

2. Introduction to Freediving

2.1 Introduction

This program is designed as an experience only program and is not intended to teach specific skills or provide certification. A respect for the safety and problem management of freediving should be relayed as well as an appreciation and excitement for furthering a participant's education in a proper full certification program.

2.2 Course Objectives

The objective of this course is to show and give examples of the benefits, skills, techniques and safety & problem management for all facets of freediving and to provide an experience with basic level static apnea to a maximum of 2:00min and/or a dynamic apnea of 25m / 82 ft.

2.3 Program Prerequisites

1. Minimum age 10 years.
2. Comfortable in the water.

2.4 Required Student Equipment

1. Mask
2. Fins and Snorkel (optional)
3. Exposure protection (appropriate for local environment)
4. A timing device (optional)

2.5 Support Materials

Student materials

1. *PFI Medical Statement*
2. *PFI Liability and Assumption of Risk form*

Instructor materials

1. *PFI Freediver Instructor Manual*
2. *PFI Introduction to Freediving PowerPoint*

2.6 Qualification of Graduates

1. Upon successful completion of this course, graduates are qualified to enroll in the Safe Buddy or Freediver courses.

2.7 Who May Teach

This program may be taught by any active PFI Freediver Instructor.

2.8 Student to Instructor Ratio

Classroom

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

Confined Water

1. A maximum of eight students to one PFI Freediver Instructor (8:1). Or a maximum of twelve students to one PFI Freediver Instructor (12:1 max) with the use of active status PFI Assistant Freediver Instructorst

2.9 Depth Restrictions

Confined Water

1. Maximum confined water depth of 5 meters / 16 ft

2.10 Recommended Course Minimums

Classroom time

1. 1.5 Hours

Confined water time

1. 2.0 Hours

2.11 Knowledge Development Overview

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

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. History of Freediving
 - a. Origin and History of Freediving
 - b. Freediving Records and Competitions
- 3. Why Freedive?
 - a. Recreation, photo/video, marine harvest, competition...
- 4. Equipment Introduction for Freediving
 - a. Basic to advanced equipment introduction
- 5. Introduction to In-Water Environment
 - a. Local aquatic animal and plant life & environmental conditions
- 6. Physics & Physiology of Freediving
 - a. Introduction to the physics and physiology of freediving
- 7. Safety & Problem Management for the Freediver Course
 - a. Direct supervision
 - b. Hypoxia and blackouts
 - c. Introduction to static, dynamic and depth procedures
 - d. Safety signals and procedures for static apnea

2.12 Confined Water

No certification exists for this program and no students' objectives are required except for instilling a respect and appreciation for safety procedures:

- 1. Prepare freediving equipment with the assistance of the instructor
- 2. Basic elements of static and/or dynamic apnea
- 3. Maximum of 3-4 static breath-holds with proper supervision.
- 4. Complete a maximum of 2:00 static apnea
- 5. Dynamic apnea streamlining & kick technique with proper supervision
- 6. Complete a maximum of a 25m/82ft dynamic apnea
- 7. Complete all safety under the direct supervision and assistance of an instructor

2.13 Graduation Requirements

There are no graduation requirements for this program.