



part 2

# **SDI Diver Standards**

scidiver  
standards

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Revision History		
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2.1	09/04/01	Editorial changes and minor updates.
2.2	10/10/02	Updated with latest Training Updates.
3.0	8/15/03	Updated with latest Training Updates.
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Revision History		
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# 1. Course Overview Matrix

	Course Name	Minimum Age	Number of Required Dives	Student to Instructor Ratio in Confined Water	Student to Instructor Ratio in Open Water	Prerequisite Certification and Dives	Certification Card must be issued by SDI	Experience Card can be issued by Instructor
3	Snorkeling	4	1	16	10	None	Optional	Yes
4	Scuba Discovery	10	1	4	2	None	No	Yes
5	Future Buddies	8	1	2	N/A	None	Optional	Yes
6	Supervised Diver	10	2	8	8	None	Yes	No
7	Open Water Scuba Diver	10	4	8	8	None	Yes	No
8	Inactive Diver / Refresher	10	1	8	8	Open Water Diver	No	No
9	Accomplished Diver	10	1	8	8	Certified diver with a recognized scuba agency, military diver or proof of 50 logged hours diving	Yes	No
10	Advanced Diver	10	N/A	N/A	N/A	25 Open Water dives + 4 Specialties	Yes	No
11	Rescue Diver	10	N/A	10	8	Advanced Adventure Diver or 40 Open Water dives + CPR + First Aid	Yes	No
12	Master Scuba Diver	10	N/A	N/A	N/A	50 Open Water dives + Rescue Diver + 4 Specialties	Yes	No
13	Shallow Water Diver	10	2	10	8	None	Yes	No





## **2. General Course Standards**

These standards apply to all SDI Diver Courses and Specialties listed in this section.

### **2.1 Administrative**

Instructors must ensure that all students complete the following forms – for each and every course and specialty the student participates in. These records must be kept for a minimum of seven years and must be complete prior to the start of the course. They are:

1. *SDI Liability Release and Express Assumption of Risk Form*
2. *SDI Medical Statement Form (unless specifically not required in a non-diving course standard)*

If a student answers yes to any question in the medical statement the student must provide written permission from a licensed physician before participating in confined or open water training for any course or specialty training. A physician-signed medical is valid for up to 12 months with no change in medical condition unless a longer valid term is indicated on a specific medical form.

3. *SDI Diver Registration Form* or preferably register the student online in the member's section of the SDI website (upon completion of the specified program)
4. *SDI Diver Training Record*

## 2.2 Accidents

Hopefully a member will never have to do this; if a member were involved in an accident or simply witnessed an accident the *SDI Accident Report* Form must be completed by the member/witness, and faxed to SDI Headquarters immediately after the accident occurred. Please refer to the SDI Standards, Part 1, section 6.4.8.

International Training strongly recommends that if any incident occurs, the dive computers are safely secured and potentially downloaded. This should be done in full cooperation with local authorities by encouraging the police, or other investigating authorities to download and preserve data from the victim's dive computer. Professional members should do this when they are giving their statements to the authorities. The professional member (s) involved in the incident must download their dive computer information and submit it with the incident report.

## 2.3 Definitions

**Assistant or Assisted by** = A person who is assisting a primary and certified instructor, IT staff instructor or instructor trainer for a course that they, the “assistant”, is not certified to teach. Assistants can be used for the purposes of additional supervision and to increase ratios where standards and environmental conditions allow. Assistants listed on registrations will receive experience credits for courses they have assisted with only if listed on the initial registration form.

**Co-Teach or 2nd Instructor** = A person who is certified to teach the course taking place and is working together with an also certified instructor, IT staff instructor or instructor trainer. The 2<sup>nd</sup> instructor will receive equal credit for the course if listed on the initial registration form.

**Student Prerequisites** = conditions that must be met by students prior to beginning a course. These cannot be completed during the course unless specifically outlined in the standard. Conditions listed here cannot be waived by the instructor. Written standards waivers for prerequisites may be issued by the HQ training department depending on the course, dive site, and the specific prior experience of course participants.

## 2.4 Confined Water Training

**Confined water training must be conducted in a swimming pool or a confined body of water with the following conditions:**

1. Approximately 3 metres / 10 feet of visibility
2. Calm surface conditions
3. Easy access to depths that allow students to stand with their head above water
4. Depths that allow skills, as defined in the confined water lesson guide, to be adequately demonstrated
5. Equipment appropriate for the training site
6. Confined water training sites, other than pools, must be approved by SDI Headquarters

## 2.5 Open Water Training

**The instructor, with the following considerations, must carefully choose an open water training site:**

1. Body of water similar to the regional diving conditions: ocean, lake, etc
2. Swimming pools are not considered an open water environment
3. Water clarity
4. Temperature above and below the water
5. Weather conditions
6. Water access
7. Equipment adequate for the conditions
8. Thermal protection appropriate for the conditions
9. No dives are to require a decompression stop
10. No dives will be conducted in an overhead environment unless otherwise stated
11. A complete briefing that includes:
  - a. The dive site
  - b. Water conditions
  - c. Skills to be performed
  - d. Entry/Exit to be used
  - e. Emergency procedures
12. A complete debriefing that includes:
  - a. Performance of divers as a whole
  - b. Areas that need improvement
  - c. Environmental observations
  - d. Question and answers

## 2.6 Student – Minimum Equipment Requirements

**The students must have the following equipment:**

1. Mask, fins and snorkel
2. Buoyancy compensator device (BCD) with a low-pressure power inflator
3. Regulator with submersible pressure gauge
4. Alternate air source
5. Weight system
6. Personal dive computer (PDC) unless otherwise noted
7. Exposure suit adequate for the training conditions
8. Compressed gas cylinder
9. Compass; during navigation skills
10. Rescue signal

**Note:** Students wearing air integrated hose-less computers are not required to carry a submersible pressure gauge.

## 2.7 Instructor – Minimum Equipment Requirements

Unless otherwise noted, the minimum equipment requirements for training by an instructor, assistant instructor and divemaster is:

1. Mask, fins and snorkel
2. Buoyancy compensator device (BCD) with a low-pressure power inflator
3. Regulator with submersible pressure gauge
4. Alternate air source
5. Weight system
6. Personal dive computer
7. Exposure suit adequate for the training conditions
8. Compressed gas cylinder
9. Compass
10. Cutting device
11. Rescue signal
12. A dive flag must be carried in accordance with local laws or regulations for all open water locations

**Note:** Instructors wearing air integrated hose-less computers are not required to carry a submersible pressure gauge.

**Note:** Cylinder capacities used in the SDI Standards are based on manufacturer values or generalized conversions and are NOT exact conversions from metric to imperial due to variance in cylinder volume and working pressures. If you use metric cylinders, please use the metric size cylinder listed; likewise, if you use imperial cylinders, please use the imperial size cylinder listed, I.E. 3 litres / 18 cubic ft.

**Note:** Both instructor and students must be wearing a single cylinder backmount configuration for the following courses: Scuba Discovery and Open Water Scuba Diver.

## 2.8 Temporary Certification Cards

Temporary cards are available for purchase from SDI and can be issued after all performance requirements and administrative requirements are met. The temporary cards are valid for 30 days from the signing and must be signed within 10 days of course completion.

## 2.9 Upgrading from SDI Junior certification to full SDI certification

This procedure is for divers who were initially certified with the Junior designation and are now eligible to upgrade to the full certification without age related restrictions.

### Upgrade Requirements

1. Provide verification of initial certification: certification card or formal verification letter on agency letterhead
2. Provide verification of diving activity in the last 12 months: logbook or personal dive computer download\*
3. Divers who are under the age of 18 must provide letter of approval to upgrade signed by parent or legal guardian

\*If recent diving activity cannot be produced, diver will be directed to their nearest SDI Dive Center or equivalent to complete the Inactive Diver / Refresher program with an active Instructor.

Upon successful completion of the SDI Inactive Diver/Refresher program or equivalent, active Instructors must: provide a signed letter of update completion or signed log book entry for Junior diver to submit to SDI World Headquarters or Regional Office.

**Processing Procedure** – Contact SDI World Headquarters or Regional Office. Submit appropriate documentation in accordance with upgrade requirements. After providing all required items and purchasing new certification card, certification to be issued and credential sent to student.



## 3. Snorkeling Course

### 3.1 Introduction

The snorkeling course is designed to give students the necessary skills to safely snorkel in conditions similar to their training without the direct supervision of an instructor.

### 3.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Snorkel in conditions similar to their training
2. Enroll in an *SDI Open Water Scuba Diver Course*

### 3.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor
2. An active SDI Assistant Instructor
3. A qualified SDI Non-Diving Specialty Instructor

### 3.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 16 students per instructor/ assistant instructor
2. Instructor / Assistant instructor have the option of adding 2 more students with the assistance of an active divemaster, for a total of 18 students

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

1. A maximum of 10 students per instructor / assistant instructor; it is the instructor's discretion to reduce this number as conditions dictate
2. Instructor / Assistant instructor have the option of adding 2 more students with the assistance of an active SDI Divemaster, for a total of 12 students

### 3.5 Student Prerequisites

1. Minimum age 18, 4 with parental consent

### 3.6 Course Structure and Duration

**In-water execution; this course may be conducted either in confined water, open water, or both, at the instructor's discretion**

1. Students must complete 1 snorkeling trip and remain in the water for 20 minutes
2. All snorkeling trips must be completed during daylight hours

#### **Course Structure**

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

#### **Duration**

1. The suggested number of training hours is 4

### 3.7 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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

#### **Upon successful completion of the course the instructor must:**

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

#### **Or**

1. Issue the SDI Snorkel card through the facility

### 3.8 Required Equipment

Basic snorkeling equipment; mask, snorkel and fins

### 3.9 Required Subject Areas

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

1. Types of breath-hold diving
  - a. Snorkeling
    - i. Snorkeling is the use of mask fins and snorkel to primarily swim on the surface while being able to keep your face in the water without having to lift your head to breathe. Periodically you may dive below the surface for a short period of time to exam something closer.
  - b. Free diving
    - i. Free diving also uses mask fins and snorkel, but the primary focus to perform extended breath-hold dives below the surface for activities such as spear-fishing or some other type of game collecting, or pushing one's depth or time limits.
2. The Aquatic Environment
  - a. Vision
  - b. Light
  - c. Sound
  - d. Heat loss
  - e. Tides
  - f. Currents
  - g. Waves
  - h. Surge
  - i. Marine life injuries
3. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Equalization techniques
  - d. Hyperventilation
    - i. Shallow water blackout
4. Snorkeling Equipment
  - a. Mask, fins, and snorkel
  - b. Exposure protection
  - c. Buoyancy compensator device
  - d. Weight systems

5. Accessories
  - a. Dive flag
  - b. Rescue signal
  - c. Knife or cutting device
6. Planning Your Dive
  - a. Diver fitness and overexertion
  - b. Buddy system
  - c. First aid

### **3.10 Required Skill Performance and Graduation Requirements**

**Students are required to successfully complete the following snorkeling skills:**

1. Properly prepare, don, and adjust all snorkeling equipment
2. Perform a buddy check, and demonstrate good use of the buddy system
3. Safely conduct exits and entries either from land, or boat
4. Achieve neutral buoyancy
5. Proper breathing and clearing of a snorkel
6. Proper use of buoyancy compensator device / snorkel vest
7. Surface dives
8. Proper use of hand signals

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution

## **4. Scuba Discovery**

### **4.1 Introduction**

This program is designed to give perspective students an introduction to scuba diving in a controlled environment under the direct supervision of an active SDI Instructor.

### **4.2 Qualifications of Graduates**

Upon successful completion of this course, graduates may:

1. Dive under the direct supervision of an active instructor
2. Enroll in an SDI Open Water Scuba Diver Course

### **4.3 Who May Teach**

1. An active SDI Open Water Scuba Diver Instructor

### **4.4 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

#### **Pool**

1. A maximum of 6 students per instructor, or 8 with an active assistant

#### **Confined Water (swimming pool-like conditions)**

1. A maximum of 4 students per instructor, or 6 with an active assistant; it is the instructor's discretion to reduce this number as conditions dictate

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

1. A maximum of 2 students per instructor; or 4 with an active assistant;\* it is the instructor's discretion to reduce this number as conditions dictate
2. If diver is 14 years of age or younger, a maximum of 1 student per instructor, or 2 with an active assistant; it is the instructor's discretion to reduce this number as conditions dictate

**\*In the event the instructor ascends with a diver, the assistant must make an immediate safe ascent with all of the remaining divers**

## 4.5 Prerequisites

1. Minimum age 18, 10 with parental consent
2. Demonstrate comfort and adequate swimming skills

## 4.6 Course Structure and Duration

### Pool or Confined Water

1. Students must complete a minimum of 30 minutes in the pool or confined open water session prior to the open water dive.
2. Confined water session must be completed during daylight hours or under conditions that simulate daylight conditions

### Open Water

1. Training depth must not exceed 9 metres / 30 feet
2. One dive required, second dive optional
3. All dives must be completed during daylight hours or under conditions that simulate daylight conditions
4. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives

### Course Structure

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

### Duration

1. The suggested number of training hours is 2

## 4.7 Administrative Requirements

1. Administrative Tasks:
2. Collect the course fees from all the students
3. Ensure that the students have the required equipment
4. Communicate the schedule to the students
5. Have the students complete the:
  - a. *SDI Scuba Discovery Pamphlet*

### OR

1. *SDI Liability Release and Express Assumption of Risk Form*
2. *SDI Medical Statement Form*

**Upon successful completion of the course the instructor must complete the following optional procedure:**

1. Complete the *SDI Student Registration* form
2. Issue a SDI Experience card

## **4.8 Training Materials**

### **Required Materials:**

1. *SDI Scuba Discovery* Slates or *Scuba Discovery* eLearning

### **Optional Materials:**

1. *SDI Scuba Discovery* Pamphlet

## **4.9 Required Equipment**

**Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a dive computer is not mandatory; however a depth gauge is required.**

## **4.10 Required Subject Areas**

**Instructors must use the *SDI Scuba Discovery* Slates if participants have not completed the *Scuba Discovery* eLearning. Instructors can use any additional text or materials that they feel help present these topics. The following topics must be covered during this course:**

1. The Aquatic Environment
  - a. Marine environment
  - b. Marine life expected to encounter at local dive site
2. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Gas spaces
    - i. Equalization techniques
    - ii. Lung over-expansion problems
  - d. Reason for breathing continuously while underwater
3. Scuba Equipment Assembly
  - a. Mask, fins, and snorkel
  - b. Exposure protection
    - i. Wetsuits
  - c. Buoyancy compensator device (BCD)
  - d. Regulator
    - i. Primary regulator
    - ii. Alternate air source

- e. Cylinders
- f. Weight Systems
- g. Underwater instruments
- h. Submersible pressure gauge
- i. Dive computers
- j. Depth gauges
- 4. Communications
  - a. Hand signals
  - b. Buddy system
  - c. Buddy separation
- 5. Taking the SDI Open Water Scuba Diver Course

## **4.11 Required Skill Performance and Graduation Requirements**

**Students are required to successfully complete the following skills in confined water:**

- 1. Weight system adjustment with proper weighting
- 2. Pre-dive check of self and buddy
- 3. Removal and replacement of weight system on the surface
- 4. Ear clearing and equalization
- 5. Mask clearing; partial and full at depth
- 6. Buoyancy compensator device (BCD) use
  - a. Inflation and deflation; both oral and power at the surface
  - b. Inflation using low pressure inflator and deflation, at depth
- 7. Buoyancy control
  - a. Controlled descents
  - b. Controlled ascents
- 8. Regulator use
  - a. Breathing, clearing, and recovery at the surface
  - b. Breathing, clearing, and recovery at depth
- 9. Underwater swimming; proper use of fins
- 10. Computer use; use and reading of computer if worn by diver
- 11. Use of gauges
- 12. Communications
  - a. Hand signals
  - b. Buddy system
  - c. Buddy separation

**In order to complete this course, students must:**

Demonstrate mature and sound judgment concerning dive planning and execution



## **5. Future Buddies**

### **5.1 Introduction**

This program is designed to provide children between the ages of 8 and 12, an introduction to scuba diving in a controlled environment under the direct supervision of an active instructor.

### **5.2 Qualifications of Graduates**

There are no specific qualifications available after graduation

### **5.3 Who May Teach**

An active SDI Open Water Scuba Diver Instructor

### **5.4 Student to Instructor Ratio**

#### **Academic**

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

#### **Confined Water (swimming pool-like conditions)**

1. A maximum of 2 students per instructor

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

1. N/A

### **5.5 Student Prerequisites**

1. Minimum age 8 with parental consent
2. Demonstrate comfort and adequate swimming skills

### **5.6 Course Structure and Duration**

#### **Confined Water Execution**

1. Training depth must not exceed 6 metres / 20 feet
2. One dive required, second dive optional
3. All dives must be completed during daylight hours and with adequate lighting conditions

**Course Structure**

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

**Duration**

1. The suggested number of training hours is 4

**5.7 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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

**Upon successful completion of the course the instructor may:**

1. Issue an SDI Experience card, optional

**5.8 Required Equipment**

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is that a dive computer is not required, however it is highly recommended.

**5.9 Required Subject Areas**

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

1. History of Diving
2. The Aquatic Environment
  - a. Marine environment
  - b. Marine life
3. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Air spaces
  - d. Equalization techniques
  - e. Lung over-expansion problems

4. Breathing air under pressure
5. Scuba Equipment
  - a. Mask, fins and snorkel
  - b. Exposure protection
    - i. Wetsuits
  - c. Buoyancy compensator device (BCD)
  - d. Regulator
    - i. Primary regulator
    - ii. Alternate air source
  - e. Cylinders
  - f. Weight systems
  - g. Underwater instruments
    - i. Submersible pressure gauge
    - ii. Dive computers
    - iii. Depth gauges
6. Accessories
  - a. Dive flag

## **5.10 Required Skill Performance and Graduation Requirements**

**The required skills should be performed in confined water with a maximum depth of 6 metres / 20 feet:**

1. Weight system adjustment with proper weighting
2. Pre-dive check of self and buddy
3. Mask clearing; partial
4. Buoyancy compensator device (BCD) use
  - a. Inflation using low pressure inflator and deflation, at the surface
5. Buoyancy Control
  - a. Controlled ascents and descents
6. Regulator use
7. Underwater swimming; proper use of fins
8. Use of gauges
9. Underwater communications

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution

## 6. Supervised Diver

### 6.1 Introduction

This course is designed to give students the necessary skills to conduct open water dives in conditions similar to their training under the direct supervision of a qualified and active dive professional.

### 6.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Participate in dives under the direct supervision of a qualified and active dive professional to depths of 12 metres / 40 feet that do not require decompression, in conditions similar to their training for up to 12 months. Appropriate surface support must be available.
2. Dive in groups of no more than four Supervised Divers per instructor
3. Enroll in the SDI Open Water Scuba Diver course. If the diver enrolls in the Open Water Scuba Diver Course before their certification expires, they may follow the Supervised Diver Upgrade Procedure.\*

**\*See Supervised Diver Upgrade procedure #6.12 for certification requirements.**

### 6.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor

### 6.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 8 students per instructor
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters

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

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

**6.5 Student Prerequisites**

1. Minimum age 18; 10 through 17 with written parental consent

**6.6 Course Structure and Duration****Open Water Execution**

1. Students must complete a minimum of 2 open water scuba dives, and remain underwater for minimum of 15 minutes on each dive, for a minimum of 40 minutes total bottom time.
2. Training depth must be between 5 to 12 metres / 15 to 40 feet; the maximum depth may not exceed 12 metres / 40 feet
3. A maximum of 3 scuba dives per day, are allowed including training and additional fun dives
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
6. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives

**Course Structure**

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

**Duration**

1. The suggested number of total course training hours is 15

## 6.7 Administrative Requirements

### Administrative

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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

### Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration* form to SDI Headquarters / Regional Office or registering the students online through member's area of the SDI website

## 6.8 Required Equipment

**Basic open water scuba equipment as described in section two of this manual. The following material is required:**

1. *SDI Open Water Scuba Diver* Manual and associated SDI Knowledge Quest Book (or *SDI Open Water Diver* Online Training course)
2. *SDI Open Water Scuba Diver* Instructor Guide

**The following material is available and recommended**

1. SDI Log Book
2. *SDI Open Water Scuba Diver* Video or DVD
3. *SDI Open Water Scuba Diver* PowerPoint Presentation
4. *SDI Confined Water / Open Water Teaching* slates
5. *SDI Skill Check-off* slate

**Instructors may use any additional text or materials that they feel help present these topics.**

## 6.9 Required Subject Areas

**The following topics must be covered during this course:**

1. History of Diving
2. The Aquatic Environment
  - a. Vision
  - b. Light
  - c. Sound

- d. Heat loss
  - e. Tides
  - f. Currents
  - g. Waves
  - h. Surge
- 3. Marine life injuries
  - 4. Physics and Physiology
    - a. Buoyancy
    - b. Pressure
    - c. Boyle's Law
    - d. Air spaces
      - i. Lung over-expansion problems
      - ii. Equalization techniques
    - e. Breathing air under pressure
      - i. Decompression sickness
        - 1. Repetitive dives
        - 2. Safety stops
        - 3. Emergency decompression
        - 4. Omitted decompression
      - ii. Nitrogen narcosis
      - iii. Oxygen toxicity
      - iv. Carbon monoxide poisoning
      - v. Mixed gases
      - vi. Hyperventilation, shallow water blackout
  - 5. Scuba Equipment
    - a. Mask, fins, and snorkel
    - b. Exposure protection
      - i. Wetsuits
      - ii. Dry suits
    - c. Buoyancy compensator device (BCD)
    - d. Regulator
      - i. Primary regulator
      - ii. Alternate air source
    - e. Cylinders
    - f. Weight systems
    - g. Underwater instruments
      - i. Submersible pressure gauge
      - ii. Dive computers
      - iii. Dive watch

- iv. Depth gauges
    - v. Compass
  - h. Accessories
    - i. Dive flag
    - ii. Rescue signal
    - iii. Knife
    - iv. Dive lights
    - v. Equipment bag
    - vi. Logbook
    - vii. Slate
- 6. Planning Your Dive
  - a. Diver fitness and overexertion
  - b. Orientation to new or local diving environments
  - c. Boat diving procedures
  - d. Buddy system
  - e. First aid

## 6.10 Required Skill Performance and Graduation Requirements

**Students are required to successfully complete the following skills in confined and open water:**

1. Swimming evaluation (Must be completed prior to any scuba skills taught)
  - a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel or any swimming aids, or 300 metres non-stop using mask, snorkel, and fins
  - b. Survival swim / float of 10 minutes

**Note:** If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills
  - a. Scuba system assembly and disassembly
  - b. Weight system adjustment with proper weighting
  - c. Removal and replacement of weight system on the surface
  - d. Removal and replacement of weight system at depth \*
3. Pre-dive check of self and buddy
4. Partial mask clear at depth
5. Full mask clear at depth
6. Breathing and swimming underwater without a mask



7. Buoyancy compensator device (BCD) use:
  - a. Inflation and deflation (oral/power) at the surface
  - b. Inflation and deflation (oral/power) at depth
  - c. Removal and replacement at surface
  - d. Removal and replacement at depth \*
8. Buoyancy Control
  - a. Hovering
  - b. Controlled ascents
  - c. Controlled descents
9. Regulator use
  - a. Breathing, clearing, and recovery at the surface
  - b. Breathing, clearing, and recovery at depth
10. Underwater swimming; proper use of fins
11. Entries and exits
  - a. Controlled seated entry
  - b. Giant stride entry
  - c. Shallow water exit
  - d. Deep water exit
12. Snorkel use
  - a. Adjustment
  - b. Clearing; blast method
  - c. Regulator snorkel exchange at the surface
  - d. Surface snorkel swim in full equipment
13. Computer use
  - a. Reading and understanding data
  - b. Understanding functions of computer
14. Use of gauges
15. Underwater communications
16. Rescue techniques
  - a. Tired diver tows
  - b. Cramp relief
17. Out-of-air emergencies
  - a. Controlled swimming ascent
  - b. Alternate air source use; air sharing with a buddy while making a controlled ascent

**\*To be completed in confined water only**

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver* Instructor Resource CD
3. Complete all open water requirements safely and efficiently

## **6.11 Open Water Global Referral Procedures**

**SDI Instructor to any Active SDI Instructor Procedure:**

1. A SDI Instructor sends a student that has completed the academic and confined water portion of the SDI Open Water Scuba Diver course to a second SDI Instructor to complete the open water requirements with a *Global Referral* Form.
2. Once the student has completed the open water requirements, the SDI Open Water Scuba Diver Instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Open Water Scuba Diver Instructor completes the *SDI Student Registration* Form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

**SDI Instructor to any Active Instructor Procedure:**

1. A SDI Open Water Scuba Diver Instructor sends a student that has completed the academic and confined water portion of the open water course to any other active instructor from any dive training agency to complete the open water requirements with *Global Referral* Form.
2. The open water instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.

4. The SDI Confined Water instructor completes the *SDI Student Registration* form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card.
5. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

## **6.12 Supervised Diver to Open Water Scuba Diver Upgrade Procedure:**

**For any SDI Supervised Diver to upgrade to SDI Open Water Scuba Diver, the following requirements must be met:**

1. Student must have been certified as an SDI Supervised Diver within the past 12 months.
2. An additional academic review and/or confined session is not necessary, but may be added at the instructor's discretion
3. Complete a minimum of 2 Open Water dives, the instructor may use their discretion with reference to the skills needed to complete the dives.

## 7. Open Water Scuba Diver

### 7.1 Introduction

This certification course is designed to give students the necessary skills to conduct open water dives in conditions similar to their training without the direct supervision of an instructor.

### 7.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training to a maximum depth of 18 metres/ 60 feet.
2. Conduct dives with other certified divers at the same or higher level of certification.
3. Conduct dives that do not require decompression.
4. Enroll in the Advanced Adventure Diver program, individual SDI Specialties or the SDI Advanced Diver Development program

### 7.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor

### 7.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 8 students per instructor
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters

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

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

## 7.5 Student Prerequisites

1. Minimum age 18; 10 through 17 with written parental consent
2. Students between the ages of 10 through 14 may obtain an SDI Junior Open Water Scuba Diver Certification if the following conditions are met: junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional
3. When an SDI Junior Open Water Diver reaches the age of 15, they may upgrade to an SDI Open Water Scuba Diver certification by completing the Junior Open Water Upgrade form and submitting to World HQ.

## 7.6 Course Structure and Duration

### Open Water Execution

1. Students must complete a minimum of 4 open water scuba dives, and remain underwater for minimum of 15 minutes on each dive, for a minimum of 80 minutes total
2. Training depth must be between 5 to 18 meters/ 15 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet
3. A maximum of 3 scuba dives per day are allowed
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
6. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives

### Course Structure

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

### Duration

1. The suggested number of total course training hours is 20

## 7.7 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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

**Upon successful completion of the course the instructor must:**

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

## **7.8 Required Equipment**

**Basic open water scuba equipment as described in section two of this manual. The following material is required:**

1. *SDI Open Water Scuba Diver* Manual and associated SDI Knowledge Quest Book (or *SDI Open Water Diver* Online Training course)
2. *SDI Open Water Scuba Diver* Instructor Guide

**The following material is available and recommended**

1. SDI Log Book
2. *SDI Open Water Scuba Diver* Video or DVD
3. *SDI Open Water Scuba Diver* PowerPoint Presentation
4. *SDI Confined Water / Open Water Teaching* slates
5. *SDI Skill Check-off* slate

**Instructors may use any additional text or materials that they feel help present these topics.**

## **7.9 Required Subject Areas**

**The following topics must be covered during this course:**

1. History of Diving
2. The Aquatic Environment
  - a. Vision
  - b. Light
  - c. Sound
  - d. Heat loss
  - e. Tides
  - f. Currents
  - g. Waves
  - h. Surge
3. Marine life injuries
4. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Boyle's Law

- d. Air spaces
  - i. Lung over-expansion problems
  - ii. Equalization techniques
- e. Breathing air under pressure
  - i. Decompression sickness
    - 1. Repetitive dives
    - 2. Safety stops
    - 3. Emergency decompression
    - 4. Omitted decompression
  - ii. Nitrogen narcosis
  - iii. Oxygen toxicity
  - iv. Carbon monoxide poisoning
  - v. Mixed gases
  - vi. Hyperventilation, shallow water blackout
- 5. Scuba Equipment
  - a. Mask, fins, and snorkel
  - b. Exposure protection
    - i. Wetsuits
    - ii. Dry suits
  - c. Buoyancy compensator device (BCD)
  - d. Regulator
    - i. Primary regulator
    - ii. Alternate air source
  - e. Cylinders
  - f. Weight systems
  - g. Underwater instruments
    - i. Submersible pressure gauge
    - ii. Dive computers
    - iii. Dive watch
    - iv. Depth gauges
    - v. Compass
  - h. Accessories
    - i. Dive flag
    - ii. Rescue signal
    - iii. Knife
    - iv. Dive lights
    - v. Equipment bag
    - vi. Logbook
    - vii. Slate

6. Planning Your Dive
  - a. Diver fitness and overexertion
  - b. Orientation to new or local diving environments
  - c. Boat diving procedures
  - d. Buddy system
  - e. First aid
7. Underwater Navigation
  - a. Compass
  - b. Natural

## 7.10 Required Skill Performance and Graduation Requirements

**Students are required to successfully complete the following skills:**

1. Swimming evaluation (Must be completed prior to any scuba skill being taught)
  - a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel *or* any swimming aids, or 300 metres non-stop using mask, snorkel, and fins
  - b. Survival swim / float of 10 minutes

**Note:** If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills
  - a. Scuba system assembly and disassembly
  - b. Weight system adjustment with proper weighting
  - c. Removal and replacement of weight system on the surface
  - d. Removal and replacement of weight system at depth
3. Pre-dive check of self and buddy
4. Partial mask clear at depth
5. Full mask clear at depth
6. Breathing and swimming underwater without a mask
7. Buoyancy compensator device (BCD) use:
  - a. Inflation and deflation (oral/power) at the surface
  - b. Inflation and deflation (oral/power) at depth
  - c. Removal and replacement at surface
  - d. Removal and replacement at depth
8. Buoyancy Control
  - a. Hovering
  - b. Controlled ascents
  - c. Controlled descents



9. Regulator use
  - a. Breathing, clearing, and recovery at the surface
  - b. Breathing, clearing, and recovery at depth
10. Underwater swimming; proper use of fins
11. Entries and exits
  - a. Shallow water entry
  - b. Deep water entry
  - c. Shallow water exit
  - d. Deep water exit
12. Snorkel use
  - a. Adjustment
  - b. Clearing; blast method
  - c. Regulator snorkel exchange at the surface
  - d. Surface snorkel swim in full equipment
13. Computer use
  - a. Reading and understanding data
  - b. Understanding functions of computer
14. Use of gauges
15. Underwater communications
16. Rescue techniques
  - a. Tired diver tows
  - b. Cramp relief
17. Out-of-air emergencies
  - a. Controlled swimming ascent
  - b. Alternate air source use; air sharing with a buddy while making a controlled ascent
18. Underwater Navigation

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver* Instructor Resource CD
3. Complete all open water requirements safely and efficiently

## 7.11 Open Water Global Referral Procedures

### SDI Instructor to any Active SDI Instructor Procedure:

1. A SDI Instructor sends a student that has completed the academic and confined water portion of the SDI Open Water Scuba Diver course to a second SDI Instructor to complete the open water requirements with a *Global Referral Form*.
2. Once the student has completed the open water requirements, the SDI Open Water Scuba Diver Instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Open Water Scuba Diver Instructor completes the *SDI Student Registration Form* with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

### SDI Instructor to any Active Instructor Procedure:

1. A SDI Open Water Scuba Diver Instructor sends a student that has completed the academic and confined water portion of the open water course to any other active instructor from any dive training agency to complete the open water requirements with *Global Referral Form*.
2. The open water instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Confined Water instructor completes the *SDI student registration form* with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card.
5. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

### Any Instructor to an Active SDI Instructor Procedure:

1. The SDI Instructor must teach the student how a personal dive computer works and have them wear a personal dive computer during the open water dives.
2. The SDI Instructor *MUST* make sure the student completes all the skills required in the *SDI Open Water Scuba Diver* standards; a short list is found on the back of the *Global Referral Form*.

3. Upon successful completion of the skills, the SDI Open Water Scuba Diver Instructor completes and sends the *SDI Student Registration* form to SDI Headquarters to process the certification card where both the confined and open water instructor name will appear on the card.
4. The SDI Instructor may also use the online registration system, or in-store card printing system if available.
5. SDI also requires the SDI Open Water Scuba Diver Instructor to make a copy of the referral letter that accompanied the student and file it with the student training record.
6. *SDI recommends that if a student comes with a Universal Referral Form, they not only issue a SDI certification card but also sign the Universal Referral Form and give it back to the student so they may go back to their original instructor.*

## 8. Inactive Diver Program / Refresher

### 8.1 Introduction

The SDI Inactive Diver program is designed to update and review the knowledge and skill level of an inactive diver. SDI encourages the use of this program for instructors, assistant instructors, divemasters, and resorts or dive facilities that have questions regarding the diving history of an individual. This program can also be used as a catalyst for continuing education programs.

### 8.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Enroll in the SDI Advanced Adventure Diver, individual SDI Specialty Courses, or the SDI Advanced Diver Development Program based on their prior certification
2. Dive without the direct supervision of an instructor

### 8.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor
2. An active SDI Assistant Instructor

### 8.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 10 students per instructor or assistant instructor

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate

### 8.5 Student Prerequisites

**To participate in the SDI Inactive Diver / Refresher Course, the individual must:**

1. Have proof of an SDI Open Water Scuba Diver certification or equivalent from any recognized agency

## 8.6 Course Structure and Duration

### Water Execution

1. Training depth must not exceed 18 metres / 60 feet
2. One dive required, can be confined or open water or both, second dive optional
3. All dives must be completed during adequate lighting conditions or under conditions that simulate daylight conditions

### Course Structure

SDI allows instructors to structure courses according to the number of students participating and their skill level

### Duration

1. The suggested number of training hours is 4

## 8.7 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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

**An instructor may issue an Inactive Diver Refresher card upon successful completion of the course. If no card is issued, the instructor or assistant instructor conducting the course may sign a page in the diver's logbook to verify date completed.**

## 8.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. Personal dive computer (PDC) not required but strongly recommended.

### Optional materials

1. *SDI Inactive Diver eLearning*

## **8.9 Required Skill Performance and Graduation Requirements**

**Although one, in-water training dive is required, the instructor or assistant instructor may use their discretion with reference to the skills needed to complete the dive. SDI offers the following outline:**

1. Plan Dive
  - a. Equalization techniques
  - b. Communication signals
  - c. Lung over-expansion problems
  - d. Review of dive computer
2. Scuba system assembly
3. Weight adjustment
4. Mask defog
5. Don scuba system
6. Adequate entry for site conditions
7. Controlled descent
8. Computer check, if used
9. Regulator clearing
10. Regulator recovery
11. Mask clearing
12. Fin use
13. Buoyancy control; hovering
14. Underwater tour
15. Computer check
16. Controlled ascent; computer assisted
17. Exit
18. Disassemble scuba system
19. Log dive
20. Air sharing ascents

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Complete all open water requirements safely and efficiently

## 9. Accomplished Diver Program

### 9.1 Introduction

The SDI Accomplished Diver program is designed to allow an individual who is certified through a recognized scuba certification agency, a Military Diver or someone who has experience on conventional (open circuit) diving equipment over many years and does not hold a recreational diver certification to receive an SDI Open Water Scuba Diver certification. This program can also be used as a catalyst for continuing education programs.

### 9.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Enroll in the SDI Advanced Adventure Diver program, individual SDI Specialty Courses, or the SDI Advanced Diver Development Program based on their prior certification
2. Dive without the direct supervision of an instructor

### 9.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor

### 9.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 10 students per instructor

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate

### 9.5 Student Prerequisites

1. To participate in the SDI Accomplished Diver Course, the individual must:
  - a. Have proof of a Junior Open Water Scuba Diver certification or Open Water Scuba Diver certification from a recognized agency, or documentation of a current military diver rating, or if not certified, documentation of at least 50 hours diving.

## 9.6 Course Structure and Duration

### Academic

1. An academic review covering the basic open water knowledge areas including the use of a personal dive computer must be completed. For divers that have never held a certification this review must include the completion of the *SDI Open Water Scuba Diver* manual or online Open Water Scuba Diver course

### Course Structure

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

### Duration

1. The suggested number of training hours is 4-8

### Open Water Execution

1. One dive is required and the training depth must not exceed 18 metres / 60 feet

## 9.7 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. *SDI Liability Release and Express Assumption of Risk* Form
  - b. *SDI Medical Statement* Form
5. Maintain a copy of the student's current credentials

### Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration* form to SDI or registering the students online through member's area of the SDI website

## 9.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. Personal dive computer (PDC) is required.



## **9.9 Required Skill Performance and Graduation Requirements**

**Although one, in-water training dive is required, the instructor may use their discretion with reference to the skills needed to complete the dive. SDI offers the following outline:**

1. Plan Dive
  - a. Equalization techniques
  - b. Communication signals
  - c. Lung over-expansion problems
2. Review of dive computer
3. Scuba system assembly
4. Weight adjustment
5. Mask defog
6. Don scuba system
7. Adequate entry for site conditions
8. Controlled descent
9. Computer check
10. Regulator clearing
11. Regulator recovery
12. Mask clearing
13. Fin use
14. Buoyancy control; hovering
15. Underwater tour
16. Computer check
17. Controlled ascent; computer assisted
18. Air sharing ascents
19. Exit
20. Disassemble scuba system
21. Log dive

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Complete all open water requirements safely and efficiently

## 10. Advanced Diver

### 10.1 Introduction

The SDI Advanced Diver Development Program was created to make true advanced divers. Under the old way of training a student could take an advanced course immediately following an open water course, and only have a total of 9 dives, all under the direct training of an instructor. The SDI Advanced Diver Development program requires a new open water student to complete 4 SDI, TDI or ERDI Specialties or equivalent, combined with 25 logged dives. SDI believes a diver will truly be advanced after this is accomplished.

### 10.2 Who May Teach

An active SDI, TDI or ERDI Instructor or Assistant Instructor, qualified to teach the chosen specialties

### 10.3 Graduation Requirements

#### **SDI Advanced Diver Certification procedures for students:**

1. Completion of 4 SDI, TDI, or ERDI Specialty Courses or equivalent; only 1 course without dives may be credited toward the Advanced Diver. Nitrox counts as a diving specialty.
2. Proof of 25 logged dives
3. After the previous requirements are met and verified by an instructor, the instructor issues the SDI Advanced Diver certification by submitting the *SDI Diver Registration* form to SDI Headquarters or the Regional Office, or registering the students online through members area of the SDI/TDI/ERDI website
4. Requirements for the SDI Junior Advanced include the above requirements, provided the 4 specialty courses they have taken are allowed by their age

## 11. Rescue Diver

### 11.1 Introduction

The rescue certification course is designed to develop the knowledge and necessary skills for an individual to effectively perform diver rescues and assists, and administer necessary first aid.

### 11.2 Qualifications of Graduates

Upon successful completion of this course, graduates:

1. Are able to conduct rescues for divers in distress
2. Are qualified to enroll in:
  - a. The SDI Master Diver Program
  - b. The SDI Divemaster Course

### 11.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor

### 11.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 10 students per instructor
2. Instructors have the option of adding 2 additional students with the assistance of an active assistant instructor or divemaster. Although additional assistants may be used, no additional students may be added

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster. Although additional assistants may be used, no additional students may be added

## 11.5 Student Prerequisites

1. Minimum age 18, 10 with parental consent
2. Provide proof of current CPR, first aid and oxygen (O<sub>2</sub>) provider (where local law permits) certification\*
3. Provide proof of SDI Advanced Adventure Diver certification, SDI Junior Advanced Adventure certification, or equivalent, or open water diver certification and 15 logged open water dives
4. Divers under age 15 may earn the Junior Rescue Diver certification. Junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional

**\*Note:** CPR, first aid and oxygen provider courses may be combined with the rescue program by qualified instructors.

## 11.6 Course Structure and Duration

### Course Structure

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

### Duration

1. The suggested number of training hours is 12
2. Of the suggested 12 hours, 8 of the suggested hours should be performed in open water conditions

## 11.7 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. *SDI Liability Release and Express Assumption of Risk Form*
  - b. *SDI Medical Statement Form*

### Upon successful completion of the course the instructor must:

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

## 11.8 Training Material

### Required Materials:

1. *SDI Rescue Diver Manual* (or *SDI Rescue Diver Online Training course*)
2. *SDI Rescue Diver K.Q. Review*
3. *SDI Rescue Diver Instructor Guide*

### Optional Material

1. *SDI Rescue Diver PowerPoint Presentation*
2. *SDI Rescue Diver Slates*
3. *SDI Rescue Diver Instructor Slates*

## 11.9 Required Equipment

Basic open water scuba equipment as described in section two of this manual, with the addition of a cutting device.

## 11.10 Required Subject Areas

**The SDI Rescue Diver Manual is required for this course. Instructors may use any additional text or materials that they feel help present these topics. The following topics must be covered during this course:**

1. Prevention and Causes of Diving Accidents
  - a. Stress and psychological factors i.e. the panic syndrome in self and others
  - b. Physical conditioning
  - c. Equipment
  - d. Surface drowning syndrome
2. Diving Lifesaving
  - a. Self rescue
  - b. Diver assists
  - c. Surface and underwater rescues
  - d. Types of transports
  - e. In-water artificial respiration
  - f. Boat and shore exit techniques
  - g. Diver first aid
  - h. Review of oxygen (O<sub>2</sub>) administration
3. Hyperbaric Injuries and Management
  - a. Information collection
  - b. Access to hyperbaric chambers

4. Accident Management
  - a. Access to emergency transport/assistance
  - b. Accident reporting
  - c. Liability and related legal considerations

## **11.11 Required Skill Performance and Graduation Requirements**

**Instructors are required to teach and evaluate all the following skills**

1. On the surface identify and assist a properly equipped skin or scuba diver simulating:
  - a. Breathing difficulties
  - b. Tiredness
  - c. Leg cramp
  - d. Early panic symptoms
2. Locate and bring to the surface a scuba diver simulating unconsciousness to the surface from approximately 6 metres / 20 feet
3. Upon surfacing, transport the unconscious diver 50 metres / 150 feet to shore or boat, simulating in-water rescue breathing
4. Upon reaching the shore or boat, with the assistance of 1 aide, remove the diver from the water

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive emergency planning and execution
2. Complete all open water requirements safely and efficiently
3. Satisfactorily complete the *SDI Rescue Diver* Knowledge Quest or eLearning.

## 12. Master Scuba Diver

### 12.1 Introduction

The SDI Master Scuba Diver Development Program was created to make true master divers. The SDI Master Scuba Diver Development program requires a new open water diver to complete 4 SDI, TDI or ERDI Specialties (or equivalent), the SDI Rescue Diver Course (or equivalent), and logged 50 dives. SDI believes a diver will be a true master scuba diver after this is accomplished.

### 12.2 Who May Teach

An active SDI, TDI or ERDI Instructor qualified to teach specialties

### 12.3 Graduation Requirements

**Master Scuba Diver Certification procedures for students:**

1. Completion of 4 SDI, TDI, or ERDI Specialty Courses or equivalent; only 1 course without dives may be credited toward the Master Scuba Diver. Nitrox counts as a diving specialty.
2. Provide proof of 50 logged dives
3. Completion of the SDI Rescue Diver Course or equivalent
4. After the previous requirements are met and verified by an instructor, the instructor must issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

**\*Note:** Requirements for divers under the age of 18 include the above provided the 4 specialty courses they have completed, are allowed by their age

## 13. Shallow Water Scuba Diver

### 13.1 Introduction

This entry-level certification course is designed to give students the necessary skills to safely conduct open water dives in conditions similar to their training using the shallow water scuba system without the direct supervision of an instructor. This course is specific to a shallow water scuba system, and is not intended to train participants in the use of conventional scuba diving equipment. Therefore, use of conventional scuba diving equipment, by participants, during this program is strictly prohibited.

### 13.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training using a shallow water scuba system to a maximum depth of 9 metres / 30 feet

### 13.3 Who May Teach

1. Any active SDI Instructor that is certified to teach the shallow water diver course and has a shallow water scuba system on hand for training purposes

### 13.4 Student to Instructor Ratio

#### Academic

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

#### Confined Water (swimming pool-like conditions)

1. A maximum of 10 students per instructor
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster
3. The total number of students an instructor may have in the water is 14 with the assistance of 2 active assistant instructors or Divemasters



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

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

**13.5 Student Prerequisites**

1. Minimum age 18, 10 through 17 years with written parental consent
2. Students between the ages of 10 through 14 may obtain a SDI Junior Shallow Water Scuba Diver Certification if the following conditions are met: students are to train and dive under the direct supervision of a parent, guardian, or active leadership level diver
3. When a junior shallow water scuba diver reaches the age of 15, they can upgrade to an SDI Shallow Water Scuba Diver certification

**13.6 Course Structure and Duration****Open Water Execution**

1. Students must complete 2 open water dives in warm, clear, and calm waters with a maximum depth of 9 metres / 30 feet
2. Remain underwater for minimum of 20 minutes on each dive, for a total of 40 minutes
3. Training depth must be between 4.5 to 9 metres / 15 to 30 feet
4. A maximum of 3 open water dives per day are allowed for training
5. All dives must be completed during daylight hours or under conditions that simulate daylight conditions
6. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
7. The instructor must record all in-water and topside training events on the student's record folder

**Course Structure**

1. All topics are presented in the context of using the water scuba system in warm, clear, and calm waters with a maximum depth of 9 metres / 30 feet
2. SDI allows instructors to structure courses according to the number of students participating and their skill level

**Duration**

1. The suggested number of student contact training hours is 8

## 13.7 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. *SDI Liability Release and Express Assumption of Risk* Form
  - b. *SDI Medical Statement* Form

### Upon successful completion of the course the instructor must:

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

## 13.8 Required Equipment

### Students

1. Shallow Water Scuba System that includes:
  - a. High pressure air cylinder of 3.8 to 5 litres / 28 to 40 cubic feet
  - b. Buoyancy compensator device (BCD) with auto-inflator mechanism
  - c. Regulator with primary and alternate second stages
  - d. Submersible pressure gauge and depth gauge
2. Mask, fins and snorkel
3. Weights system
4. Exposure suit; if needed

## 13.9 Required Subject Areas

### The following material is available:

1. *SDI Open Water Scuba Diver Manual*
2. *SDI Log Book*
3. *SDI Confined Water / Open Water Teaching* slates
4. *SDI Skill Check-off* slate

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

1. History of Diving
2. The Aquatic Environment
  - a. Vision
  - b. Light
  - c. Sound
  - d. Heat loss
  - e. Tides
  - f. Currents
  - g. Waves
  - h. Surge
  - i. Marine life injuries
3. Physics and Physiology
  - a. Buoyancy
  - b. Pressure
  - c. Boyle's Law
  - d. Air Spaces
    - i. Lung over-expansion problems
    - ii. Equalization techniques
  - e. Breathing air under pressure
    - i. Decompression sickness
    - ii. Nitrogen narcosis
    - iii. Oxygen (O<sub>2</sub>) toxicity
    - iv. Carbon monoxide (CO) poisoning
4. Scuba Equipment
  - a. Mask, fins, and snorkel
  - b. Exposure Protection
    - i. Wetsuits
    - ii. Dive -skins
  - c. Buoyancy compensator device (BCD)
  - d. Regulator
    - i. Primary regulator
    - ii. Alternate air source
  - e. Cylinders
    - i. Use
    - ii. Removal and replacement
    - iii. Care and inspection requirements
  - f. Weight systems
  - g. Underwater instruments
    - i. Submersible pressure gauge (SPG)
    - ii. Dive watch
    - iii. Depth gauges

- h. Accessories
  - i. Dive flag
  - ii. Rescue signal
  - iii. Knife/Cutting tool
  - iv. Logbook
  - v. Slate
- i. Planning Your Dive
- j. Diver fitness and overexertion
- k. Buddy system
- l. First aid

### **13.10 Required Skill Performance and Graduation Requirements**

**Students are required to successfully complete the following skills:**

1. Swimming evaluation (*Must be completed prior to any scuba skill being taught*)
  - a. Distance swim of 200 metres, non-stop, using any stroke or 300 metres, non-stop, using mask, snorkel and fins
  - b. Survival swim / float of 10 minutes
2. Scuba skills
  - a. Assembly and disassembly of equipment
  - b. Weight system adjustment with proper weighting
  - c. Removal and replacement of weight system on the surface
  - d. Removal and replacement of weight system at depth
3. Pre-dive check of self and buddy
4. Partial mask clear at depth
5. Full mask clear at depth
6. Breathing and swimming underwater without a mask
7. Buoyancy compensator device (BCD) use:
  - a. Inflation and deflation (oral/auto) at the surface
  - b. Inflation and deflation (auto) at depth
  - c. Removal and replacement at surface
8. Buoyancy control
  - a. Hovering
  - b. Controlled ascents
  - c. Controlled descents
  - d. Not exceeding the planned depth of the dive or 9 metres / 30 feet, whichever is greater

9. Regulator use
  - a. Breathing, clearing, and recovery at the surface
  - b. Breathing, clearing, and recovery at depth
  - c. Alternate air source use; air sharing with a buddy while making a controlled ascent
10. Underwater swimming; proper use of fins
11. Entries and exits
  - a. Controlled seated entry
  - b. Back-roll entry
  - c. Giant stride entry
  - d. Shallow water exit
  - e. Deep water exit
12. Snorkel use
  - a. Adjustment
  - b. Clearing; blast method
13. Use of gauges
14. Underwater communications
15. Rescue techniques
  - a. Tired diver tows
  - b. Cramp relief
16. Out-of-air emergencies: simulated swimming ascent ending with establishing positive buoyancy upon reaching the surface

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning dive planning and execution
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver* Digital Instructor Resource.
3. Complete all open water requirements safely and efficiently