



2. General Specialty Standards

These following standards apply to all PFI Freediver Specialties.

2.1 Administrative

Instructors must ensure that all students complete the following forms, for each and every course and specialty the student participates in.

They are:

1. *PFI General Liability Release and Express Assumption of Risk Form*
2. *PFI Medical History Form*
If a student answers yes to any question in the medical history form, the student must provide written permission from a licensed physician before participating in confined or open water training or any course or specialty training
3. *PFI Student Registration Form* or register the student online in the member's section of the PFI website; upon completion of the specified program
4. All records must be kept for a minimum of *seven* years

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 *PFI Accident/Incident Report* Form must be completed, by the member/witness, and emailed or faxed to PFI Headquarters immediately after the accident occurred.

2.3 Definitions

Assistant or Assisted by = A person who is assisting a primary and certified instructor, 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, or instructor trainer. The 2nd 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 Equipment

A personal freedive computer (PFDC) or timing device must be used during all confined and open water training sessions, during PFI courses.

2.5 Confined Water Training

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

1. A minimum of approximately 5 metres / 16 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 PFI Headquarters

2.6 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 freediving 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. A complete briefing that includes:
 - a. The freedive site
 - b. Water conditions
 - c. Skills to be performed
 - d. Entry/Exit to be used
 - e. Emergency procedures
10. A complete debriefing that includes:
 - a. Performance of freedivers as a whole
 - b. Areas that need improvement
 - c. Environmental observations
 - d. Question and answers

2.7 Student – Minimum Equipment Requirements

The students must have the following equipment:

1. Mask, fins and snorkel
2. Quick release weight system
3. Personal freedive computer (PFDC) or timing device
4. Exposure suit adequate for the training conditions
5. Knife or cutting device

2.8 Instructor – Minimum Equipment Requirements

Unless otherwise noted, the minimum equipment requirements for training by an instructor, assistant instructor and freediver supervisor is as follows:

1. Mask, fins, and snorkel
2. Quick release weight system
3. Personal freedive computer (PFDC)
4. Additional timing device
5. Exposure suit adequate for the training conditions
6. Cutting device
7. Visual and audio rescue signals
8. A dive flag must be carried in accordance with local laws or regulations for all open water locations
9. Float with adequate buoyancy to support two freedivers' airway above water

2.9 Qualification Procedures for Teaching a Specialty Course

To qualify to teach a specialty, the instructor must:

1. An active teaching PFI Instructor
2. Provide proof of 25 logged dive sessions in the specialty being applied for

OR

1. Complete the relevant PFI Specialty Instructor Course with an PFI Instructor Trainer qualified as an instructor in that specialty
2. Complete the PFI Specialty Instructor upgrade form and agree to use the latest approved PFI Specialty Standards

Note:

1. Some courses such as Breath Hold Survival course do require an Intermediate Freediver Instructor course be taken before the instructor may actually teach the course
2. In order to be an instructor for the PFI Breath Hold Survival Course, the instructor must:
 - a. Minimum age 21
 - b. Certified as PFI Intermediate Freediver Instructor
 - c. Certified as Breath Hold Survival or Assisted with a Breath Hold Survival Course
 - d. This rating may be obtained by administrative upgrade, or by completing a course with an PFI Breath Hold Survival Instructor Trainer but the prerequisites must be met either way
3. Assistant instructors must complete all specialty instructor courses with a qualified PFI Instructor Trainer

2.10 Combining Specialties

None of the PFI Specialties may be combined into one program. An instructor may teach more than one specialty per day, but the courses must be taught separately.

No specialty course may be combined with the PFI Freediver course however, courses may be taught in “blocks”. The student must complete an academic review and receive the appropriate pool/confined water training prior to open water training. To teach courses in blocks all requirements for PFI Freediver must be successfully completed prior to any in water training for any specialty course.

2.11 Procedure for Creating a Unique Specialty

Instructors often create their own specialties and wish to have a certification issued by PFI. The procedures for getting a unique specialty approved are as follows.

The instructor must:

1. Be an active teaching PFI Instructor
2. Provide proof of 25 dive sessions in the specialty being applied for
3. Complete the *PFI Specialty Instructor upgrade* form
4. Submit an outline, in the same format as the core PFI Specialties, for approval by PFI Headquarters
5. PFI Headquarters must approve the outline before the course may be taught

2.12 Upgrading from PFI Junior certification to full PFI certification

This procedure is for freedivers 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 freedive computer download*
3. Freedivers 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 PFI Facility or equivalent to complete a refresher program with an active Instructor.

Upon successful completion of PFI refresher program or equivalent, active Instructors must: provide a signed letter of update completion or signed logbook entry for Junior diver to submit to PFI World Headquarters or Regional Office.

Processing Procedure – Contact PFI 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.