

2. Assistant Freediver Instructor

2.1 Introduction

This certification course is for individuals wishing to learn the fundamentals of teaching, assisting and supervising breath-hold divers during training and recreational freedives.

2.2 Course Objectives

The objective of this course is to train individuals with the fundamentals of an educational system and the teaching skills for recreational breath-hold diving instruction to a level of Assistant Freediver Instructor.

2.3 Program Prerequisites

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

2.4 Required Student Equipment

1. Mask, fins, snorkel, exposure protection, weight belt and weights (appropriate for local environment), a timing device and freedive computer, plus any recommended equipment relevant to the level of instruction.

2.5 Support Materials

Student materials

1. *PFI Freediver* student manual or eLearning course
2. *PFI Freediver* Instructor Resource
3. *PFI Standards and Procedures*

Instructor Trainer materials

1. *PFI Assistant Instructor* presentation
2. *PFI Instructor* Manual
3. *ITI Instructor Evaluation* Form
4. *ITI Confined and Open Water Evaluation* form or slates
5. *PFI Instructor Trainer* Manual

2.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may co-teach Freediving courses under the direct supervision of a PFI Instructor.
2. Upon successful completion of this course, graduates are qualified to enroll in the Freediver Instructor Exam.

2.7 Who May Teach

This course may be taught by a PFI Freediver Instructor Trainer

2.8 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..

2.9 Depth Restrictions

Open Water

1. Maximum depth of 25 meters/82 feet

Confined Water

1. Maximum depth of 10 meters/33 feet

2.10 Recommended Course Minimums

Classroom

1. 12 Hours

Confined Water

1. 6 Hours

Open water

1. 8 Hours

2.11 Knowledge Development Overview

The following topics must be covered during this course.

1. Introduction:
 - a. What is PFI?
 - b. Course Overview
 - c. Prerequisites
 - d. Equipment Requirements
 - e. Safety Practices
 - f. Ethical Standards
 - g. PFI Instructor Code of Conduct
2. PFI Standards and Procedures:
 - a. PFI course structures
 - b. General Standards and Procedures
 - c. Individual Course Standards and Procedures
3. Pre-Course Assessments:
 - a. Physics Assessments
 - i. Grade and review
 - b. Dive Outline / Terminology Assessment
 - i. Grade and review
4. Academic Overview:
 - a. Snorkeler Course
 - b. Freediver Course
 - c. Safe Buddy Course

5. Supervising and Control of Freedivers:
 - a. Confined Water Student Training
 - b. Open Water Student Training
 - c. Guiding Freedivers
6. Fundamentals of Educational Systems and Instruction:
 - a. Educational Systems as a Tool
 - b. Imparting Freediving Knowledge
 - c. Designing a Classroom Presentation
 - d. Designing Open Water Presentations
 - e. Evaluating Academic and Open Water Comprehension
7. Course Scheduling and Marketing:
 - a. General course scheduling
 - b. General course marketing
 - c. Snorkel, Safe Buddy and Freediver Levels
8. Academic Teaching Presentations
 - a. Present a minimum of 4 presentations.
 - b. Earn a passing score on at least two knowledge development presentations.

2.12 Confined Water

To be certified as a PFI Assistant Freediver Instructor, candidates must demonstrate the 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. Horizontal underwater swim (dynamic) with equipment for 50-Meters
 - e. Complete a static of no less than 2 minutes without warm-up and 4-minute breathe-up
 - f. 100m egress with non-stop BLS
2. Site Briefings
 - a. Classroom briefings
 - b. Pool briefings

3. Emergency Ascents & Problem Management:
 - a. Surface LMC Control
 - b. Surface BO Control
 - c. Unconscious BO diver at the surface with rollover
 - d. Underwater BO during ascent- conscious going unconscious
 - e. Locate and ascend with a blacked-out diver from the bottom
 - f. Perform in water artificial resuscitation while doing a rescue tow
4. Command and Control of Students
 - a. Demonstrate command and control/position of students with and without assistants.
 - b. Demonstrate command and control/position of students as an assistant.
5. Skill Circuit/ Teaching Presentation
 - a. Complete the following skill circuit and demonstrate ability to teach:
 - i. Stress Test/Teamwork
 - ii. Mask Skills (partial mask flood and clear, full mask flood and clear)
 - iii. Snorkel Clear- Blast and Displacement Methods
 - iv. Finning Techniques (flutter, sculling and dolphin)
 - v. Surface Entries (one- and two-legged entries)
 - vi. Surface Recovery (as both safety and performer)
 1. 2 hands on float
 2. 3 hook and 3 cleansing
 3. 30 seconds total
 4. 90-degree positioning
 5. Counting hand in-front of face, other hand prepared for vertical support
 - vii. Weight belt removal/replacement (warm and cold water)
 - viii. Static Procedures (as safety and performer)
 1. Proper entry, exit, and signals as performer
 2. As safety, countdown to static time (2:00, 1:30, 1:00, :30, :20, :10, :05-:01)
 3. As safety, correct signaling and coaching for Freediver level STA session
 - ix. Dynamic Procedures (as safety and performer)
 - x. Proper Breathe-up
 1. Counting, purges, pre-equalize, peak inhale
 2. Remove snorkel

6. Confined Water Teaching Presentations
 - a. Present a minimum of 4 presentations with additional back-up presentations as required.
 - b. Present a minimum of two passing confined water development presentations.

2.13 Open Water

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

1. Site Briefings
 - a. Ocean briefings
 - b. Boat briefings when applicable
 - c. Rig briefings
2. Site Set-up & Breakdown
 - a. Prepare ocean rig without the assistance of the Instructor
 - b. Break-down and store ocean rig without assistance of the instructor
 - c. Demonstrate environmental and situational awareness
3. Open Water Constant Weight Dive Evaluation
 - a. Complete 3 constant weight dives to 20m/66ft with a 20sec hang showing mastery and demonstration quality techniques from breathe-up to recovery breathing.
4. Problem Management & Rescue Scenarios
 - a. Successfully complete a surface 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 20m/66ft no mask ascent with proper recovery techniques
 - d. Successfully complete a rescue scenario at instructor demonstration level showing ability to calculate both student and instructor timings as well as finding and correcting any timing or rescue skill problems.
5. Command and Control of Students
 - a. Demonstrate command and control/position of students with and without assistants.
 - b. Demonstrate command and control/position of students as an assistant.

6. Skill Evaluation
 - a. Show mastery and demonstration quality on all skill demonstrations.
7. Open Water Teaching Presentations
 - a. Present a minimum of 4 presentations with additional back-up presentations as required.
 - b. Present a minimum of two passing open water development presentations.

2.14 Graduation Requirements

In order to successfully complete the course instructor candidates must:

1. Attend and assist in all classroom, confined water, and open water sessions
2. Present no less than four academic presentations, with a minimum of two passing
3. Present no less than four confined water & four open water teaching presentations, with a minimum of two passing in each.
4. Demonstrate mastery in confined water & open water sessions.
5. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

2.15 Certification Procedure

1. Leadership level ratings are processed on the PFI Instructor Registration and Upgrade Form.