



## **1. Snorkeler**

### **1.1 Introduction**

This entry level certification course is for individuals wishing to learn the basics of surface snorkeling or limited skin dives for the purpose of enjoying the underwater realm in a knowledgeable and comfortable manner.

### **1.2 Course Objectives**

The objective of this course is to train individuals in the benefits, skills, techniques and safety & problem management for snorkeling or limited skin diving to depth no greater than 5m / 16 ft.

### **1.3 Program Prerequisites**

1. Minimum age of 6
2. Competent swimming skills

### **1.4 Required Student Equipment**

1. Mask, fins, snorkel, exposure protection, weight belt and weights appropriate for local environment
2. The use of a snorkel vest is optional

## 1.5 Support Materials

### Student materials

1. *PFI Liability and Assumption of Risk form*
2. *PFI Medical Statement*
3. *PFI Snorkeler eLearning course*

### Instructor materials

1. There are no required instructor materials for this course.

## 1.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may engage in snorkeling or skin-diving activities with a buddy without direct instructor supervision and to depths no greater than 5 m/16ft.
2. Upon successful completion of this course, graduates are qualified to enroll in the Freediver course.

## 1.7 Who May Teach

This course may be taught by any active PFI Freediver Instructor.

## 1.8 Student to Instructor Ratio

### Classroom

1. Unlimited, so long as adequate facility, supplies and time are provided to insure comprehensive and complete training.

### Confined water

1. A maximum of eight students to one PFI Freediver Instructor (8:1). Or a maximum of twelve students to one PFI Freediver Instructor (12:1 max) with the use of active status PFI Assistant Freediver Instructors

### Open Water

1. A maximum of six students to one PFI Freediver Instructor (6:1). Or a maximum of ten students to one PFI Freediver Instructor (10:1 max) with the use of active status PFI Assistant Freediver Instructors

## 1.9 Depth Restrictions

### Open Water

1. Maximum open water depth of 5 meters / 16 ft

### Confined Water

1. Minimum depth to not exceed student's ability to stand. Maximum depth of 5 meters/16 ft.

## 1.10 Recommended Course Minimums

### Classroom time

1. 1.5 Hours

### Confined water time

1. 1.5Hours

### Open water dive time

1. 2.0 Hours (optional)

## 1.11 Knowledge Development Overview

The following topics must be covered during this course Instructors may use any additional text or materials that they feel help present these topics.

1. Introduction:
  - a. Course Overview
  - b. Paperwork and Prerequisites
  - c. Equipment Requirements Check
  - d. Pool Protocols and Conduct
  - e. In-water Protocols and Conduct
  - f. Safety / Supervision Practices
2. Equipment Options:
  - a. Masks, Fins, Snorkels
  - b. Exposure Protection
  - c. Buoyancy Systems
3. In-Water Environment:
  - a. Local aquatic animal and plant life
  - b. Environmental conditions

4. Safety & Problem Management for Snorkel / Skin Diving:
  - a. Buddy contact
  - b. Cramp removal
  - c. Tired snorkeler / skin diver
  - d. Surface signals
5. In-Water Training Exercises:
  - a. Equalization techniques
  - b. Communication

## **1.12 Confined Water**

To be certified as a PFI Snorkeler a student must demonstrate the following skills to the satisfaction of the PFI Instructor:

1. Watermanship Skills:
  - a. Swim 25 meters without snorkeling gear.
  - b. Tread water for a minimum of 1 minute without floatation.
  - c. Prepare snorkeling equipment with minimal assistance.
  - d. Successfully complete one of the following entries applicable to local environment:
    - i. Reverse Walk In.
    - ii. Seated Entry.
2. Mask and Snorkel use:
  - a. Snorkel breathing with and without mask.
  - b. Snorkeling clearing using blast and displacement methods.
  - c. Partial mask clear at surface.
3. Buoyancy Device
  - a. Snorkel Vest inflation/ deflation (only required if snorkel vest is used)
4. Surface Swimming- use of fins:
  - a. Proper fin use / flutter kick
  - b. Surface swim for 25 meters showing proper buddy contact
  - c. Dolphin kick (optional)
5. Optional Freedive (max depth 5m):
  - a. Breathing techniques
    - i. 3-4 relaxed, deep breaths
    - ii. Final breath
  - b. Surface dive

- c. Equalization
  - d. Head down descent
  - e. Complete body submersion
  - f. Raised hand ascent method
  - g. Displacement / blast method snorkel clearing
6. Problem Management:
- a. Assist with tired snorkeler / skin diver
  - b. Cramp removal
  - c. Surface signal for assistance

### **1.13 Open Water (Optional)**

The following are optional open water skills for the PFI Snorkeler certification. A student can demonstrate the following skills to the satisfaction of the PFI Freediver Instructor:

1. Mask and Snorkel use:
  - a. Snorkel breathing with and without mask.
  - b. Snorkeling clearing using blast and displacement methods.
  - c. Partial mask clear at surface.
2. Buoyancy Device
  - a. Snorkel Vest inflation/ deflation (only required if snorkel vest is used)
3. Surface Swimming- use of fins:
  - a. Proper fin use / flutter kick
  - b. Surface swim for 25 meters showing proper buddy contact
  - c. Dolphin kick (optional)
4. Surface dives:
  - a. Breathing techniques
    - i. 3-4 relaxed, deep breaths
    - ii. Final breath
  - b. Surface dive (duck dive)
  - c. Equalization
  - d. Head down descent
  - e. Complete body & equipment submersion
  - f. Raised hand ascent method
  - g. Displacement snorkel clearing
5. Problem Management:
  - a. Cramp removal with tired snorkeler assist

## **1.14 Graduation Requirements**

**In order to successfully complete this course a student must:**

1. Complete all of knowledge development and confined water sessions
2. Complete all required skills.
3. Demonstrate mature and sound judgment concerning planning and execution.
4. Prepare snorkeling equipment with minimal assistance.
5. Successfully complete one of the following in-water entries applicable to local environment:
  - a. Reverse Walk In
  - b. Seated Entry