

12. Aquatic Mermaid

12.1 Introduction

The Aquatic Mermaid Specialty Course is an intermediate-level mermaid skills course designed to give students the necessary skills to safely swim in a mermaid tail in confined conditions similar to their training without the direct supervision of an instructor. This course paves the way to open discussion with students about expanding open water mermaid activities.

12.2 Who May Teach

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

12.3 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

12.4 Student Prerequisites

1. Minimum age 18, 8 with parental consent
2. Display comfort in water

12.5 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 20 minutes.
3. All mermaid skills must be demonstrated during daylight hours.
4. PFI allows instructors to structure courses according to the number of students participating and their skill level.
5. The suggested number of training hours is 4 hours.
6. Max Depth 5m/15feet

12.6 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

12.7 Training Material

Required Material:

12.8 Required Equipment

1. Basic mermaid equipment (fabric tail and monofin)
2. Mask and Snorkel
3. Exposure protection

12.9 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 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.
5. Swimming in monofin and mermaid tail
 - a. How to float on front, and flip onto back to rest and breathe
 - b. Surface Breathing Techniques
 - c. Dolphin Kick
 - i. Front
 - ii. Back
 - iii. Side
6. Mermaid Tail Safety Skills
 - a. Safety skills
 - b. Tail removal
 - c. Buddy procedures
7. Duck Dive
8. Angled Descent
9. Handstands
10. Front/Back Flip
11. Rolls
12. Tail Flips

12.10 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 a distance of 200 yards
 - b. Float comfortably on their back
 - c. Float comfortably on their front, holding their breath for 15 seconds
 - d. Tread water for 10 minutes
 - e. Swim underwater 3 meters/10 feet in one breath
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 proper buddy procedures

Upon successful completion of this course, graduates may:

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