

## **3. Freediver Instructor**

### **3.1 Introduction**

This is the entry level Freediver Instructor Evaluation Course (IEC) for individuals wishing to teach the fundamentals of teaching breath-hold diving for the purpose of increasing student underwater awareness.

### **3.2 Course Objectives**

The objective of this course is to train individuals in instructional skills in the benefits, hazards, and proper procedures for entry-level breath hold diving instruction to a depth of 20 m/66ft.

### **3.3 Program Prerequisites**

1. Minimum age of 18 years
2. Be certified as a PFI Intermediate Freediver or equivalent
3. Be certified as a PFI Assistant Instructor
4. Be in good medical & physical condition and have signed medical clearance for freediving from a physician.
5. Be a current CPR, first aid and AED provider with a program that includes marine life injuries and neurological assessments.
6. Be a current oxygen administration provider (where allowed by law).

### **3.4 Required Student Equipment**

Freedive quality mask, fins, snorkel, exposure protection, weight belt and weights (appropriate for the local environment), freedive computer and a timing device.

### **3.5 Support Materials**

#### **Student materials**

1. *PFI Freediver* manual or eLearning course
2. *PFI Freediver* instructor resource
3. *PFI Standards and Procedures*

#### **Instructor Trainer materials**

1. *PFI Instructor* Manual
2. *ITI Instructor Evaluation* Form
3. *ITI Confined and Open Water Evaluation* Form or slates
4. *PFI Freediver Instructor* Exam and Answer Key
5. *PFI Instructor Trainer* Manual

### 3.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may conduct the following PFI Freediving courses :

- Snorkeler
- Freediver
- Safe Buddy
- Open Line Diving
- Coaching Programs
- Introduction to Freediving programs

Upon successful completion of this course, graduates may be qualified to enroll in the Intermediate Assistant Instructor, Intermediate Freediver Instructor or Specialty Freediving Instructor courses.

### 3.7 Who May Teach

This course may be conducted by a PFI Freediver Instructor Trainer.

### 3.8 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. Maximum of six students to one Instructor Trainer (6:1) or ten students to one Instructor Trainer (10:1) with the addition of a qualified assistant.

#### Open Water

1. Maximum of six students to one Instructor Trainer (6:1) or eight students to one Instructor Trainer (8:1) with the addition of a qualified assistant.

### 3.9 Depth Restrictions

#### Open Water

1. Maximum open water depth of 25 m/82 ft..

#### Confined Water

1. Maximum confined water depth of 10 m/33 ft.

### 3.10 Recommended Course Minimums

#### Classroom

1. 4 Hours

#### Confined Water

1. 8 Hours

#### Open Water Dive

1. 4 Hours

### 3.11 Knowledge Development Overview

The following topics must be covered.

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. Assist All Classroom Presentations
  - a. Complete classroom introduction of self
  - b. Assist in all paperwork collection
  - c. Assist in all classroom demonstrations
3. Knowledge Development Presentations
  - a. Complete one classroom presentations (classroom presentation is one slide topic) using the Academic Presentation Form
  - b. Present in a teaching format with briefing/content/summary
  - c. Achieve a passing presentation score
4. Standards & Procedures Exam
  - a. Achieve a passing score of 80% on a Standards and Procedures exam

### 3.12 Confined Water

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

1. Watermanship & Stamina- Surface
  - a. 800 meter snorkel in under 16 minutes
  - b. 400 meter non-stop swim in under 10 minutes. Goggles permitted
  - c. Tread water for 15 minutes without floatation assistance.
  - d. 100m egress swim with non-stop BLS
2. Conduct Pool Site Briefing
3. Confined Water Teaching Presentation
  - a. Earn a passing score on one confined water teaching presentation
4. Confined Water Skill Evaluation
  - a. Complete a Static of no less than 2min with 4-minute breathe-up and no warm-up
  - b. Complete a Dynamic of no less than 50m with equipment, showing proper technique from 4-min breathe-up to recovery breathing, with no warm-up
  - c. Show mastery and demonstration quality on all skills.
5. Problem Management Evaluation
  - a. Earn a passing score on a demonstration quality Static Apnea rescue
  - b. Earn a passing score on a demonstration quality Dynamic Apnea rescue

### 3.13 Open Water

To be certified as a Freediver Instructor, the candidate must be able to instruct and perform, to demonstration quality, skills to the satisfaction of the PFI Instructor Trainer:

1. Open Water Constant Weight Dive Evaluation (Capacity Test)
  - a. Complete 4 constant weight dives to 20m/66ft showing mastery and demonstration quality techniques from breathe-up to recovery breathing, with no more than a 2-minute surface interval while providing a student briefing and debriefing and correcting any problems during the dive.
2. Open Water Teaching Evaluation
  - a. Earn a passing score on an open water teaching presentation.

3. Problem Management
  - a. Successfully complete a rescue evaluation.
  - b. Successfully complete CWT supervision of a dive including an underwater blackout and rescue evaluation to 2 full breaths at surface.
  - c. Successfully complete a stress test at 20m.
4. Skill Evaluation
  - a. Show mastery and demonstration quality on all skill demonstrations.

### **3.14 Graduation Requirements**

**In order to successfully complete the course students must:**

1. Attend and assist in all classroom, confined water, and open water sessions
2. Earn a score of 80% or higher on all written exams
3. Present at least one academic, one confined water, and one open water teaching presentation earning a passing score on each
4. Pass a rescue evaluation for static, dynamic and open water
5. Show mastery of confined water and open water skill demonstrations
6. Demonstrate organizational skills with regard to site set-up and break-down
7. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

### **3.15 Certification Procedure**

1. Leadership level ratings are processed on the leadership registration form.