11. Mermaid Splash

11.1 Introduction

The Mermaid Splash Course is a beginner-level mermaid specialty designed to introduce participants to a mermaid experience by teaching basic mermaid skills, as well as introduce them to a new way to enjoy recreational water experiences in a non-threatening and fun environment.

11.2 Who May Teach

Any active PFI Instructor, SDI Open Water Instructor, SDI Assistant Instructor, or SDI Non-Diving Specialty Instructor that has been certified to teach this specialty

11.3 Student to Instructor Ratio

Academic

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

Confined Water (swimming pool-like conditions)

1. A maximum of 8 students per instructor; it is the instructor's discretion to reduce this number as conditions dictate
2. The instructor has the option of adding 4 more students with the assistance of an active assistant instructor
3. The total number of students an instructor may have in the water is 12 with the assistance of active assistant instructors

Open Water (ocean, lake, quarry, spring, river or estuary)

1. N/A

11.4 Student Prerequisites

1. Minimum age 18, 6 with parental consent
2. Show comfort in water

11.5 Course Structure and Duration

Course Structure

1. In-water execution; this course is only conducted in confined water
2. Students must demonstrate skills necessary to swim successfully in a mermaid tail and remain in the water for 10 minutes.
3. All mermaid skills must be demonstrated during daylight hours.
4. PFI/SDI allows instructors to structure courses according to the number of students participating and their skill level.
5. The suggested number of training hours is 1.5 hours.
6. Max Depth 5m/15feet

11.6 Administrative Requirements

Administrative Tasks:

1. Collect the course fees from all the students
2. Ensure that the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete the:
   a. *General Liability Release and Express Assumption of Risk* Form
   b. *Medical History* Form

Upon successful completion of this specialty the instructor must:

1. Issue the appropriate PFI or SDI certification by registering the students online through member's area of the website or submitting the PFI or SDI *Student Registration* Form to Headquarters

11.7 Training Material

Required Material:

11.8 Required Equipment

1. Basic Mermaid equipment (fabric tail and monofin)
2. Mask and snorkel or goggles
3. Exposure protection

11.9 Approved Outline

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

1. Safety
    a. Adult Supervision, always swim with a trained buddy
    b. Know where you are swimming/situational awareness
    c. Swim with sound judgment, sober, and in good health
    d. Know your fitness level and awareness of flexibility through stretching
    e. Be mindful of those around you
    f. Be mindful of the environment you are in
2. How to put on monofin and mermaid tail skin
    a. Always put on tail at the water's edge
    b. Put fin into the tail first
    c. Place feet into the fin
    d. Pull fabric over the legs
3. Use a controlled seated entry
4. Emergency tail release procedures
    a. In case of an emergency, be able to quickly release the monofin by kicking feet out of pockets, to easily swim to safety/the surface Larger than normal
5. Swimming in monofin
    a. How to float on front, and flip onto back to rest and breathe
    b. Surface Breathing Techniques
    c. Dolphin Kick
        i. Swimming with feet together inside of a monofin, the legs move in a synchronized motion originating at the hips
6. Duck Dive
7. Mermaid swimming skill development using dive toys

11.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following.

1. Complete the following without the use of floatation or swim aids (goggles/mask permitted)
    a. Swim 15 meters/50 feet
    b. Float comfortably on their back

    c. Float comfortably on their front, holding their breath for 15 seconds

    d. Tread water for 1 minute

2. Properly prepare, put on, and adjust all mermaid equipment
3. Perform an emergency tail/monofin release while swimming in a monofin and full mermaid tail
4. Demonstrate good awareness of their environment
5. Safely conduct entries with their tail
6. Demonstrate comfortable floating and surface breathing
7. Proper dolphin kick in a monofin and full fabric tail.
8. Demonstrate mature and sound judgment concerning mermaid excursion planning and execution.

Upon successful completion of this course, graduates may:

1. Swim in a mermaid tail in conditions similar to training
2. Enroll in a PFI Aquatic Mermaid Course