

6. Advanced Freediver Instructor

6.1 Introduction

This level of Instructor certification allows the continuing instructor to offer more continuing education freediving courses with focus on the Advanced Freediver level of education with their students. Instructors in this area possess the highest level of knowledge, skill, capacity, technical expertise, and ability and will be required to work in the 40m/132ft depth range with 40 seconds of hang repeatedly while also being able to employ safety and problem management techniques.

6.2 Course Objectives

The objective of this course is to train individuals in instructional skills in the benefits, hazards, and proper procedures for Intermediate level breath hold diving instruction to a depth of 60m/196ft.

6.3 Program Prerequisites

1. Minimum age of 21 years
2. Be active status PFI Assistant Advanced Freediver.
3. Have co-taught at least 1 PFI Safety Freediver and PFI Advanced Freediver Course with a PFI Advanced Freediver Instructor IT
4. Be in good medical & physical condition and have signed medical clearance for freediving from a physician.
5. Be a current CPR, first aid, and AED (where permissible by law) provider with a program that includes marine life injuries and neurological assessments
6. Be a current Oxygen Administration Provider (where permissible by law)

6.4 Required Student Equipment

1. Mask, fins, snorkel, exposure protection, weight belt and weights plus neckweight (appropriate for the local environment), freediving lanyard, and a Freedive computer and timing device

6.5 Support Materials

Student materials

1. *PFI Advanced Freediver* manual or eLearning course
2. *PFI Advanced Freediver instructor resource*
3. *PFI Standards and Procedures*
4. *PFI Instructor Manual*

Instructor materials

1. *PFI Instructor Manual*
2. *ITI Instructor Evaluation Form*
3. *ITI Confined and Open Water Evaluation* form or slates
4. *PFI Advanced Freediver Instructor Exam and Answer Key*
5. *PFI Instructor Trainer Manual*
6. *Advanced Freediver Final Exam* (when candidate has not completed eLearning)

6.6 Qualifications of Graduates – change to:

1. Upon successful completion of this course, graduates may engage in teaching PFI Advanced Freediver courses
2. Issue Assistant Advanced Freediver Instructor ratings to HQ for approval

6.7 Who May Teach

This course may be taught by a PFI Advanced Freediver Instructor Trainer.

6.8 Student to Instructor Ratio

Classroom

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

Confined Water

1. Maximum of eight students to one Instructor Trainer (8:1)

Open Water

1. Maximum of six students to one Instructor Trainer (6:1)

6.9 Course Structure and Duration

Advanced Freediver Instructor Exam Execution:

1. Candidate must be able to perform all skills required, to instructor level quality for Freediver Supervisor, Freediver Instructor, Intermediate Freediver Instructor, Advanced Freediver Instructor
2. No more than 2 in-water session per day
3. Training sessions must be completed during daylight hours, or under conditions that simulate daylight conditions

Confined Water Execution

1. Maximum confined water training session of 10 metres / 33 feet for confined water skills.
2. Students should, where applicable, treat the confined water as an 'open water environment' and employ all protocols consistent with open water freediving.

Open Water Execution

1. Training depth must be 60 metres / 196 feet; the maximum depth may not exceed 60 metres / 196 feet.

Course Structure

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

Duration

1. The minimum number of hours under direct supervision for the course is 16

6.10 Administrative Requirements

1. Collect the course fees from all the students
2. Ensure the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete liability and medical forms

6.11 Knowledge Development Overview

To be certified as an Advanced Freediver Instructor, a student must demonstrate the following skills to the satisfaction of the PFI Instructor Trainer:

1. Introduction
 - a. Course Overview
 - b. Paperwork and Prerequisites
 - c. Equipment Requirements Check
 - d. Pool Protocols and Conduct
 - e. In-water Protocols and Conduct
 - f. Safety / Supervision Practices
2. Assist All Classroom Presentations
 - a. Complete classroom introduction of self
 - b. Assist in all paperwork collection
 - c. Assist in all classroom demonstrations
3. Knowledge Development Presentations
 - a. Complete a minimum of two (2) classroom presentations using the *PFI Theory Presentation Outline* form
 - b. As outlined by the PFI Instructor Trainer two (2) presentations will be scored with a passing score.
 - c. Achieve a passing score of 90% on an Advanced Freediver Final exam or eLearning
 - d. Achieve a passing score of 80% on an open book Advanced Freediver Instructor Exam

6.12 Confined Water

To be certified as an Intermediate Freediver Instructor, a student must demonstrate the following skills to the satisfaction of the PFI Instructor Trainer:

1. Watermanship & Stamina- Surface
 - a. 800 meter snorkel in under 16 minutes
 - b. 400 meter non-stop swim in under 10 minutes. Goggles permitted
 - c. Tread water for 15 minutes without floatation assistance.
 - d. 100m egress swim with non-stop BLS
2. Conduct Pool Orientation Briefing & Provide Safety Supervision
 - a. Complete a pool orientation briefing
 - b. Handle all pool student organization
 - c. Provide in-water safety and supervision

- d. Assist All Pool Presentations
- e. Organize students upon arriving at pool and into water
- f. Assist with student equipment preparation
- g. Assist in all pool demonstrations
- 3. Confined Water Teaching Presentation
 - a. Complete a minimum of two (2) Confined Water Presentations using the *PFI Confined Water Presentation Outline* form
 - b. Earn a passing score on a minimum of two (2) presentations
- 4. Confined Water Skill Evaluation
 - a. Show mastery and demonstration quality on all skills.
- 5. Problem Management Evaluation
 - a. Earn a passing score on a Static Apnea rescue
 - b. Earn a passing score on a Dynamic Apnea rescue

6.13 Open Water

To be certified as an Advanced Freediver Instructor, the candidate must be able to instruct and perform, to demonstration quality, skills to the satisfaction of the PFI Instructor Trainer:

- Complete Open Water Orientation Briefings & Provide Safety Supervision
- Complete an open water orientation briefing and provide in-water safety and supervision
- Handle all open water student organization
- 1. Complete Rig/Diving System Assembly Disassembly
 - a. Completely set-up for open water use a diving rig ensuring safety and functionality
 - b. Completely breakdown diving rig for travel and storing
- 2. Assist All Open Water Presentations
 - a. Organize students upon arriving at the open water and into water
 - b. Assist with student equipment preparation
 - c. Assist in all open water demonstrations
- 3. Open Water Teaching Evaluation
 - a. Complete a minimum of two (2) Open Water Presentations using the *PFI Open Water Presentation Outline* form
 - b. Earn a passing score on a minimum of two (2) presentations.
- 4. Skill Evaluation
 - a. Show mastery and demonstration quality on all skill demonstrations.
 - b. Demonstration quality 60m/196ft FIM
 - c. Demonstration quality 60m/196ft CWT

5. Complete Two Open Water Rescue Scenarios
 - a. Complete a minimum of two student open water rescue scenarios with briefing, safety/supervision and debriefing and show ability to calculate student and instructor Freedive timings
 - b. Show mastery and competence in all rescue skills and ability
6. Problem Management Evaluation
 - a. Successfully complete CWT supervision of a dive including an underwater blackout and rescue evaluation to 2 full breaths at surface followed by continuous rescue breaths and egress until told to stop by the evaluator
7. Successfully complete a stress test at 40m/132ft.
 - a. Demonstration quality 40m/132 ft dive
 - b. Sit on plate
 - c. Wait 40 seconds
 - d. Remove mask, pass from one hand to the other behind back
 - e. Replace mask
 - f. Ascend clearing all water from mask no shallower than 20m/66ft
 - g. Demonstration quality ascent and recovery breathing
8. Open Water Freedive Capacity Evaluation
 - a. Complete 3 constant weight dives to 40m
 - i. First with a 20 second hang
 - ii. Second with a 30 second hang
 - iii. Third with a 40 second hang
 - b. Showing mastery and demonstration quality techniques from breathe up to recovery breathing, with no more than a 6-minute surface interval providing a briefing and debriefing prior to each dive.

6.14 Graduation Requirements

In order to successfully complete the course students must:

1. Attend and assist in all classroom, confined water, and open water sessions
2. Pass all written exams
3. Present at least two passing (2) academic, two (2) confined water, and two (2) open water teaching presentations
4. Pass a demonstration quality rescue evaluation

5. Show mastery of confined water and open water skill demonstrations to their maximum performances and show a capacity dive ability
6. Demonstrate organizational skills with regard to site set-up and breakdown
7. Successfully complete an open water stress test at 40m/132 ft
8. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

6.15 Certification Procedure

Leadership level ratings are processed on the PFI Instructor Registration and Upgrade Form.