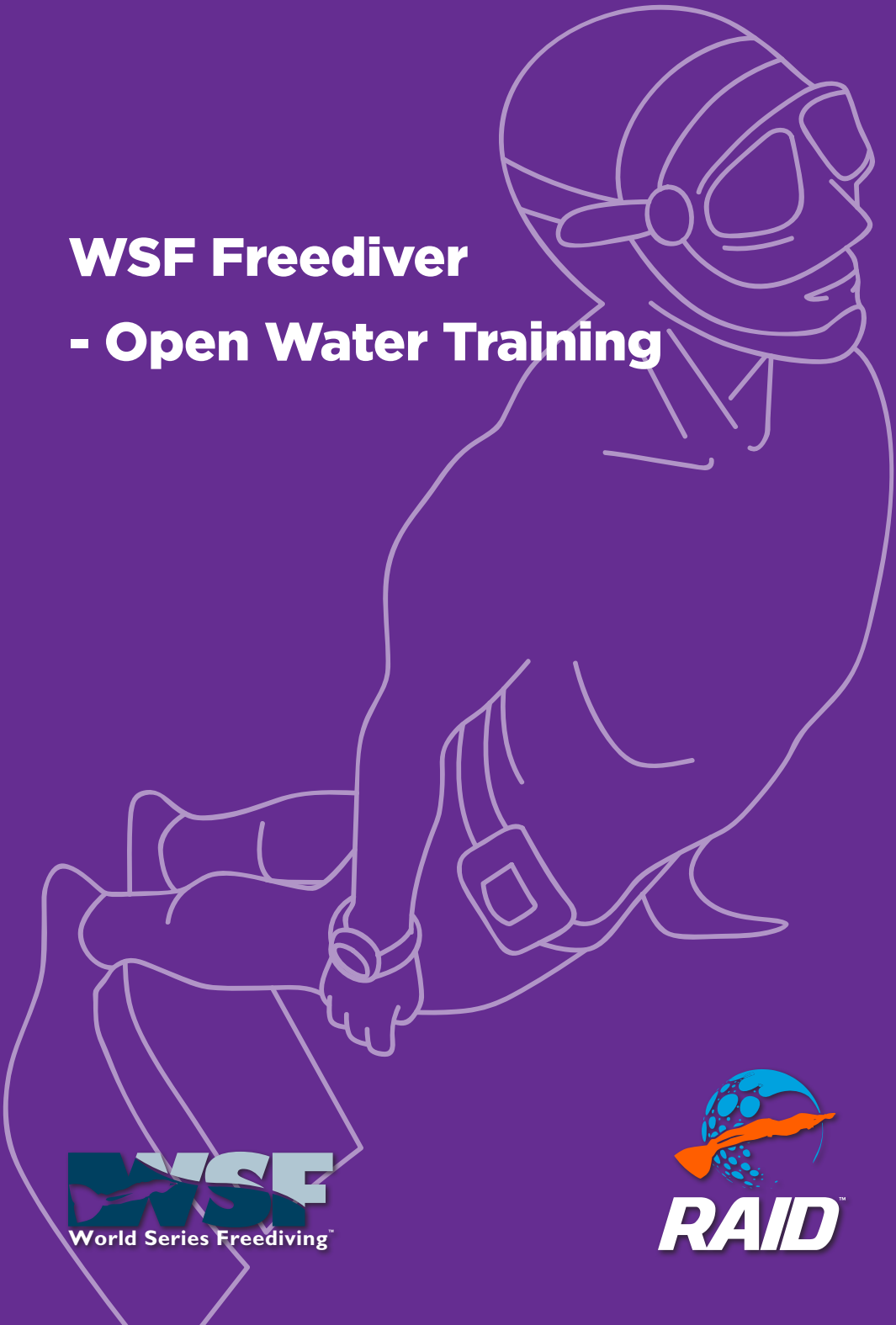


# **WSF Freediver**

## **- Open Water Training**



**WSF**  
World Series Freediving™



**WSF Freediver - Open Water Training**

INTRODUCTION..... 2

WSF FREEDIVER SESSION 1 AND 2 ..... 3

FREEDIVING PREPARATION..... 3

FREEDIVING SKILLS ..... 4

FREEDIVING SAFETY ..... 4

FREEDIVING COMPLETION ..... 5

FINAL REQUIREMENTS ..... 5

## INTRODUCTION

In this section you will be introduced to Open Water Freediving for the first time. This can be an amazing and rewarding experience for you and one you will surely remember long after it has finished.

This is the start of your freediving journey where you will practice the techniques your instructor has taught you in the confined water sessions. This is your time to develop the freediving core skills which will ensure you are comfortable and confident in the water.

During this session you will learn about preparing your equipment for freediving. Whether you are freediving from shore or from a boat, the equipment checks will be the same to ensure you don't forget anything. Make this part of your freediving routine.

You will learn the importance of stretching and the relaxation techniques used. Your instructor will run a stretching session with the freediving group.

Some of the skills practiced in this session will be:

- The buddy system
- Duck dive techniques
- Streamlining/body position
- Equalisation
- Freedives to between 0-20 meters
- Various ascent techniques
- 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 FREEDIVER SESSION 1 AND 2

**Depth Range: 0-20 metres/0-66 feet**

**Open Water Depth for passing the freediver program: 10-20 metres/33-66 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 (positively buoyant on the surface for open water freediving).
6. Freedive breathing techniques:
  - a. Relaxation breathing
  - b. Final breaths
  - c. Post-dive recovery breathing



## FREEDIVING SKILLS

1. Equalisation techniques
2. Free immersion technique – basic practice
3. Duck dive – correct technique with rope positioning
4. Finning – correct technique
5. Streamlining adjustments, arms, legs, head positioning
6. Constant weight (Bi-Fins) dive to 10m/33ft
7. Ascent from 10m/33ft: arms only technique\*
8. Ascent from 10m/33ft: without mask\*
9. Correct surface procedures, including recovery breaths

## FREEDIVING SAFETY

1. Shallow Water Blackout (SWB) simulation. Rescue from 10m/33ft.\*
2. Hypoxic Fit simulation/surface blackout rescue.\*
3. Cramp removal simulation.
4. Tired diver tow techniques.



## 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 on-line at the end of the session.

\*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 [freedivingRAID.com](http://freedivingRAID.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 Freediver, in conditions similar or better than what you have been trained in, and to a maximum depth of 20 metres/66 feet, then your instructor will sign you off, on-line confirming this, and together with the WSF Dive Centre, will certify you as a WSF 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 start of your freediving education. Your next level of training will provide so much more, so don't delay!



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## ACKNOWLEDGEMENTS

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