

SNORKEL DIVER

(ABC Diver, Basic Apnoea, Apnoea Bronze, Apnoea 1)

Intention of this course

Intention of this course is to impact good basic skills in acting with the diver's basic equipments – mask, snorkel and fins – as basement for the Scuba Training. Instruction by ProTec 1* Scuba or Apnoe instructor.

Training environment

Any open water, safe for scuba diving.

Prerequisites

A good physical condition and/or fitness as well as a very good swimming skills are to be proved through

- Medical statement as well as
- The ability of distance swimming (300m without equipments – free style) during the time of (max. 20 min.) minimum age about 10 years.

Accomplishment

After theory training repeatedly distance & time diving training in each case with increased requirements until the desired course goal is reached. No hyper-ventilation allowed. The students have to be observed by a rescue diver, during time and distance dive training.

There is a checklist for every ProTec course, where all important skills and exercises are listed. The ProTec Instructor has to use this list absolutely. When finished, the duly signed original has to be handed to the student, while a copy has to remain over 5 years at the instructors records for quality assurance.

Theoretical lessons

- Diving physics for snorkel diver (Pressure laws, Temperature, etc.).

- Diving medicine: Rebreathing, Oxygen reception, hyper-ventilation, black-outs, under cooling, etc.
- Diving technique: ABC equipments- swimming and diving(decent/ascent) techniques, pressure balance.
- Security: Danger through the over estimation of one's abilities, to be hanged (lines, fishing lines/net, etc.), grottos and overhangs, see animals, boats/shipping traffic.

Practical training

- To practise the dive time and to compare it before and after the swimming test.
- To practise swimming, descending and fin techniques.
- Ascending correctly , and behaving on the surfaces.
- To clear the masks UW (1-2 m deep) and to ascend in the right way.
- To ascend and to blow out the snorkel as well as further snorkeling on the surface (the head remains UW).
- Diving time min. 50 seconds, distance diving (with ABC equipments) min. 25 meter.
- Deep diving 8 meter in warm water / 6 meter in cold water (ABC equipments, diving suit + little lead max. well balance in 5 msw with air in lungs).

Courseware

Visit ProTec members area for any material / price list.

- Checklist