

ADVANCED APNOEA DIVER

(Apnoea 3, Apnoea Gold)

Intention of this course

Intention of this course is to impact first class skills for free diving - apnoea and basics (intro) for apnoea competition. Instruction by ProTec Apnoe 3 instructor.

Training environment

Any open water, safe for scuba diving.

Prerequisites

A very good physical condition and fitness as well as a very good swimming & free diving skills are to be proved through

- Medical statement
- Freediver / Apnoea 2 Certificate
- Age: at least 16 years old

Accomplishment

After theory training repeatedly distance & time diving training in each case with increased requirements until the desired course goal is reached. No hyperventilation allowed. The students have to be observed by a rescue diver, during time and distance dive training. Thus, to get the diver immediately to surface in case of any signs of loss of reaction or consciousness.

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 have to remain over 5 years at the instructors records for quality assurance.

Theoretical lessons

- Advanced diving physics for apnoe diver for apnoea competition (Pressure laws, Temperature, etc.).
- Diving medicine: Rebreathing, Oxygen reception, hyper- ventilation, black-outs, under cooling, etc.
- Advanced diving technique, swimming and diving(decent/ascent) techniques, pressure balance, special Apnoea equipment.
- Security: Danger through the over estimation of one's abilities.
- Apnoea competition: rules and techniques

Practical training

- To practise the dive time, dive distance and dive depth.
- To practise swimming, descending and fin techniques.
- Breathing technique, concentration exercises.
- Rescuing an Apnoe diver from 15 msw.
- Introduction tools and equipment for apnoea competition.
- Diving time min. 150 seconds,
- Distance diving (with Apnoea equipment) min. 60 meter.
- Deep diving 24 meter in warm water / 18 meter in cold water (Apnoea equipment, diving suit + little lead max. well balanced in 5 msw with air in lungs).

Courseware

Visit ProTec members area for any material / price list.

- Checklist