

9. Freediving Videographer

9.1 Introduction

Most freedivers have a desire to bring home the sights and sounds of being underwater. Underwater video makes it possible to save our underwater experiences and share them with others. Shooting underwater video is fun, exciting, and easy to learn. This course is designed to introduce freedivers to the equipment, techniques, and procedures needed to plan and shoot underwater video with maximum safety.

9.2 Who May Teach

An active PFI Instructor that has been certified to teach this specialty

9.3 Student to Instructor Ratio

Academic

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

Confined Water (swimming pool-like conditions)

1. N/A

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

1. A maximum of 6 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 10 with the assistance of 2 active assistant instructors

9.4 Student Prerequisites

1. PFI Freediver, PFI Junior Freediver, or equivalent
2. Minimum age 18, 10 with parental consent

9.5 Course Structure and Duration

Open Water Execution

1. Two freedive sessions are required with complete briefs and debriefs by the instructor
2. Plan freedive session must include surface interval, direct supervision procedures, etc. to be figured out and logged

Course Structure

1. PFI allows instructors to structure courses according to the number of students participating and their skill level

9.6 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. *PFI General Liability Release and Express Assumption of Risk* Form
 - b. *PFI Medical History* Form

Upon successful completion of this specialty the instructor must:

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

9.7 Required Equipment

1. Basic freediver equipment as described in section three of this manual
2. Video camera and underwater housing equipped for the video camera, optional equipment, underwater lighting system

9.8 Approved Outline

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

1. Video Equipment
 - a. Video systems
 - b. Types of video formats
 - c. Video cameras
 - d. Video controls
 - e. Accessories
2. Underwater Video Housings
 - a. Types of housings
 - b. Housing controls
 - c. Features and benefits
 - d. Selecting housing
3. Recording Underwater
 - a. Dive planning
 - b. Setting the video and dive objective
 - c. Creating a storyboard
 - d. Safety concerns
4. Pre-dive Session Equipment Assembly
 - a. Setting the camera controls
 - b. Assembling the system
 - c. Checking for leaks
5. Video Camera Handling Techniques
 - a. Using the viewfinder
 - b. Point and shoot
6. Basic Techniques
 - a. Shot selection
 - b. Shot times
 - c. Putting shots in sequence
 - d. Approaching marine life
 - e. Cutting video shots
 - f. Surface water shots
 - g. Above water shots

7. Underwater Video Lighting
 - a. Natural light
 - b. Artificial light
 - c. Light systems and power supplies
 - d. Lights and filters
 - e. Additional drag to consider while freediving
8. Shooting Video at Night
 - a. Safety concerns
 - b. Entries and exits
 - c. Operating the camcorder and housing controls
 - d. Approaching marine life at night
9. Editing
 - a. Fundamentals of editing
 - b. Required equipment
 - c. Editing equipment configurations
 - d. Editing techniques
 - e. In-camera editing
10. Care and Maintenance
 - a. After each freedive session
 - b. Regular maintenance
 - c. Periodic maintenance
 - d. Storing underwater video systems
 - e. Caring for a flooded video camera / housing
11. Traveling with Underwater Equipment
 - a. Deciding what equipment to bring
 - b. Packing the equipment
 - c. Bringing underwater video equipment on boats
 - d. Flying with underwater video equipment
 - e. Renting equipment

9.9 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following:

1. Open Water Freedive Session 1
 - a. Plan freedive session
 - b. Set the video objective
 - c. Plan the sequence of shots
 - d. Review of procedures
 - e. Entry
 - f. Planned freedive session
 - g. Exit
 - h. Care of equipment
 - i. Log freedive session
2. Open Water Freedive Session 2
 - a. Plan freedive session
 - b. Review procedures
 - c. Entry
 - d. Planned freedive session
 - e. Exit
 - f. Care of equipment
 - g. Edit footage to follow story
 - h. Log freedive session