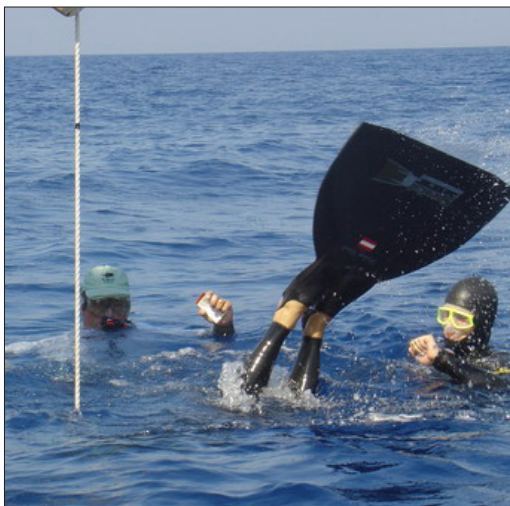
Freediving Preparation:

1. Freediving equipment preparation and checks with your buddy.
2. Relaxation and stretching techniques.
3. Listen and participate in the dive planning and briefings.
4. Enter the water in the manner discussed in the briefing.
5. Adjust weight for sea water/fresh water; weight for correct freediving buoyancy.
6. Freedive breathing techniques:
 - a. Breath up
 - b. Final breaths
 - c. Post-dive recovery breathing



Freediving Skills:

1. Buddy system procedures
2. Duck dive correct technique with rope positioning
3. Streamlining adjustments; arms, legs, head positioning
4. Free immersion dive (FIM) to a minimum of 10m/33ft
5. Bi-fins freedive to a minimum of 20m/66ft
6. Ascent from 15m/49ft, arms only technique*
7. Ascent from 15m/49ft, without mask*
8. Frenzel Equalization Technique
9. Depth rope turning techniques
10. Free fall technique using negative buoyancy
11. Correct surface procedures, including recovery breaths



Freediving Safety:

1. Shallow Water Blackout (SWB) simulation. Rescue from 15m/49ft.*
2. Loss of Motor Control (LMC) simulation/surface blackout rescue.*

Freediving completion:

1. Exit the water in the manner discussed in the briefing.
2. Post-dive equipment care.
3. Listen to de-brief and participate.
4. Log the dive online.

**Skills within each section marked with the asterisk may be taught as a combined skill if your instructor deems it safe and is happy with your comfort level.*



FINAL REQUIREMENTS

Your WSF instructor and you must log online to **www.DiveRAID.com** and log the open water training for each dive completed.

If you have completed everything within 6 months of registration, mastered all the skills in accordance with RAID/WSF standards, and to the satisfaction of your WSF certifying instructor, for which you, at a level competent to be recognised as a certified WSF Advanced Freediver, in conditions similar or better than what you have been trained in, and to a maximum depth of 30 metres/99 feet, then your instructor will sign you off, online confirming this, and together with the WSF Dive Centre, will certify you as a WSF Advanced Freediver.

You have earned yourself a well deserved recognition for completing a challenging WSF program. Your efforts will be rewarded when you meet the oceans inhabitants and visit their home which needs all the protection you can provide.

Hey, there is still lots to learn and experience and you have only just started to discover the wonders of the ocean.

This level of certification should be treated as the development of your real freediving skills and your next level of training will provide so much more, so don't delay!



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