

## **FREEDIVER**

( Apnoea 2, Apnoea Silver )

### **Intention of this course**

Intention of this course is to impact very good skills for free diving - apnoea. Instruction by ProTec Apnoea 2 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 & good free diving skills are to be proved through

- Medical statement
- Snorkel Diver / Apnoea 1 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.

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**

- Advanced diving physics for apnoea diver (Pressure laws, Temperature, etc.).
- Diving medicine: Rebreathing, Oxygen reception, hyper- ventilation, black-outs, under cooling, etc.

- Advanced diving technique, swimming and diving (descent/ascent) techniques, pressure balance, special Apnoea equipment.
- 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 fins techniques.
- Breathing technique, concentration exercises.
- To clear the mask UW (2 m deep) and 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. 90 seconds
- Distance diving (with ABC equipments) min. 40 meter.
- Deep diving 15 meter in warm water / 12 meter in cold water (ABC equipments, 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