

INTERNATIONAL ASSOCIATION OF NITROX AND TECHNICAL DIVERS

(IAND, INC. DBA IANTD)

FREE DIVING DIVER STANDARDS & PROCEDURES MANUAL

FOR RECREATIONAL DIVING INCLUSIVE OF FREE DIVING



REVISED: JULY 5TH 2023

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IAND, Inc. dba IANTD wishes to thank all of the members of the BOA both past and present for their contribution to these standards. While some leaders in the diving world have decided to receive the honor of Emeritus BOA member, their contributions are noted fully and their assistance in development of these standards and to diving are very much appreciated and respected

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Neither the authors nor the Board of Directors, Board of Advisors, or any party associated with the International Association of Nitrox Divers, Inc. dba IANTD will accept responsibility for accidents or injuries resulting from use of the materials contained herein or the activity of SCUBA diving utilizing open, closed and/or semi-closed circuit equipment or breathing compressed air, or alternative breathing mixtures, including combinations of Oxygen, Nitrogen, Helium and/or Neon.

SCUBA diving, including the use of compressed air and any gas mixture underwater, is an activity that has inherent risks. An individual may experience injury that can result in disability or death. Variations in individual physiology and medical fitness can lead to serious injury or death even with adherence to accepted standards of performance, specified oxygen limits, and the correct use of dive tables and computers. All persons who wish to engage in scuba diving must receive instruction from a certified instructor and complete nationally recognized requirements in order to be certified as a scuba diver. The use of alternative breathing mixtures, such as combinations of Oxygen, Nitrogen, Helium and/or Neon, requires additional instruction beyond that offered in traditional recreational SCUBA diving courses.

Trained and certified SCUBA, using compressed air or alternative breathing mixtures, are informed of the risks associated with SCUBA diving and utilizing breathing mixtures as described and ultimately bare responsibility for their own actions. Persons must not engage in scuba diving and the use of compressed air or alternative breathing mixtures, if they are unwilling to complete a course of instruction, pass certifying examinations and evaluations, maintain their skill and knowledge through active participation in diving activities, and accept responsibility for any injury or death that may occur when participating in SCUBA diving activities.

IAND, INC. d.b.a. IANTD 1985 - 2022

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IANTD GENERAL STATEMENT OF OBJECTIVES

IANTD's mission is to explore the opportunities and challenges of Recreational Diving, which includes all forms of Sport Diving, Nitrox, Advanced and Technical diving, in order to foster openness and individual responsibility, and to provide a standard of care for instruction in the diving community. IANTD and its members strive to be honest, ethical and fair in all our venues. We also believe that there are universal principles that are more absolute. We try to live by them. We envision our mission activities in the following areas:

PUBLIC AWARENESS AND ADVOCACY

IANTD is working to promote openness in the diving community; to share procedures, techniques and operational methods with divers seeking to expand their diving experiences. In the interest of safer diving we encourage freedom with discipline allowing for development of new methods and procedures but recognizing the need for an accepted safety envelope. IANTD will stay informed on diving developments and include them in its diving activities.

SAFER DIVER PROGRAM

IANTD believes individual diver responsibilities are developed through rigorous skill refinement and experience in the water. Vigorous instruction with a strong student / Instructor relationship, enhancing a transfer of the diving responsibility to the student, is the essence of our teaching philosophy.

PROGRAM DEVELOPMENT AND REFINEMENT

IANTD has developed Programs to increase diving knowledge and skill levels. We will continue refining these Programs, based on reports from Instructors in the field, to improve and strengthen their value to our membership. We will continue to develop a set of core values that apply to sport and technical diving. IANTD Standards and Procedures have been developed and have evolved to allow worldwide recognition of skill and knowledge at each qualification level addressed by IANTD.

FOSTERING COMMUNITY

Much of the work IANTD has done has been directed at fostering a sense of community in the diving world. The diving community, by virtue of its size, needs internal cooperation to prosper and grow; anything less is counter-productive.



IANTD TRAINING PHILOSOPHY

IANTD believes it is better to be cautious and demanding in training than to have even one accident.

IANTD is dedicated to producing knowledgeable and skillful divers. Both are key for developing competent, confident and relaxed divers, who can fully enjoy the exhilarating experiences of sport and technical diving.

- ▶ KNOWLEDGE and UNDERSTANDING are, beyond a doubt, the keys to power in any endeavor one undertakes. In diving, the combination of knowledge and understanding provides greater diving safety
- ▶ IANTD designs all Program materials to instill in-depth knowledge to the student and practitioner of sport and technical diving endeavors. This knowledge develops greater confidence and understanding of both the enjoyment and risk aspects of safe diving.
- ▶ To ensure a sound knowledge base, IANTD is demanding on the subject material presented in its Programs.
- ▶ SKILLS and STRESS MANAGEMENT are important in performance of safe dives and in the ability to survive during stressful events.
- ▶ IANTD Programs are designed to develop superb water skills and relaxed and comfortable divers. To achieve this, techniques are taught and drills are incorporated that enable divers to realize their full potential. The confidence developed in this type of training will reward students by allowing them to become self-confident and self-reliant divers.
- ▶ Equipment familiarity exercises, such as simulation of a gas failure with valve shutdowns to practice regulator switches, are included to allow divers to become confident and capable in reaching and manipulating the valves and in performing regulator switches. To the amazement of many students, this is often difficult on the first few attempts. Indeed, equipment adjustments are often needed to enhance the performance of this skill. This is a skill that may save a diver's life someday, and one in which all divers need to be confident with. This type of confidence is developed by demonstration and practice.
- ▶ Stress management exercises are placed into our Programs to simulate realistic diving emergencies. The purpose of these exercises is to train divers in response awareness, and to develop in their minds a memory of having experienced a similar event before. One example of such a drill is to swim to a buddy over a prescribed distance without breathing, and then commence gas sharing followed by a timed swim. To some, this appears as a fitness or harassment drill. In fact, it is a confidence builder and a mind conditioning exercise. It provides a rehearsed response to an emergency to develop mental stamina instead of an on-site challenge. The distance involved is similar to what one would likely encounter when swimming to a companion diver, while communicating the problem and the need to initiate gas sharing. The timed swim is designed to instill a reaction of maintaining a normal swim pace to enable gas consumption to remain at a normal rate.
- ▶ IANTD believes confidence and efficiency are developed by spending time in the water. All Programs specify required minimum minutes of bottom time to be accomplished within a certain number of dives. IANTD is the first to incorporate this into diver training.
- ▶ IANTD believes basic survival skills must be practiced to enable one to better cope with stressful events
- ▶ IANTD recognizes that many skills in its Programs are redundant. Provisions are allotted to credit diver training amongst Programs.
- ▶ IANTD values experience and its Standards have provisions for credit of equivalent experience towards a given level of qualification. At the same time, we all realize that experience is not always compatible with knowledge and skill performance. To provide a marriage of experience, knowledge and skill performance, divers must demonstrate the required skills and knowledge appropriate to the level they are being credited for, prior to qualification at a higher level of diving.
- ▶ IANTD believes that our Instructors do set the example. To this end, the Instructor must always be present in the water providing direct or indirect supervision of the dive; demonstrating overall good diving skills while providing an extra element of safety in the water. At the same time, the Instructor must take care that the student does not depend upon them. They must ensure confidence is being developed. Teaching Assistants may be responsible for any needed indirect supervision and control provided that the Instructor is present on the dive.
- ▶ IANTD requires the Instructor in charge to be present in the water and provide direct or indirect supervision if a teaching assistant is to provide direct supervision of students on their first dive to a new and greater depth, and to discourage students from exceeding the prescribed limits of the Training Program they are participating in.
- ▶ IANTD believes diving is a risk taking activity and that divers must be aware and accept of those risks.

- ▶ The more advanced the diving styles, the more polished the skill level of divers must be to provide safety. In addition, standard minimum skills and theory assure each Instructor that divers coming into our Programs from another IANTD Instructor are ready to advance their diving education.
- ▶ IANTD requires a standard student text and/or other equivalent text(s) (if submitted and approved in writing by the BOD) to ensure that the theoretical knowledge exists to make the given level of diving safe. In cave diving, the NSS/CDS and NACD texts are considered equivalent and, in fact, are recommended as supplements to the IANTD Cave Diving Manual and Student Workbook.
- ▶ Upon Program completion, IANTD requires students pass a written exam as a means to measure their knowledge level. If a student cannot take a written exam, tests may be administered orally or by any means that conveys knowledge of the information.
- ▶ IANTD has leadership / supervisory ratings to allow for “Instructor Assistants” in preparation of advancement towards instructorship.
- ▶ IANTD believes that being confident, competent and knowledgeable, through responsible training, enables one to survive the seemingly unsurvivable situation

IANTD STANDARDS DEVELOPMENT PROCEDURES

The IANTD Standards and Procedures are promulgated for the guidance of IANTD Professionals i.e. Divemasters, Supervisors, Assistant Instructors, Instructors, Teaching Assistants and Instructor Trainers. These Standards are reviewed when necessary updated based on recommendations by the Board of Advisors (BOA), Licensee Directors and the Board of Directors (BOD).

Instructors wishing to provide recommendations on Standards may do so by addressing a letter to the chairperson of the BOA, which will be forwarded to all BOA members for their consideration. The suggestions are further reviewed by the Licensees and then forwarded to the BOD for final approval and implementation. The BOD reserve the right of final authority on Standards and Procedures, with all revisions approved by the BOD.

IANTD NON-STUDENT DIVERS ON TRAINING DIVES

The following is an explanation of the policy regarding Non-Student Divers on Training Dives:

First and foremost a prudent dive instructor does not allow his attention to be diverted from his students during any training dive, therefore so called “tag along” divers or “Non-Student Divers” accompanying student divers on training dives is generally discouraged.

However, there are times when it is acceptable and even encouraged as enhancing the diver’s overall education (e.g., when a certified future dive partner is paired with a student in training so they may learn each other’s dive abilities and characteristics, but this must be under the direct supervision of the dive leader throughout the entire dive).

The dive instructor shall be responsible for verifying the following conditions are met prior to allowing any Non-Student Divers on Training Dives:

1. Inclusion of a certified Non-Student Diver on any training dive shall count toward the student to instructor ratios and under no circumstances shall the maximum allowable student to instructor ratio be exceeded.
2. The certified Non-Student Diver joining a training dive shall be certified and competent at the level of the training dive being conducted.
3. Inclusion of a certified Non-Student Diver on any training dive shall require approval of the instructor and each student diver and the certified Non-Student diver shall be included in dive planning, including contingency plans, prior to participating in the training dive.
4. The certified Non-Student Diver shall complete, sign and date an appropriate liability and the dive instructor shall supervise the Non-Student Diver as he would any other student diver during the training dive.

In summary, Non-student divers are allowed on training as long as the aforementioned conditions have been met and the dive leader is then responsible for that non-student diver as if he/she were a student.

IANTD PROFESSIONAL

- ▶ All Instructors and Divemasters must have IANTD insurance or Provide proof of insurance listing IANTD as an Additional Insured by another accepted insurance program. Instructors teaching a class shall treat all persons diving under the instructor's and Dive Master's/Dive Supervisor's direct supervision or escort as students. Specified student to instructor ratios will be maintained so as to include students and other divers who are under the instructors' supervision.
- ▶ All IANTD Instructors and Divemasters involved in Diver Training Programs and Dive Leadership Programs/Qualifications are considered as representatives of IANTD, regardless of Agency Affiliation or Program.

IANTD ETHICS STANDARD FOR ELECTRONIC AND WRITTEN PUBLIC MEDIA

In recent years it has become commonplace for IANTD instructors to utilize email, Internet websites, and particularly social media sites to communicate with students, customers, potential students as well as peers and others within the dive industry. IANTD members should make every effort to ensure that their public communications whether it be via the internet, social media, or publications always be of a positive nature. Examples of such communications would be announcing events or classes, and posts, comments or articles that enhance the public image of diving. Negative communications that are accusatory or critical of others are unprofessional and shall be avoided. Publicly posting such negative communications to email, social media and/or internet websites may be considered a violation of this IANTD ethical standard.

Some examples of unacceptable conduct on email, social media, internet websites or any other public media include but are not limited to:

- ▶ Publicly criticizing other professionals, diving agencies, manufacturers or individual divers.
- ▶ Publicly criticizing a rescue or attempted rescue.
- ▶ Publicly releasing information regarding body recovery or other law enforcement operations without the permission of appropriate law enforcement and/or the families of the deceased.
- ▶ Publicizing any complaint regarding training agencies, regarding manufacturers, or between instructors outside proper channels.

IANTD considers violation of this standard to be serious unprofessional conduct. Punishment will be appropriate to the severity of the violation up to and including expulsion from the organization.

ADMINISTRATIVE REQUIREMENTS

This requirements applies to ALL training levels (Diver & Professional)

Professional/Facility & IANTD

- ▶ **NOTE: All training forms and documents are to remain in the instructor's possession for a minimum of seven (7) years. Upon request for QA reasons or legal needs, the instructor will provide IANTD HQ or the local IANTD Licensee a copy of these forms for a specified student(s).**

1. For every program and prior to any In-Water activity the instructor must ensure:
 - a. The program schedule is presented;
 - b. The students have and record the appropriate prerequisites as listed for each program;
 - c. To fill out the Administrative forms:
 - i. **Medical Exam - Diver Programs:**
 - i. The candidate shall complete the medical history/statement form, *without conditions or restrictions*, required by IANTD prior to engaging in any water activities.
 - ▶ *It is required that applicants with out-of-the-ordinary medical histories be approved, without conditions or restrictions, as medically fit for diving by a licensed medical practitioner prior to engaging in water activities. In no event shall medical approval be accepted, wherein the medical practitioner signing the approval is the participating candidate.*

II. Medical Exam - Any Leader or Professional Programs:

- i. The candidate shall have, within the past year, a medical examination and approval for diving, without conditions or restrictions, by a licensed medical practitioner prior to engaging in water activities.
 - *In no event shall medical approval be accepted, wherein the medical practitioner signing the approval is the participating candidate..*

III. IANTD Complete Liability Release and Contract Not to Sue Form.

2. In order to complete the instructor trainer registration the ITT must:
 - a. Submit to IANTD Headquarters or to the appropriate Licensee Office:
 - I. IANTD Professional Membership and Renewal Form
 - II. IANTD Professional Member Registration Form
 - III. Any other required paperwork by IANTD Headquarters.

Professional/Facility & Customer

► **NOTE: All training forms and documents are to remain in the instructor's possession for a minimum of seven (7) years. Upon request for QA reasons or legal needs, the instructor will provide IANTD HQ or the local IANTD Licensee a copy of these forms for a specified student(s).**

1. The instructor/Diving Training Facility will provide to every student a clear and transparent written information covering the following aspects:
 - a. Limitations of eventual qualification (e.g. what types of dives the student will be qualified to do)
 - b. Scope of training course (e.g. how long the course will take, how many dives, which skills will need to be mastered to successfully complete the course)
 - c. Course procedures (e.g. dates, where they have to be when, where equipment is stored...)
 - d. Means and methods for assessment and criteria for successful completion (e.g. required written exams, minimum number of dives, practical skills like gas analysis...)
 - e. Conditions regarding the responsibilities of each party related to commencement, delivery and termination of the course; (e.g. what happens if the instructor or student get sick and cannot complete the course, what if the weather is bad...)
 - f. The consequences for the service provider and the client if either party should choose to cancel the service; (e.g. cancellation policy)
 - g. Prerequisites and any qualification requirements in order to obtain the course (e.g. medical certification, diver qualifications);
 - h. Equipment requirements (e.g. what equipment is included or not in the course price...)
 - i. Costs (e.g. specifically what is included and what is not included, equipment, certification card, materials, pool and boat fees....)
 - j. Insurance requirements (e.g. mandatory diving accident insurance, liability insurance....)
 - k. Environmental considerations including recommendations to divers for minimizing their impact on it (e.g. collecting artifacts or underwater creatures policy....)
 - l. Diving-related legislation and legal requirements relevant to the specific kind of course
 - m. A signed copy of page 2 (two) of the IANTD Watermanship Form shall be given to the student.

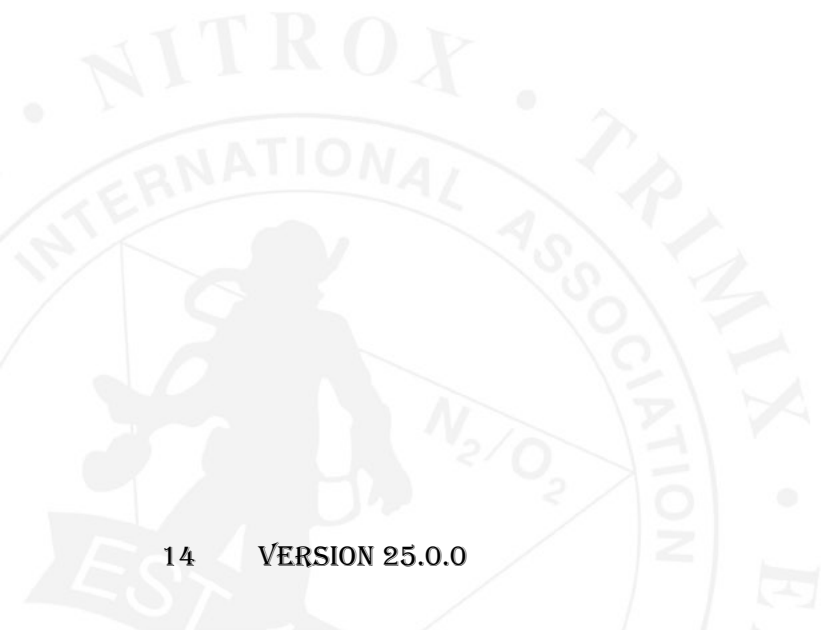
International Qualifications (Cross-Border Policies)

A. Professionals (Instructors & Instructor Trainers)

1. Professionals shall be a member with the Licensee assigned to the territory in which he lives.
 - a. All annual membership dues shall be paid to the Licensee territory in which the professional lives.
2. Professionals may teach in any place domestically or internationally.
3. Professionals that want to teach outside the territories that are assigned to the licensee he holds his membership with, must:
 - a. Contact IANTD HQ and HQ will contact the proper licensee requesting to extend his membership.
 - NOTE: There is no extra cost to extend memberships to other licensees.
 - b. IANTD HQ with the assistance of the licensee will provide a list of legal procedures to meet to teach under the territory.
 - c. The professional will:
 - I. Provide to HQ proof of meeting all the legal requirements to teach under the required territory.
 - II. Provide proof of a payment method within the specific licensee.
 - d. Once IANTD HQ verifies that the legal requirements are met, the extension of the membership will be granted.
4. Professionals Teaching Divers:
 - a. All certifications and fees shall be paid and issued to the specific licensee.
5. Instructor Trainers teaching Instructors:
 - a. All new instructors must be approved by IANTD HQ & the Licensee.
 - b. All ratings and fees shall be paid and issued to the specific licensee.

B. Special Notes

1. NOTE: It is the responsibility of the professional or the facility where the professional will be teaching to be knowledgeable of all the legal documentation that allows one to teach and work in the specific country when traveling to another country (or when bringing in out of the country professional).
2. NOTE: IANTD advises you that if you do not have all the legal work documentation to work in the specific Country, you may or may not be violating the Country's Immigration Laws and that it is the sole responsibility of the professional or Facility. IANTD does not provide any guidance in terms of individual work requirements of countries and is in no way responsible for the professional's or Facility's violation of a Region's laws.



IANTD Quality Assurance Program

The objective of the IANTD Quality Assurance Program is to establish a minimum level of quality provided by each Member/Instructor of the IANTD system. Much of the work IANTD has done has been directed at fostering a sense of community in the diving world. The diving community, by virtue of its size, needs internal cooperation to prosper and grow; anything less is counterproductive. IANTD is working to promote openness in the diving community; to share procedures, techniques and operational methods with divers seeking to expand their diving experiences. In the interest of safer diving we encourage freedom with discipline allowing for development of new methods and procedures but recognizing the need for an accepted safety envelope. IANTD will stay informed on diving developments and include them in its diving activities.

Without a Quality Assurance Program, IANTD cannot assure the uncompromised credibility of their programs. To achieve this, IANTD monitors and enforces IANTD standards and procedures with fair, honest and ethical intentions in all venues to ensure that all students who participated in any IANTD course are pleased with the service and training experience that they recently received.

Students are automatically sent a Quality Assurance survey and are asked to complete them by IANTD World Headquarters when the student is certified. All information received is completely confidential and all comments (both positive and negative) will be acted upon.

If you suspect a quality Assurance issue with another IANTD Instructor, the first step is to professionally approach the person and inquire as to the issue you perceive. There may be circumstances that you may not be aware of, that permit the instructor to conduct their program in the manner witnessed. If the instructor cannot be approached or after a professional discussion, there still appears to be a quality assurance issue. Make a written report to your IANTD Office of any IANTD Standards violations that you personally witnessed. Do not submit false reports or make reports of items that you have not personally witnessed. If the seriousness of the situation justifies immediate action, be assured that IANTD will take the steps necessary including temporarily changing teaching status to non-teaching pending further investigation. The Quality Assurance Form is publicly available on the www.IANTD.com website and can be submitted to IANTD by anyone who has personal knowledge or a personal concern about the actions of any IANTD member. The Quality Assurance Process involves a protocol that strictly adheres to a system that includes;

- Due Process - consistent internationally and made available to every Member inaugurated into the system.
- Equal and Fair Opportunity - for each member and Licensee to present their issues and protect their interests.
- Standards and Procedures - are made available to each and every member of the IANTD family and are clearly explained. This process also involves a presentation of IANTD's Training Philosophy.
- Confidentiality - maintained through all matters and stages within a Quality Assurance Inquest. IANTD will hold students, Instructors, Instructor Trainers, other Members and divers names in confidence.

MEMBERSHIP STATUSES

Active Teaching Status

- Annual dues paid
- Accounts paid
- Proof of liability insurance where required

Non-Teaching Status

- Annual dues paid
- Professional Liability Insurance not on file
- Active QA Investigation
- Cannot teach IANTD Programs
- After 2 years must complete an Instructor update or complete IDP

In-Active Teaching Status

- Annual dues not paid
- Account balance older than 60 days
- Failed to meet requirements for active status
- Cannot teach IANTD Programs
- After 2 years must complete an Instructor update or complete IDP

Emeritus

- Professional members who have retired from active instruction
- Unable to actively participate or conduct training or supervising responsibilities

QUALITY ASSURANCE DESIGNATIONS

Probation

- Failed to meet active teaching status
- Minor Standards violation or another minor QA item
- Account balance older than 60 days
- Can teach and will be informed in writing

Suspension

- Failed to meet active teaching status
- Serious Standards violation or another serious QA item
- Account balance older than 120 days
- Cannot teach and will be informed in writing

Expulsion

- No longer a member of IANTD, cannot teach and will be informed in writing

QUALITY ASSURANCE PROCESS

A QA investigation begins when written documentation is provided to IANTD that suggests that a Member/Instructor is in either direct violation of IANTD Standards or compromising the reputation or level of minimum quality required by IANTD. Based upon the documentation received, IANTD or the Licensee may place that Member/Instructor on Non-Teaching Status, depending on the suspected seriousness of the QA concern, pending further investigation.

1. Once further Information and documentation has been gathered, the Quality Assurance Director shall assign a QA Case number and contact the Instructor/member advising them of the complaint and the reporting requirements.
2. The Instructor/member must reply in writing via overnight shipping, fax or email within 48 hours of receiving notification from the Quality Assurance Director (QAD). The instructor should respond in a simple, factual and objective manner. This response may be all that is needed to solve a misunderstanding or baseless accusation.

► NOTE: A failure to respond to an inquest regarding Quality Assurance within 48 hours, will result in an IMMEDIATE Non-teaching Status of a Member or Instructor.

3. If, in the opinion of the Quality Assurance Director, based upon the evaluation of the evidence and the documentation gathered the QAD can:
 - a. Agree that a full Quality Assurance is not needed, then the QAD may issue disciplinary action up to and including probation.
 - b. Agree that a full Quality Assurance is needed, then the QAD will appoint a 3-member (minimum) Quality Assurance Board who will then analyze facts of the allegation.
 - I. Establishing Quality Assurance Board – The QAD will select a minimum of three IANTD members to participate on the QA Board. The members of the Quality Assurance Board will sign a non-disclosure agreement with IANTD prior to releasing information to them to ensure confidentiality. To afford potential conflicts of interest, attempts will be made to select members of the QA Board who do not know the member in question. However, due to the circumstances of issue in question that may not always be possible. Therefore, IANTD QA Board members will ensure that their professionalism will temper any personal knowledge from impacting their decision-making process. The identity of the members shall remain confidential and all communication with the member under a QA investigation will be made by and through the QAD.

4. The QAD will send a summary of the allegations along with any documentation of the complaint, witness statements and other evidence with a clear explanation of which digressions the instructor/Member is accused.
5. If after 15 days, an adequate written response has not been returned by the Instructor/member to the QAD that Member/Instructor will be placed on NON-TEACHING STATUS STATUS.
6. Once the recommended course of action has been finalized, the Quality Assurance Director (QAD) will prepare a letter to the Instructor/member detailing the results of the QA investigation and any remedial steps, if any, that need to be completed. The results of the Quality Assurance Board will recommend either Probation, Suspension or Expulsion.
7. The member/Instructor put on any status recommended by the Quality Assurance Board has fifteen (15) days to make a one-time appeal of these findings to the IANTD BOD. The findings of the BOD will be final.

PROCESS WHEN A DIVING FATALITY OCCURS DURING TRAINING

Primary concern is to care for the victim. Activated local emergency management services and it is recommended that you treat the victim as if it was a close family member. An emergency action plan should be in place for EVERY dive site you visit. The emergency action plan should include use and location of oxygen and first aid kits, chains of command in the event of an accident, points of egress, local emergency phone numbers, phone number for Divers Alert Network, who does what and when and evacuation routes. Staff responsibilities should be designated prior to any diving activity. Should an accident occur, every person in the diving party must know his or her role so potential rescues can be conducted efficiently.

Once the victim has been cared for, the Instructor should:

- Secure the victim's equipment – in a serious accident, local authorities may take custody of the equipment
- Gather all relevant information, using the IANTD accident/incident report form
- Be sympathetic to victim's family and friends
- Do not speculate about the facts of the incident
- Make no comments regarding anyone's potential liability
- Take photographs of everything
- Within 24 hours, Fax or email the completed accident / incident report to your local IANTD regional office
- Include a copy of any applicable liability release and other training documentation
- Download of personal dive computer (PDC), dive logbook or written dive profile(s)

In the event of an accident, equipment becomes important evidence. If equipment is removed from the injured diver, it should not be disassembled. List ALL the equipment used by the injured diver in writing. Be sure to list the condition of the equipment used by the diver without being judgmental of brand, configuration and placement. Write it as you see it. When surrendering the written document to the authorities, request a receipt and retain a copy if possible.

Submerged equipment must remain submerged until someone is instructed to bring it to the surface by the authorities. It remains evidence while submerged. Where it lies and it's condition may be important information in determining the cause of the accident. Prior to surfacing, the position of the valves should be noted and the valves should be shut to prohibit gas from venting from the cylinders. It may also be wise to obtain information from other individuals that were present at the scene of the incident but who did not directly participate or who do not have any type of direct relationship with the party or parties involved. Collecting this information may provide additional details about the incident without any additional personal bias.

Use of the IANTD Incident Form is mandatory and a copy of this form is available on the IANTD website. Should an accident occur, critical information can be documented accurately. The form should be filled out clearly and in its entirety. Write a detailed report of the occurrences leading to, during and after the accident. Include your name and contact information so you can be reached for further questioning in regard to the accident from medical personnel. In a court of law, it will be recognized that the dive leader was prepared and thorough. An accurate account of the accident will only help the dive leader in a court of law, assuming standards were followed, and the dive leader was acting responsibly.

Copies of the Incident report form must immediately be sent to both the professionals insurance carrier and to IANTD Headquarters. The sooner IANTD is advised of the accident, the better IANTD can help protect the dive leader. Be sure to keep a copy yourself and file it where it will not be lost or destroyed.

The instructor must contact IANTD immediately and send an Incident Report within 24 hours of the incident. This must be followed up by a more comprehensive report, which includes the following:

- Obtaining all information pertinent to the accident
- Statements from individuals with direct knowledge of the incident.
- Other Students in the class
- Other divers on the dive
- Determinations by the ME (Medical Examiner), if available
- Reports from the recovery team
- Reports from the diving vessel
- Review of the training program conducted to the date of the accident
- Statements from other sources who are aware of the diving instructor and his practices
- Statements from others who are familiar with the capabilities of the accident. These include people who have dived with or observed the instructor and student during training.

Once all this information is compiled, the data is sent to a QA Board. Once all this information is compiled, the data shall be sent to IANTD World HQ and the IANTD Licensee in that region. The Instructor will immediately be placed on Non-Teaching Status pending completion of the Quality Assurance Process.

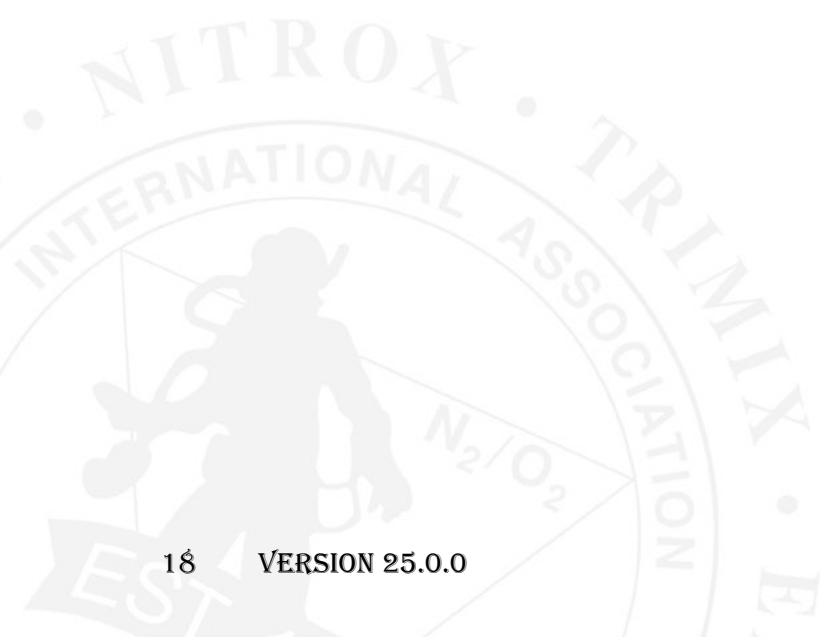
Events Following an Investigation

If it is found that the instructor is not at fault in the accident in any way the Non-teaching status will be removed, and the instructor will be returned to normal teaching status. If the QAB determines that the events are questionable, but not directly controllable or preventable by the instructor, then the instructor will be placed on probation and IANTD will spell out specific procedures to be followed in order to be reinstated to normal teaching status. If the QAB finds that the instructor did not act responsibly, the instructor may be suspended with the ability to request an appeal to the QAB.

A suspended instructor may or may not be given a provision for reinstatement following two (2) years of suspension. IANTD will inform the Instructor in writing of the results of any Quality Assurance process/finding.

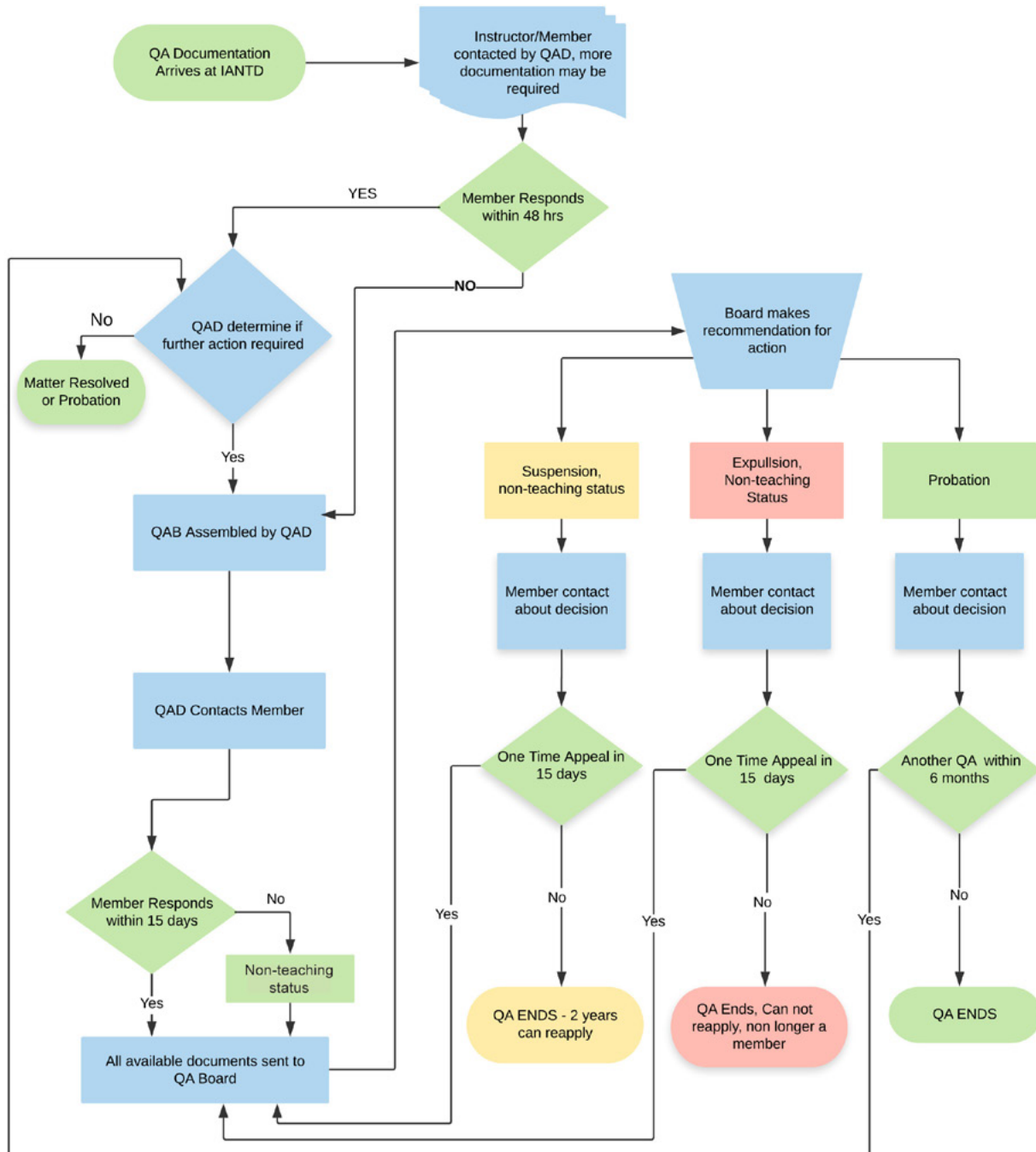
Quality Assurance Forms

- Incident Report - Available at IANTD HQ ProPage
- QA Complaint Form - Available at IANTD HQ ProPage
- QA APPLICATION FOR APPEAL AGAINST IANTD DISCIPLINARY ACTIONS - AVAILABLE AT IANTD HQ PROPAGE



Quality Assurance Flow Chart

IANTD QA Process Flow Chart



DEFINITIONS AND TERMS USED BY IANTD

ACD – Assistant Course Director

AIDP – Assistant Instructor Development Program

AIEC – Assistant Instructor Evaluation Crossover

Appropriate Diver Support - First aid equipment including but not limited to a first aid kit suitable for the planned diving activities, an emergency oxygen unit with a capacity of delivering pure oxygen for at least 20 minutes and a communication system suitable for alerting emergency services.

Boom Scenario - A boom scenario on a rebreather is to simulate either an internal gas free flow (such as oxygen or diluent going into system) or an external gas free flow (such as gas leaks). In this situation the correct course of action is to immediately close both cylinder valves. Then the diver is to determine the failing source by checking both pressure gauges and the severity of the loss. At the same time as the diver checks the pressure gauges they also need to check their PO2 and take corrective action if needed.

Bottom Mix – The gas mixture(s) in the cylinder(s) intended to be used during performance of the bottom time phase of the dive.

Briefing – Short pre-dive discussion between Instructor and students including but not limited to procedures to be followed (team assignments, entry, descent, ascent, surfacing, exit, time/depth limits, problem/ emergency situations), site/environmental considerations, communication, pre-dive equipment preparation, drills to be practiced (in case of training), and post dive procedures.

Cave Dive – Dives into a cavern/cave beyond where a light from an exit point can be seen.

CD – Course Director

CDDP – Course Director Development Program

Commercial Diving – A form of diving, excluding instruction, where the diver works for hire and his/her employment depends on a willingness to dive.

Confined Water – Any body of water with limited current, which meets the appropriate IANTD visibility requirements, that is calm and has shallow water access such as swimming pools, lakes, springs, sinks, quarries, bays, and beaches that are protected from open seas and rough water. Training sessions must be limited in confined water experiences to no deeper than 20 fsw (6 msw) for sport diver level courses and 40 fsw (12 msw) for technical diver level courses.

Confined Water Session – An instructional session that takes place in confined water. The confined water sessions will include an introduction, demonstration and student performance of watermanship, skills and techniques to be developed during the course. When teaching courses that combine two (2) or more levels of training the confined water skills for the courses may be combined into one (1) session.

Completed Dive - A dive is not successfully complete until all divers have safely exit the water, out of their equipment and no other dives are planned for the day.

Debriefing - Short post dive discussion between instructor and students including but not limited to comments on the dive and further directions. Remember we have a mandatory water skills for (an intense debrief ing) the instructor is and has been REQUIRED to fill out each dive so it is already there in much more detail than this and if we discover that the instructor is not doing this then they will be brought up on Quality Assurance charges.

Decompression Mix – The gas mixture(s) in the cylinder(s) used during the ascent (decompression phase of the dive.

Direct Supervision – Supervision by the instructor of the class or group of students from a distance allowing a direct intervention on behalf of the student.

Diver's Physical – An approved diving physical statement. This is required prior to involvement in the first water session of a given course or combination of courses.

Divemaster / Supervisor – An individual who is qualified by IANTD to supervise or assist specific diver training courses such as a Divemaster and Dive Supervisor from a lesser level but who is qualified as a diver at the level of the training program. Teaching Assistants may be utilized in all courses to provide indirect supervision or even direct supervision when under the direction of an Instructor in the water who meets the definition of direct supervision. Divemaster and Supervisors may also escort certified divers.

DSMB – Delayed Surface Marker Buoy

Emergency plan – A written piece of information including but not limited to procedures for casualty recovery, resuscitation and evacuation, use of emergency oxygen supply, information about the nearest medical resources and information about the nearest hyperbaric recompression chamber.

END – Equivalent Narcotic Depth.

Escorting – Supervision of an individual student or group of students by someone other than the instructor. (Qualified teaching assistants may escort students during surface excursions and exits, ascents and descents and may attend to remaining students while the instructor conducts a skill with other students or if no skills are being performed by the student.)

IDE – Instructor Development Evaluation

IDP – Instructor Development Program

IEC – Instructor Evaluation Crossover

Indirect Supervision – Supervision by a qualified teaching assistant during segments of a dive where skills are not practiced. An Instructor must be present at the site and in control of the activities. The Instructor must approve all diving activities, approve the dive plan, perform dive preparations and equipment configuration, observe entries, exits and debriefings, and be prepared to quickly enter the water if necessary. The Instructor must be able to respond to classroom activities and be on-site. The Instructor must be able to take control of any program at any time if necessary.

Instructor – An individual who is qualified by IANTD to teach complete or a part of specific diver training courses, upon completion of a formal instructor development or crossover and evaluation course, such as an Assistant Instructor (limits apply to this level), or Instructor.

Instructor Trainer – An individual who is qualified by IANTD to teach specific instructor training courses, upon completion of a formal instructor trainer development and evaluation course.

In-Water Training - A combination of confined water and open water dives.

IPSDPD - International Public Safety Diving Program Director

IT – Instructor Trainer

ITD - International Training Director

ITDP – Instructor Trainer Development Program

ITEC – Instructor Trainer Evaluation Crossover

Licensed Medical Practitioner - A physician, medical practitioner, medical doctor, licensed nurse practitioner or a physicians assistant.

LTD - Licensee Training Director

Memberships:

- a. **Active - Non-Teaching Status** – An active non teaching status is a dive professional/Leader who for some cause is not in teaching status (elected to take a break in active teaching or has not sent proof of insurance or on administrative hold or some other reason). The Active - Non-Teaching Status Instructor has paid his/her annual membership dues. This IANTD Professional member is entitled to all professional communications and privileges. This individual may not actively teach or supervise or be involved in any training, escorting and guiding of dives. To switch to active status the Active - Non Teaching Professional needs to provide proof of insurance and other proficient needs that may be deemed necessary such as understanding of updates in standards etc. The active non-teaching status can only be held for two years without attending a knowledge and performance review.
- b. **Active - Teaching Status** – an IANTD professional is an instructor or dive leader (divemaster or Dive Supervisor) may teach IANTD program or supervise or guide dives up to their qualification level. This Professional has paid professional membership dues for the current year to the license he is affiliated with or HQ and has signed and agreed to the terms of the instructor contract. The dive professional may only provide professional services up to his/her qualification level.

c. **Emeritus** - This status is provided in recognition of outstanding service to IANTD by professional members, who have retired from active professional status in one or more areas. These include active teaching status, licensee, BOA member, and any other professional member of IANTD. The Emeritus status will be specified as Instructor Emeritus, or listed in BOA or License Emeritus. Individuals with emeritus status may represent themselves as such but are unable to actively participate in any type of training and or supervising.

d. **In-Active Teaching Status** - An IANTD Professional Leader who has not renewed their annual membership status. This individual may not advertise or represent themselves as an IANTD professional. An IANTD professional on inactive status may renew by paying membership, presenting proof of insurance and meeting the requirement of renewal eligibility. An inactive Professional may only remain in inactive status for a maximum of two years. Post two years in inactive status to become active the Professional must complete an Instructor update or complete IDP as determined at that time by IANTD HQ or an IANTD license

Open Water (OW) – Any body of water, excluding swimming pools and diving pools of any kind, that is 15 fsw (4.5 msw) or deeper for sport diving courses, or at least 40 fsw (12 msw) deep for technical diving courses.

Overhead Environment – Any dive site that has a physical ceiling, such as wrecks and caverns, from which a quick and direct escape to the surface cannot be safely made.

Overseeing – The overall control, intermittent supervision, evaluation, and direction of instruction, student skill performance and diving activities by an instructor of a class or group of students. The instructor must be present at the training site and on the training dives, and be prepared to render appropriate in-water assistance in aid of a student.

Pre-Dive Check - A check including but not limited to gas availability and suitability for the dive and equipment operating condition. It is sometimes conducted by the dive buddy in the water or just before entering.

Prerequisites - Prerequisites define what has to be completed prior to entering an IANTD diver or leadership course. Prerequisites must be completed prior to the start of a course of leadership program. Under no circumstance may the prerequisites be completed while enrolled in a program.

QAD - Quality Assurance Director

Recreational Diving – All forms of diving intended for recreational purposes or instruction of recreational divers, in which the diver has the option to dive. This includes both the most popular form of recreational diving, sport diving; as well as technical diving, which is an advanced form of recreational diving.

SCUBA – Any diving apparatus that is a Self-Contained Underwater Breathing Apparatus.

Software Generated Tables – Decompression profiles produced by various dive planning software. These may be used in conjunction with the required IANTD Dive Tables or a Dive Computer. In training the student must always have IANTD Dive Tables in their possession when performing dives as primary or backup schedules.

Sport Diving – The most common form of recreational diving. Sport diving is performed using either air or Nitrox mixtures up to 40% oxygen on dives no deeper than 132 fsw (40 msw). Sport divers at the level of Advanced EANx or Advanced Recreational Trimix, which is defined as an entry level technical course may not engage in dives deeper than 140 fsw (42 msw) for Advanced EANx and no deeper than 150 fsw (45 msw) for Advanced Recreational Trimix.

Supervision – Having direct control over an individual student or group of students, with an ability to directly intervene if needed.

Technical Diving – An advanced form of recreational diving utilizing skills, techniques, equipment and knowledge beyond the requirements of sport diving. Technical diving includes, but is not limited to, dives deeper than 132 fsw (40 msw), dives into overhead environments beyond a visible exit point, dives using mixed gas (in addition to sport diving EANx mixtures), and dives requiring staged decompression.

Training Dives – An excursion by a student diver into open water or overhead environments while fully equipped for the planned activity. Each dive must include at least one (1) entry and one (1) exit and underwater activity breathing from SCUBA for a minimum of 20 minutes to a depth of at least 20 fsw (6 msw) for sport diving courses, or 40 fsw (12 msw) for technical level courses.

Travel Mix – The gas mixture(s) in the cylinders used to provide an advantageous or safer breathing mixture while descending or traveling to or in some cases from a deeper phase of the dive.

Virtual Overhead Environment – Any dive from which a direct ascent to the surface would violate required decompression obligations.

Waiver – An IAND, Inc. dba IANTD Liability Waiver. A waiver is needed for each specific course or, if a series of courses are taught concurrently, one (1) waiver may list each Program in the training curriculum. If there is an interruption in the training program of more than 90 days, a new waiver shall be completed.

Wreck Penetration – Excursions inside of a wreck beyond where light from an exit point can be seen.



IANTD STUDENT WATERMANSHIP EVALUATION FORM

**STUDENT WATERMANSHIP
EVALUATION FORM FOR INDIVIDUAL DIVES**
(Version 18.2.1)

Last Name: _____ First Name: _____

Course Title: _____ Met Prerequisites? _____

If Rebreather, write which one was used during class: _____

Started Date: _____ Ended Date: _____ Instructor Name: _____

Note! To be eligible for any IANTD training qualification, a minimum watermanship skill performance average must be 80% out of 100%. With additional dives, the student may graduate from the course with at least 80% on the last two consecutive dives. This may require several additional dives be added to the course.

| 1. Buoyancy Control | Dive Number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|-------------|---|---|---|---|---|---|---|---|---|----|
| At Depth | | | | | | | | | | | |
| During Ascent | | | | | | | | | | | |
| At Safety or required decompression stops | | | | | | | | | | | |
| Average Score | | | | | | | | | | | |

| 2. Propulsion Skills | Dive Number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|-------------|---|---|---|---|---|---|---|---|---|----|
| Overall finning technique and efficiency | | | | | | | | | | | |
| Body posture for low drag and silt avoidance | | | | | | | | | | | |
| Pulling technique where applicable | | | | | | | | | | | |
| Average Score | | | | | | | | | | | |

| 3. Equipment Familiarity | Dive Number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|-------------|---|---|---|---|---|---|---|---|---|----|
| Comfort with equipment and configuration | | | | | | | | | | | |
| Knowledgeable in location & operation of all support equipment | | | | | | | | | | | |
| Ability to efficiently switch gases if applicable and control PO ₂ on CCR | | | | | | | | | | | |
| Ability to manage equipment in water | | | | | | | | | | | |
| Average Score | | | | | | | | | | | |

| 4. Awareness | Dive Number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|-------------|---|---|---|---|---|---|---|---|---|----|
| Aware of buddy or Instructor location | | | | | | | | | | | |
| Monitoring of gauges or dive instruments and PO ₂ on CCR | | | | | | | | | | | |
| Physical presence awareness (orientation on dive) | | | | | | | | | | | |
| Responsive to signals | | | | | | | | | | | |
| Capable of self-rescue (includes performance of emergency responses) | | | | | | | | | | | |
| Capable of buddy rescue (includes being accessible to buddy) | | | | | | | | | | | |
| Awareness of & responsive to changes in equipment status during drills | | | | | | | | | | | |
| Ability to focus on dive objectives | | | | | | | | | | | |
| Overall alertness | | | | | | | | | | | |
| Average Score | | | | | | | | | | | |

| 5. Acknowledge of Grades & Record of Dive | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Dive Date | | | | | | | | | | |
| Dive Time | | | | | | | | | | |
| Diver Initials | | | | | | | | | | |
| Instructor Initials | | | | | | | | | | |



STUDENT WATERMANSHIP EVALUATION FORM FOR INDIVIDUAL DIVES

(Version 18.2.1)

Upon completion of the course fill out the following:

Items 1-3 below are to be completed by the Instructor and reviewed with the student following the last dive of the course.

1. Overall evaluation:

- a. _____ Self-sufficiency
- b. _____ Safety and alertness
- c. _____ Capable of diving or using this type of equipment safely
- d. _____ Safe to dive unsupervised (Except for the Supervised Diver Level)
- e. _____ Buddy can be comfortable and safe diving with this person
- f. _____ Physical fitness for the type of diving
- g. _____ Fitness and overall comprehension of risk management and understanding of equipment and skills needed for this type of diving
- h. _____ Completed all skills and stress management drills listed in the Standards satisfactorily

2. In my instructor(s) evaluation of the student, I find their skills, comfort, physical fitness, attitude and equipment management abilities to be _____ for qualification at this level of training.

3. Therefore I, _____, the instructor(s) recommend the following:

- a. _____ Diver qualification be issued at the applicable level.
- b. _____ Student complete the following provisions before being awarded a diver qualified card. (See the objectives as specified by the instructor(s), on the reverse side of this form).

NOTE! To be eligible for any IANTD training qualification, a minimum watermanship skill performance average must be 80% out of 100%. With additional dives, the student may graduate from the course with at least 80% on the last two consecutive dives. This may require several additional dives be added to the course.

NOTE! A signed copy of this page (Page 2) shall be given to the student.

Comments:

Instructor Signature Date: Student Signature Date

If the participant is under the age of 18, then the parent or guardian must sign this agreement and agree to be legally bound by it and furthermore be legally responsible for the minor participant, including being responsible for all damage, injury or death which may occur as a result of the minor's participation in diving activities. The parent or guardian hereby agrees to be fully responsible to the released parties for any damage, injury or death caused by the minor, including actions brought by the minor, for any damages whatsoever.

Parent or Guardian's Signature Date



IANTD FREE DIVING DIVER PROGRAMS



The leader in diver education

Snorkeling Diver

Who may teach this course?

- An Open water Instructor or higher may teach this course.

A. Purpose

1. This is the entry-level certification course for individuals wishing to learn the basics of snorkeling or skin diving for the purpose of enjoying the underwater realm.

B. Prerequisites

1. Minimum age of 6.
2. Competent swimming skill.

C. Program Content

1. Complete all theory in the IANTD Open Water Free Diver Student Kit.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Do one (1) confined water session and one (1) OW snorkel dive.

D. Equipment Requirements

1. IANTD Open Water Free Diver Student Kit.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Buoyancy Systems.

E. Program Limits

1. Classroom: Unlimited as long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water: Maximum of 15 students to one (1) instructor (15:1).
3. Maximum Open Water depth of 10 fsw (3 msw).
4. Maximum Shallow Water depth, shallow enough to stand up in.

F. Water Skills Development

1. Successfully complete one (1) of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Reverse Walk In.
 - d. Seated Entry.
2. Mask / Snorkel breathing:
 - a. With mask.
3. Snorkel clearing / airway control:
 - a. Blast methods.
 - b. Displacement method.
4. Mask clearing - Surface / Underwater:
 - a. Partial mask clear.
 - b. Full mask clear.
5. Snorkel Vest inflation/ deflation.

6. Surface Swimming - use of fins:
 - a. Proper fin use / flutter kick.
 - b. Surface swim 15 feet (4.5 meters).
 - c. Perform in-water cramp removal.
7. Breathing techniques / breath-hold:
 - a. 3-4 breaths with breath-hold and clearing snorkel.
8. Surface Dives:
 - a. Equalization techniques.
 - b. Head down descent.
 - c. Complete body submersion.
9. Ascent procedures:
 - a. Raised hand method.



Open Water Free Diver

Who may teach this course?

- Open Water Free Diver Instructor or higher may teach this course.

A. Purpose

1. This is the entry-level certification course for individuals wishing to learn the fundamentals of breath hold diving for the purpose of increasing underwater awareness.

B. Prerequisites

1. Minimum age of 9 for Junior Open Water Free Diver or 16 for Open Water Free Diver certification.
2. Competent swimming skills.
3. IANTD Snorkeler / Skin Diver or equivalent experience.

C. Program Content

1. Complete all theory in the IANTD Open Water Free Diver Student Kit.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Complete a confined water session and at least two (2) OW Free Diving sessions. One dive must be to a depth of between 25 fsw (7.5 msw) and 33 fsw (10 msw).

D. Equipment Requirements

1. IANTD Open Water Free Diver Student Kit.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.

E. Program Limits

1. Classroom Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water
 - a. Maximum of 10 students to one (1) instructor (10:1).
 - b. Maximum Open Water depth of 33 fsw (10 msw).
 - c. Maximum shallow water depth of 15 feet (4.5 meters).

F. Water Skills Development.

1. Watermanship & Stamina - Surface
 - a. 900 ft (270 m) swim with fins, snorkel, and mask.
 - b. Tread water for a minimum of 5 minutes without floatation.
 - c. Horizontal underwater swim with equipment for 83 ft (25 m).
2. Emergency Ascents & Problem Management.
 - a. Buoyant ascent.
 - b. No mask ascent.
 - c. Swim 50 ft (15 m) without a mask, using a snorkel.
 - d. Assist ascending diver simulating blacking out.
3. Prepare Free Diving equipment without the assistance of the Instructor.

4. Successfully complete one (1) of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
5. Mask / Snorkel breathing.
 - a. With mask.
 - b. Without mask.
6. Snorkel clearing / airway control
 - a. Blast methods.
 - b. Displacement method.
7. Mask clearing - Surface / Underwater.
 - a. Partial mask clear.
 - b. Full mask clear.
8. Surface Dives.
 - a. Equalization techniques.
 - b. Head down descent
 - c. Complete body submersion.
9. Ascent procedures.
10. Raised hand method Snorkel clearing / airway control.
 - a. Blast methods.
 - b. Displacement method.
11. Breathing techniques / breath-hold.
 - a. 3-4 breaths with breath-hold and clearing snorkel.
12. Surface Dives.
 - a. Equalization techniques.
 - b. Head down descent.
 - c. Complete body submersion.
13. Ascent procedures.
 - a. Raised hand method.
14. Underwater Swim
 - a. 33 ft (10 m) at 15 ft (4.5 m) depth



Advanced Free Diver

Who may teach this course?

- Advanced Free Diver Instructor or higher may teach this course.

A. Purpose

1. This is the intermediate level certification course for individuals wishing to expand their knowledge of breath hold diving for the purpose of increasing underwater awareness.

B. Prerequisites

1. Minimum age of 12 for Junior Advanced Free Diver or 16 for Advanced Free Diver certification.
2. Competent swimming skills.
3. IANTD Open Water Free Diver or equivalent experience.

C. Program Content

1. Complete all theory in the IANTD Advanced & Master Free Diver Student Kit.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Complete a confined water session and four (4) free diving sessions with at least one (1) free dive to depths between 50 fsw (15 msw) and 66 fsw (20 msw).

D. Equipment Requirements

1. IANTD Advanced & Master Free Diver Student Kit.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices.
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / Scuba bailout.

E. Program Limits

1. Classroom Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water.
 - a. Maximum of 10 students to one (1) instructor (8:1).
 - b. Maximum Open Water depth of 66 fsw (20 msw).

F. Water Skills Development.

1. Watermanship & Stamina - Surface:
 - a. In Mask fins and snorkel swim a distance of 1,200 feet (360 meters).
 - b. Tread water for a minimum of 10 minutes without floatation.
 - c. Horizontal underwater swim with equipment for 110 feet (33 meters).
2. Emergency Ascents & Problem Management:
 - a. Ascent with one (1) fin with and without descent line.
 - b. Buoyant ascent.
 - c. Ascend with unconscious diver.
 - d. Assist ascending diver blacking out.
 - e. Rescue tow with unconscious diver.

3. Prepare Free Diving equipment without the assistance of the Instructor.
4. Successfully complete two (2) of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
5. Snorkel clearing / airway control:
 - a. Blast method.
 - b. Displacement method.
6. Mask clearing: Underwater:
 - a. Partial mask clear at 20-33 fsw (6-10 msw).
 - b. Full mask clear at 20-33 fsw (6-10 msw).
7. Buoyancy Control:
 - a. Positive.
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
8. Surface Swim: Use of fins:
 - a. Proper fin use flutter kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface swim 150 feet (45 meters).
9. Breathing techniques / breath-hold:
 - a. Proper breathing techniques with cycles.
 - b. Surface swim with breath-hold for 66 feet (20 meters).
10. Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Reach a minimum depth of 50 fsw (15 msw).
11. Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Weighted or anchored line descent.
 - c. Avoid line entanglement.
12. Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
13. Removal & Replacement of Weight Belt:
 - a. Surface.
 - b. Underwater 20-33 fsw (6-10 msw).
14. Underwater Swim:
 - a. Three (3) fin technique swims at 33 fsw (10 msw) or deeper.
 - b. 33 feet (10 meters) swim at 33 fsw (10 msw) or deeper.

Master Free Diver

Who may teach this course?

- A Master Free Diver Instructor or higher may teach this course.

A. Purpose

1. This is the most advanced level certification course for individuals wishing to expand their knowledge of breath hold diving for the purpose of increasing underwater awareness.

B. Prerequisites

1. Minimum age of 16 years.
2. Competent swimming skills.
3. IANTD Advanced Free Diver or equivalent.

C. Program Content

1. Complete all theory in the IANTD Advanced & Master Free Diver Student Kit.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Complete a confined water session and at least 4 free diving sessions which must have at least two (2) dives deeper than 66 fsw (20 msw) and one (1) dive to depths between 120 fsw (36 msw) and 132 fsw (40 msw).

D. Equipment Requirements

1. IANTD Advanced & Master Free Diver Student Kit.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices.
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / scuba bailout.

E. Program Limits

1. Classroom: Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water.
 - a. Maximum Open Water depth of 132 fsw (40 msw).

F. Water Skills Development.

1. Watermanship & Stamina - Surface:
 - a. 2,400 feet (720 meter) snorkel. (Handicapped students may use both their hands and feet).
 - b. Remain afloat in a stationary position with mask fins and snorkel for 20 minutes.
 - c. Horizontal underwater swim with equipment for 130 feet (39 meters).
2. Emergency Ascents & Problem Management::
 - a. Ascent with one (1) fin with and without descent line.
 - b. Ascent without fins with and without descent line.
 - c. Buoyant ascent.
 - d. No mask ascent.
 - e. Ascend with 10 Lbs. (4.5 kilos).

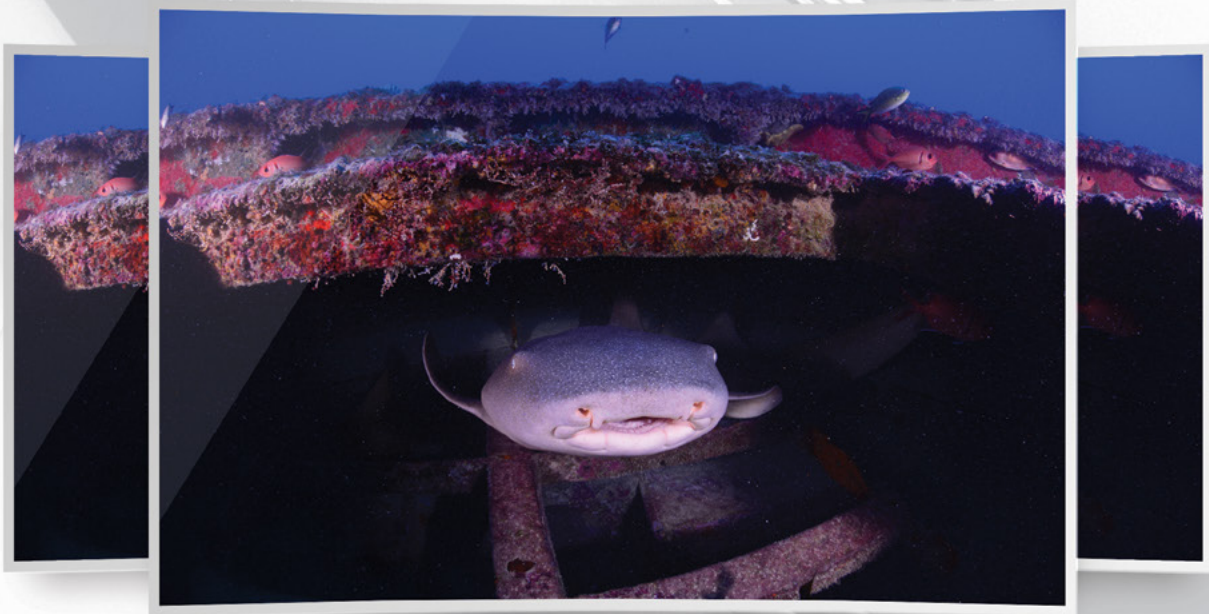
- f. Ascend with unconscious diver.
 - g. Assist ascending diver blacking out.
 - h. Rescue tow with unconscious diver.
 - i. Perform in water artificial resuscitation.
3. Prepare Free Diving equipment without the assistance of the Instructor
4. Successfully complete two (2) of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
5. Snorkel clearing / airway control:
 - a. Blast method.
 - b. Displacement method.
6. Mask clearing: Underwater:
 - a. Partial mask clear at 50-66 fsw (15-20 msw).
 - b. Full mask clear at 50-66 fsw (15-20 msw).
7. Buoyancy Control:
 - a. Positive.
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
8. Surface Swim - use of fins:
 - a. Proper fin use flutter and frog kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface swim 180 feet (55 meters).
9. Breathing techniques / breath-hold:
 - a. Proper breathing techniques with patterns and cycles.
 - b. Surface swim with breath-hold for 40 feet (12 meters).
10. Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Reach a minimum depth of 75 fsw (23 msw).
11. Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Weighted or anchored line descent.
 - c. Avoid line entanglement.
12. Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
13. Removal & Replacement of Weight Belt:
 - a. Surface.
 - b. Underwater 20-33 fsw (6-10 msw).

14. Underwater Swim:
 - a. Three (3) fin technique swims at 50 fsw (15 msw) or deeper.
 - b. 100 feet (30 meters) at 50 fsw (15 msw) or deeper.
15. Surface Buoy Management:
 - a. Site set-up.
 - b. Line entanglement & removal.
 - c. Line management.





IANTD FREE DIVING LEADERSHIP PROGRAMS



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The leader in diver education

Free Diving Divemaster

Who may teach this course?

- Advanced Free Diver Instructor or higher may teach this course.

A. Purpose

1. This is a Divemaster certification course for individuals wishing to learn the fundamentals of teaching, assisting and supervising breath hold divers during training and recreational free dives.

B. Prerequisites

1. Certifications requirements:
 - *NOTE: If an equivalent certification is accepted for CPR and Oxygen Provider, it must be current within the last two (2) years.*
 - a. Must be qualified in:
 - I. IANTD Master Free Diver or equivalent
 - II. IANTD First Aid or equivalent
 - III. IANTD CPR or equivalent
 - IV. IANTD Oxygen Administrator or equivalent
 - *First Aid, CPR and Oxygen Administrator may be conducted in conjunction with the Free Diving Divemaster program training hours.*
2. Age requirement:
 - a. Must be a minimum of 18 years of age without guardian approval.
3. Medical
 - a. Documented evidence shall be obtained that the student has been medically screened as suitable for guiding recreational snorkelling by means of an appropriate questionnaire or medical examination.
 - *NOTE: In some countries, and according to some training organizations, a medical examination might be mandatory.*

C. Program Content

1. Complete all theory in the IANTD Open Water Free Diver Student Kit and IANTD Divemaster Student Kit.
2. Complete the written exam with a minimum score of 80%.
3. This program must include:
 - a. Academic Classes.
 - i. Equipment;
 - ii. Physiology of snorkelling;
 - iii. Medical issues related to snorkelling;
 - iv. Environmental considerations and responsible practices;
 - v. Excursion planning and management;
 - vi. Communications;
 - vii. Recommended safe snorkelling practices;
 - viii. Snorkelling techniques;
 - ix. Accident management;
 - x. Awareness and understanding of local snorkelling related legislation and legal requirements
 - b. Confined water session(s).
 - i. See Section H. Water Skills Development
 - c. Open Water Dives
 - i. See Section H. Water Skills Development

- d. Assistance
 - i. Assist in a minimum of two (2) free diver courses.
- 4. Demonstrate an understanding of the principles of free diving.

D. Equipment & Text Requirements

1. IANTD Open Water Free Diver Student Kit and IANTD Divemaster Student Kit.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices.
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / Scuba bailout.

E. Program Limits

1. Classroom - Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water
 - a. Maximum open water depth of 132 fsw (40 msw).
 - b. Maximum shallow water depth of 100 fsw (30 msw).
 - c. Minimum shallow water depth of 66 fsw (20 msw).

F. Personal Snorkeling Skills

1. The competence of students in all snorkelling skills shall be suitable to cope with the most demanding operational factors of their region. Influencing factors may include the following: Size and experience of the group;
2. Underwater visibility;
3. Current and tides;
4. Surface conditions;
5. Water temperature;
6. Surface traffic;
7. Equipment in use;
8. Flora and fauna.

G. Snorkelling Related Skills

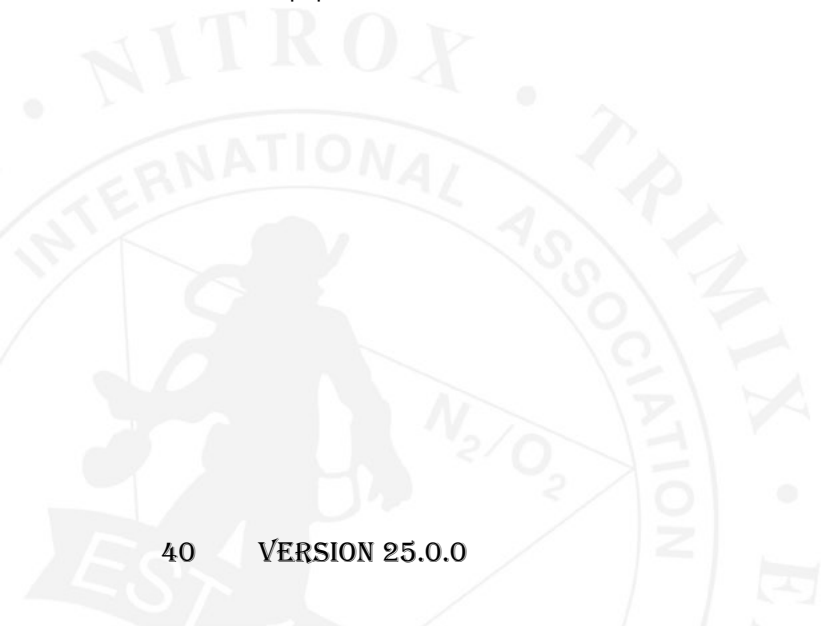
1. Excursion planning and preparation:
 - a. Site selection taking into account participant capabilities and environmental factors;
 - b. Emergency plan and emergency equipment (first aid equipment, communication devices etc.);
 - c. Equipment preparation;
 - d. Limiting parameters for participants in the excursion (e.g. area boundaries, time limits, danger zones, depth limits);
 - e. Use of ancillary support equipment (e.g. floats, boundary markers);
2. Snorkelling excursion briefing:
 - a. Group assignments (buddy teams);
 - b. Time limits;
 - c. Problem/emergency procedures;
 - d. Site/environmental considerations;

- e. Communications;
- f. Pre excursion equipment preparation;
- 3. Conduct of snorkelling excursion:
 - a. Selection of equipment;
 - b. Kitting up;
 - c. Equipment fit and function check;
 - d. Participant accounting procedures (e.g. roll call of participants entering and exiting the water);
 - e. Group control techniques;
 - f. Continued monitoring of environmental conditions;
 - g. Awareness of snorkellers' stress levels;
 - h. Ensuring environment is respected (e.g. avoiding contact with delicate marine organisms);
 - i. Identification of in water hazards;
 - j. Appropriate reaction to problems and emergencies;
- 4. Post excursion procedures:
 - a. Debriefing;
 - b. Equipment care

H. Water Skills Development

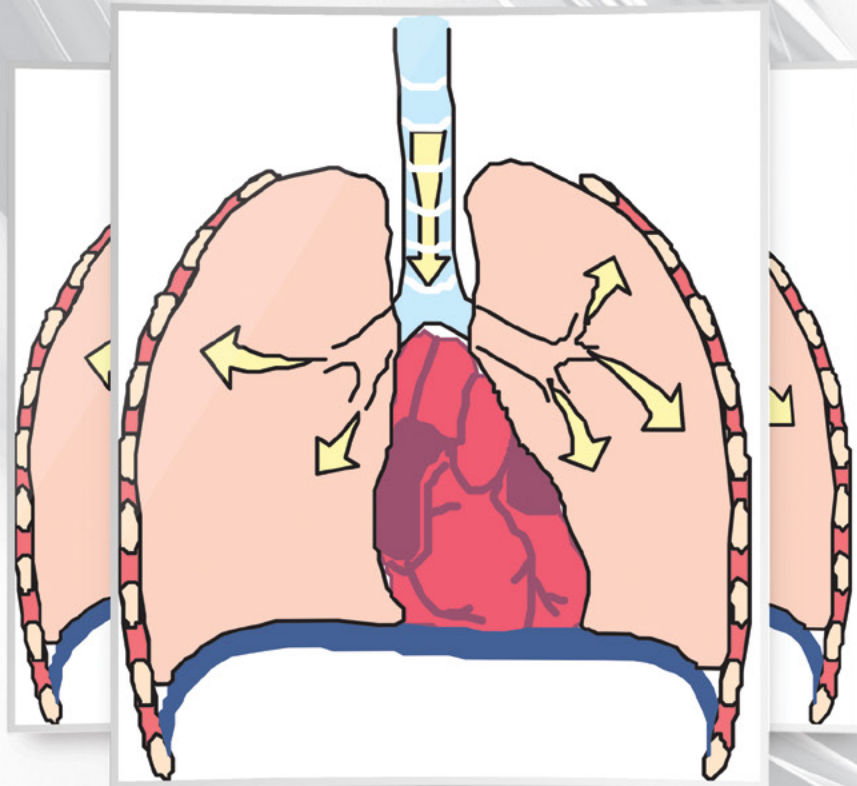
- 1. Pre-dive inspection of snorkelling equipment;
- 2. Proper weighting (if appropriate);
- 3. Watermanship & Stamina - Surface:
 - a. Dive vertically headfirst from the surface in water too deep to stand;
 - b. Swim at least 100 feet (30 meter) under water on a single breath of air;
 - c. Ascend safely by looking up and around while swimming, and by holding one hand over the head;
 - d. Clear a snorkel of water and resume breathing through the snorkel without lifting the face from the water;
 - e. Make a face down, surface 2630 feet (800 meter) snorkel swim in 15 min or less.
- 4. Emergency Ascents & Problem Management:
 - a. Ascent with one (1) fin with and without descent line.
 - b. Ascent without fins without a descent line.
 - c. Buoyant ascent.
 - d. No mask ascent.
 - e. Ascend with 10 Lbs. (4.5 kilos).
 - f. Recognition and management of emergency situations (e.g. tired, panicked, or unresponsive snorkeller)
 - g. Ascend with unconscious diver from a depth of at least 20 feet (6 meter)
 - h. Assist ascending diver blacking out.
 - i. Rescue tow with unconscious diver.
 - j. Perform in water artificial resuscitation while doing a rescue tow for 100 feet (30 meters).
 - k. Conscious and unconscious casualty recovery from the water.
- 5. Supervising preparing Free Diving equipment.
- 6. Successfully complete all of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.

7. Snorkel clearing / airway control:
 - a. Blast method.
 - b. Displacement method.
8. Mask clearing: Underwater:
 - a. At surface.
 - b. At depth.
9. Buoyancy Control:
 - a. Positive
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
10. Surface Swim - use of fins:
 - a. Proper fin use flutter and frog kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface Swim 180 feet (54 meters).
11. Breathing techniques / breath-hold:
 - a. Proper breathing techniques with cycles.
 - b. Surface swim with breath-hold for 75 feet (22 meters).
12. Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Head down, two (2) leg.
 - d. Head up.
13. Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Avoid line entanglement.
 - c. Achieve minimum depth of 100 fsw (30 msw).
14. Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
15. Cramp Removal
16. Distressed Diver Tow
17. Equipment care and maintenance.





IANTD FREE DIVING INSTRUCTOR PROGRAMS



The leader in diver education

Snorkeling Instructor

Who may teach this course?

- Free Diver Instructor Trainer or higher may teach this course.

A. Purpose

1. This is the entry level Instructor certification course for individuals wishing to learn the fundamentals of teaching breath hold diving for the purpose of increasing student underwater awareness.

B. Prerequisites

1. Minimum age of 18.
2. Be certified as an Open Water Free Diver or equivalent.

OR

3. Be a certified and active scuba instructor in good standing

OR

4. Be certified as an IANTD SCUBA Dive Master.

► *NOTE: All IANTD SCUBA Dive Masters and Instructors may teach this program.*

C. Program Content

1. Complete all theory in the IANTD Open Water Free Diver Student Kit and IANTD Power Point Slides OR the IANTD Advanced & Master Free Diver Student Kit and IANTD Power Point Slides.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Be evaluated in an IEC and assist in two (2) snorkel diving programs unless already qualified as an IANTD SCUBA Dive Master or SCUBA Instructor.

D. Equipment Requirements

1. IANTD Open Water Free Diver Student Kit and IANTD Power Point Slides OR the IANTD Advanced Free Diver & Master Free Diver Student Kit and IANTD Power Point Slides.
2. Follow the equipment requirements in the Snorkel Diver program.

E. Program Limits

1. Follow the program limits for snorkel diver.

F. Water Skills Development.

1. Demonstrate all water skills in the snorkel diver program.

Open Water Free Diver Instructor

Who may teach this course?

- Open Water Free Diver Instructor Trainer or higher may teach this course.

A. Purpose

1. This is the entry level Instructor certification course for individuals wishing to learn the fundamentals of teaching breath hold diving for the purpose of increasing student underwater awareness.

B. Prerequisites

1. Minimum age of 18.
2. Be certified as a Master Free Diver OR an IANTD Dive Master OR be a certified and active Scuba Instructor in good standing.
3. Be in good medical & physical condition and with above average swimming skills.
4. Submit documentation proving current CPR and First Aid certification within two (2) years.
5. IANTD Instructors and Dive Masters who completed the OW Free Diver Instructor option in either the Divemaster or Instructor course may teach this program.

C. Program Content

1. Complete all theory in the IANTD Open Water Free Diver Student Kit and IANTD Open Water Free Diver Power Point Slides.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving. Assist in two (2) IANTD Free Diving programs one (1) of which may be in conjunction with the IEC.
4. Complete a two-day IEC staffed by a Free Diving IT.

D. Equipment Requirements

1. IANTD Open Water Free Diver Student Kit and IANTD Open Water Free Diver Power Point Slides.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / Scuba bailout.

E. Program Limits

1. Classroom Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water
 - a. Shallow Water - Maximum of 6 candidates to one (1) instructor or IT (6:1).
 - b. Open Water - Maximum of 6 candidates to one (1) instructor or IT (6:1).
 - c. Maximum open water depth of 66 fsw (20 msw).
 - d. Maximum shallow water depth of 33 fsw (10 msw).
 - e. Minimum shallow water depth of 20 fsw (6 msw).

F. Water Skills Development.

1. Watermanship & Stamina - Surface:
 - a. Swim 2,400 feet (720 meters) using mask, snorkel and fins (swim with fins only; handicapped divers may use both hands and feet). Swim must be completed in under 18 minutes.
 - b. Swim for a distance of 1,200 feet (360 meters). In under 12 minutes.
 - c. Tow a diver for a distance of 600 feet (180 meters) on the surface in under 10 minutes.
 - d. 15 minute treading water without floatation.
 - e. Breath hold static for at least one (1) minute and fifteen seconds.
 - f. Horizontal underwater swim with equipment for 100 feet (30 meters).
2. Emergency Ascents & Problem Management:
 - a. Ascent with one (1) fin with and without descent line.
 - b. Buoyant ascent.
 - c. No mask ascent.
 - d. Ascend with unconscious diver.
 - e. Assist ascending diver blacking out.
 - f. Simulate in water artificial resuscitation while doing a rescue tow for 100 feet (30 meters).
3. Supervising preparing Free Diving equipment.
4. Successfully demonstrate all of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
5. Demonstrate snorkel clearing / airway control:
 - a. Blast method.
 - b. Displacement method.
6. Demonstrate mask clearing: Underwater:
 - a. At surface.
 - b. At depth.
7. Demonstrate buoyancy control:
 - a. Positive.
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
8. Demonstrate Surface Swim - use of fins:
 - a. Proper fin use flutter and frog kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface Swim 180 feet (54 meters).
9. Demonstrate Breathing techniques / breath-hold:
 - a. Proper breathing techniques with cycles.
 - b. 3-4 breaths with breath-hold and clearing snorkel.
 - c. Surface swim with breath-hold for 66 feet (20 meters).

10. Demonstrate Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Head down, two (2) leg.
 - d. Head up.
11. Demonstrate Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Avoid line entanglement.
 - c. Achieve minimum depth of 100 fsw (30 msw).
12. Demonstrate Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
13. Demonstrate Cramp Removal.
14. Demonstrate Distressed Diver Tow



Advanced Free Diver Instructor

A. Who may teach this course?

- Advanced Free Diver Instructor Trainer or higher may teach this course.

B. Purpose

1. This is the advanced level Instructor certification course for individuals wishing to learn the fundamentals of teaching breath hold diving for the purpose of increasing student underwater awareness.

C. Prerequisites

1. Minimum age of 18.
2. Be certified as a Master Free Diver and be either an IANTD Divemaster OR be an active Scuba Instructor in good standing.
3. Be in good medical & physical condition and with above average swimming skills.
4. Be qualified as an Oxygen Provider.
5. Submit documentation proving current CPR and First Aid certification within two (2) years.

D. Program Content

1. Complete all theory in the IANTD Advanced Free Diver Student Kit IANTD Advanced Free Diver Power Point Slides.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving.
4. Complete an Advanced Free Diver Instructor IEC staffed by a Master Free Diving IT.

E. Equipment Requirements

1. IANTD Advanced Free Diver Student Kit IANTD Advanced Free Diver Power Point Slides.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices.
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / Scuba bailout.

F. Program Limits

1. Classroom Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water
 - a. Shallow Water - Maximum of 4 candidates to one (1) instructor.
 - b. Open Water - Maximum of 4 candidates to one (1) IT.
 - c. Maximum open water depth of 100 fsw (30 msw).
 - d. Maximum shallow water depth of 80 fsw (24 msw).
 - e. Minimum shallow water depth of 66 fsw (20 msw).

G. Water Skills Development

1. Watermanship & Stamina - Surface: Swim 2,400 feet (720 meters) using mask, snorkel and fins (swim with fins only; handicapped divers may use both hands and feet)

| Time (mm:ss) | Points | Time | Points | Time | Points | Time | Points |
|----------------|--------|----------------|--------|----------------|--------|-----------------|--------|
| 15:21 to 15:59 | 20 | 17:41 to 18:00 | 17 | 19:41 to 20:00 | 12 | 21:21 to 21:30 | 05 |
| 16:00 to 16:20 | 19.5 | 18:01 to 18:20 | 16.5 | 20:01 to 20:20 | 11 | 21:31 to 21:40 | 04 |
| 16:21 to 16:40 | 19 | 18:21 to 18:40 | 16 | 20:21 to 20:40 | 10 | 21:41 to 21:50 | 03 |
| 16:41 to 17:00 | 18.5 | 18:41 to 19:00 | 15 | 20:41 to 21:00 | 08 | 21:51 to 22:00 | 02 |
| 17:01 to 17:20 | 18 | 19:01 to 19:20 | 14 | 21:01 to 21:10 | 07 | Over 20 minutes | 00 |
| 17:21 to 17:40 | 17.5 | 19:21 to 19:40 | 13 | 21:11 to 21:20 | 06 | | |

3. Swim for a distance of 1,200 feet (360 meters). Subtract four minutes from actual time to score handicapped candidates, such as those with a missing limb (e.g., if performed in 12 minutes or less, the score would be 20 points).

| Time (mm:ss) | Points | Time | Points | Time | Points | Time | Points |
|----------------|--------|----------------|--------|----------------|--------|----------------|--------|
| 8 min. or less | 20 | 11:01 to 11:20 | 17 | 12:46 to 13:00 | 14 | 14:16 to 14:30 | 10 |
| 8:01 to 8:40 | 19.5 | 11:21 to 11:40 | 16.5 | 13:01 to 13:15 | 13.5 | 14:31 to 14:45 | 09 |
| 8:41 to 9:20 | 19 | 11:41 to 12:00 | 16 | 13:16 to 13:30 | 13 | 14:46 to 15:00 | 08 |
| 10:01 to 10:20 | 18.5 | 12:01 to 12:15 | 15.5 | 13:31 to 13:45 | 12.5 | 15:01 to 15:15 | 06 |
| 10:21 to 10:40 | 18 | 12:16 to 12:30 | 15 | 13:46 to 14:00 | 12 | 15:16 to 15:30 | 04 |
| 10:41 to 11:00 | 17.5 | 12:31 to 12:45 | 14.5 | 14:01 to 14:15 | 11 | 15:31 to 16:00 | 02 |

4. Tow a diver for a distance of 200 feet (60 meters) on the surface while simulating rescue breathing, then simulate actions for activation of the EMS procedure and remove victim's equipment. 20 points are for overall procedure and technique, scored per IT evaluation.
5. Swim a distance underwater in confined water of 130 feet (39 meters) following two (2) or more minutes of slow deep breathing with a maximum of four (4) hyperventilations at the end of the breathing cycle. Total point value 20 points. To be scored as follows:
6. Full distance completed on first attempt 20 points; 120 feet (36 meters) completed 15 points; 110 feet (33 meters) completed 10 points; Three (3) attempts maximum allowed. If the full distance is completed on additional attempts then the score may be increased by 3 points over the initial score. In addition subtract 1 point for every second over 150 that it takes the diver to complete the skill and subtract one (1) point for every second faster than 80 seconds that the diver completes the skill in.

► **NOTE:** A surface diver must swim above the candidate during this skill in case of blackout.

7. Static breathhold: Candidates are not allowed to hold breath for a longer duration than 2:30 on this skill.

| Time (mm:ss) | Points | Time | Points |
|--------------|--------|----------------|--------|
| 2:15 to 2:30 | 20 | 1:35 to 1:39 | 17 |
| 2:00 to 2:14 | 19.5 | 1:30 to 1:34 | 15 |
| 1:50 to 1:59 | 19 | 1:25 to 1:29 | 10 |
| 1:40 to 1:49 | 18 | Less than 1:25 | 00 |

8. 15 minute treading water without floatation.
9. Horizontal underwater swim with equipment for 100 feet (30 meters).
10. Emergency Ascents & Problem Management:
 - a. Ascent with one (1) fin with and without descent line.
 - b. Ascent without fins without a descent line.
 - c. Buoyant ascent.

- d. No mask ascent.
 - e. Ascend with 10 Lbs. (4.5 kilos).
 - f. Ascend with unconscious diver.
 - g. Assist ascending diver blacking out.
 - h. Rescue tow with unconscious diver.
 - i. Perform in water artificial resuscitation while doing a rescue tow for 100 feet (30 meters).
11. Supervising preparing Free Diving equipment.
 12. Successfully complete all of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
 13. Snorkel clearing / airway control:
 - a. Blast method.
 - b. Displacement method.
 14. Mask Clearing Underwater:
 - a. At surface.
 - b. At depth.
 15. Buoyancy Control:
 - a. Positive.
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
 16. Surface Swim - use of fins:
 - a. Proper fin use flutter and frog kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface Swim 180 feet (55 meters).
 17. Breathing techniques / breath-hold:
 - a. Proper breathing techniques with cycles.
 - b. 3-4 breaths with breath-hold and clearing snorkel.
 - c. Surface swim with breath-hold for 75 feet (22 meters).
 18. Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Head down, two (2) leg.
 - d. Head up.
 19. Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Avoid line entanglement.
 - c. Achieve minimum depth of 100 fsw (30 msw).
 20. Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
 21. Cramp Removal.
 22. Distressed diver tow.

Master Free Diver Instructor

Who may teach this course?

- Master Free Diver Instructor Trainer or higher may teach this course.

A. Purpose

1. This is the highest instructional level in the recreational free diving depths, as an Instructional course for individuals wishing to expand their teaching knowledge of breath hold diving for the purpose of increasing underwater awareness.

B. Prerequisites

1. Minimum age of 18.
2. Be certified as an Advanced Free Diver Instructor and either an IANTD Divemaster OR be a certified and active Scuba Instructor in good standing.
3. Be in good medical & physical condition and with above average swimming skills.
4. Be a qualified CPR Instructor.
5. Submit documentation proving current CPR and First Aid certification within two (2) years.

C. Program Content

1. Complete all theory in the IANTD Master Free Diver Student Kit and IANTD Master Free Diver Power Point Slides.
2. Complete the written exam with a minimum score of 80%.
3. Demonstrate an understanding of the principles of free diving.
4. Complete a Master Free Diving Instructor IEC.

D. Equipment Requirements

1. IANTD Master Free Diver Student Kit and IANTD Master Free Diver Power Point Slides.
2. Masks, Fins, Snorkels.
3. Exposure Protection.
4. Weight Systems.
5. Buoyancy Systems.
6. Flags and floats.
7. Line cutting devices.
8. Surface signaling devices.
9. Depth gauges and timing devices.
10. Spare Air / Scuba bailout.

E. Program Limits

1. Classroom Unlimited, so long as adequate facility, supplies and time are provided to insure complete training.
2. Open Water
 - a. Shallow Water - Maximum of 12 students to one (1) instructor (12:1).
 - b. Open Water - Maximum of 6 students to one (1) instructor (6:1).
 - c. Maximum open water depth of 132 fsw (40 msw).
 - d. Maximum shallow water depth of 100 fsw (30 msw).
 - e. Minimum shallow water depth of 66 fsw (20 msw).

F. Water Skills Development

1. Watermanship & Stamina - Surface: Swim 4,800 feet (1,440 meters) using mask, snorkel and fins (swim with fins only; handicapped divers may use both hands and feet)

| Time (mm:ss) | Points | Time | Points | Time | Points | Time | Points |
|----------------|--------|----------------|--------|----------------|--------|-----------------|--------|
| 29:40 to 30:00 | 20 | 31:40 to 31:59 | 17 | 33:10 to 33:14 | 14 | 34:40 to 34:49 | 08 |
| 30:01 to 30:19 | 19.5 | 32:00 to 32:14 | 16.5 | 33:15 to 33:29 | 13 | 34:50 to 34:59 | 06 |
| 30:20 to 30:39 | 19 | 32:14 to 32:29 | 16 | 34:00 to 34:09 | 12 | 35:00 to 35:09 | 03 |
| 30:40 to 30:59 | 18.5 | 32:30 to 32:44 | 15.5 | 34:10 to 34:19 | 11 | 35:10 to 36:00 | 02 |
| 31:00 to 31:19 | 18 | 32:45 to 32:59 | 15 | 34:20 to 34:29 | 10 | Over 36 minutes | 00 |
| 31:20 to 31:39 | 17.5 | 33:00 to 33:09 | 14.5 | 34:30 to 34:39 | 09 | | |

2. Swim for a distance of 1,200 feet (360 meters). Subtract four minutes from actual time to score handicapped candidates, such as those with a missing limb (e.g., if performed in 12 minutes or less, the score would be 20 points).

| Time (mm:ss) | Points | Time | Points | Time | Points | Time | Points |
|----------------|--------|----------------|--------|----------------|--------|----------------|--------|
| 8 min. or less | 20 | 11:01 to 11:20 | 17 | 12:46 to 13:00 | 14 | 14:16 to 14:30 | 10 |
| 8:01 to 8:40 | 19.5 | 11:21 to 11:40 | 16.5 | 13:01 to 13:15 | 13.5 | 14:31 to 14:45 | 09 |
| 8:41 to 9:20 | 19 | 11:41 to 12:00 | 16 | 13:16 to 13:30 | 13 | 14:46 to 15:00 | 08 |
| 10:01 to 10:20 | 18.5 | 12:01 to 12:15 | 15.5 | 13:31 to 13:45 | 12.5 | 15:01 to 15:15 | 06 |
| 10:21 to 10:40 | 18 | 12:16 to 12:30 | 15 | 13:46 to 14:00 | 12 | 15:16 to 15:30 | 04 |
| 10:41 to 11:00 | 17.5 | 12:31 to 12:45 | 14.5 | 14:01 to 14:15 | 11 | 15:31 to 16:00 | 02 |

3. Tow a diver for a distance of 600 feet (180 meters) on the surface while simulating rescue breathing, then simulate actions for activation of the EMS procedure and remove victim's equipment. 20 points are for overall procedure and technique, scored per IT evaluation.
4. Swim a distance underwater in confined water of 160 feet (48 meters) following two (2) or more minutes of slow deep breathing with a maximum of four (4) hyperventilations at the end of the breathing cycle. Total point value 20 points. To be scored as follows:
- Full distance completed on first attempt 20 points; Full distance completed on second attempt 18 points; Full distance completed on third attempt 10 points; Three (3) attempts maximum allowed. In addition subtract 1 point for every second over 150 that it takes the diver to complete the skill and subtract 1 point for every second faster than 80 seconds that the diver completes the skill in.
- **NOTE:** A surface diver must swim above the candidate during this skill in case of blackout.
5. Static breath-hold: Candidates are not allowed to hold breath for a longer duration than 3 ½ minutes on this skill

| Time (mm:ss) | Points | Time | Points |
|--------------|--------|----------------|--------|
| 2:45 to 3:30 | 20 | 2:00 to 2:14 | 18.5 |
| 2:30 to 2:44 | 19.5 | 1:30 to 1:59 | 15 |
| 2:15 to 2:29 | 19 | Less than 1:30 | 00 |

6. 15 minute treading water without floatation.
7. Horizontal underwater swim with equipment for 100 feet (30 meters).
8. Emergency Ascents & Problem Management:
- Ascent with one (1) fin with and without descent line.
 - Ascent without fins without a descent line.
 - Buoyant ascent.
 - No mask ascent.
 - Ascend with 10 Lbs. (4.5 kilos).
 - Ascend with unconscious diver.

- g. Assist ascending diver blacking out.
 - h. Rescue tow with unconscious diver.
 - i. Perform in water artificial resuscitation while doing a rescue tow for 100 feet (30 meters).
9. Supervising preparing Free Diving equipment.
 10. Successfully complete all of the following entries:
 - a. Giant Stride.
 - b. Back Roll.
 - c. Front Roll.
 - d. Reverse Walk In.
 - e. Seated Entry.
 11. Snorkel clearing / airway control
 - a. Blast method
 - b. Displacement method
 12. Mask clearing: Underwater:
 - a. At surface
 - b. At depth
 13. Buoyancy Control:
 - a. Positive.
 - b. Negative.
 - c. Neutral at 33 fsw (10 msw).
 14. Surface Swim - use of fins:
 - a. Proper fin use flutter and frog kick.
 - b. Sculling for propulsion.
 - c. Stationary position / sculling technique.
 - d. In-water cramp removal.
 - e. Surface Swim 180 feet (55 meters).
 15. Breathing techniques / breath-hold:
 - a. Proper breathing techniques with cycles.
 - b. 3-4 breaths with breath-hold and clearing snorkel.
 - c. Surface swim with breath-hold for 75 feet (22 meters).
 16. Surface Dives:
 - a. Equalization techniques.
 - b. Single Raised Leg descent.
 - c. Head down, two (2) legged.
 - d. Head up.
 17. Proper Descent procedure:
 - a. Free descent without snorkel.
 - b. Avoid line entanglement.
 - c. Achieve minimum depth of 100 fsw (30 msw).
 18. Ascent Procedure:
 - a. Raised Hand Method.
 - b. Avoid line entanglement.
 - c. Surface recovery.
 19. Cramp Removal.
 20. Distressed Diver Tow

INTERNATIONAL ASSOCIATION OF NITROX AND TECHNICAL DIVERS



INSTRUCTOR TRAINER PROGRAM

FREE DIVING INSTRUCTOR TRAINER PROGRAM - GENERAL STANDARDS

A. General

1. IANTD Instructor Trainers, who are also ITs or Program Directors with other Open Water or Free Diving Agencies may continue to conduct Open Water Instructor Training / Development Programs through those agencies.
2. IANTD Free Diving Instructor Trainers must qualify Free Diving Instructors through IANTD. Instructor Trainers who advertise an IANTD Instructor qualification program and then certify Instructors with other agencies instead of IANTD, will be suspended from IANTD Instructor Trainer status.

B. Qualification Prerequisites

1. Must be at least 21 years of age.
2. Must show proof of prior qualification in:
 - a. IANTD Oxygen Administrator Instructor or equivalent;
 - b. IANTD CPR Instructor or equivalent;
 - c. IANTD Diving First Aid Instructor or equivalent;
 - ▶ NOTE: These IT qualifications can be completed in conjunction with the ITDP or ITEC *but training hours do not count to the minimum required.*
 - ▶ NOTE: In order to teach, Oxygen Administrator, CPR, AED & Diving First Aid the IT must revalidate the training every two (2) years by participating in an update.
 - ▶ NOTE: In order to teach the IANTD Oxygen Administrator, CPR, AED & Diving First Aid the Instructor Trainer must be certified for each of this programs.

C. Teaching Prerequisites

1. Provide proof of insurance listing IANTD as an Additional Insured.
2. Be an IANTD Member and remit annual Instructor / Instructor Trainer Member fees.

D. Text / Media

1. All IANTD courses require Student Kits to certify Divers and/or Instructors. Each IT MUST have a full set of these reference materials during and following the completion of the class. The specific kit is titled "IANTD Diver OR Instructor OR Instructor Trainer program name" followed by the words Diver OR Instructor OR Instructor Trainer Student Kit.
2. IANTD course specific Power Point Slides.
3. On-line material guides and user manuals
4. Facility Standards

E. Water Skills

▶ **NOTE: To be allowed to teach the Open Water Free Diver IT Program, the candidate must demonstrate ability to free dive to 80 fsw -24 msw) by actually doing a free dive .**

1. Prior to all dives a "briefing" must be conducted. Following all dives, a "debriefing" must be conducted.
2. Confined water sessions are to be completed prior to open water free dives being The confined water sessions will include an introduction, demonstration and student performance of watermanship, skills and techniques to be developed during the course. When teaching a combination of courses, all the skills may be practiced in a single confined water session.
3. This confined water session may be in open water in depths up to 33 feet (10 m).
4. All the watermanship skills must be practiced until the student is proficient in each skill.
5. The training requirements here in are IANTD minimums.
6. Practice of free diving equipment configuration including redundancy and streamlining.
7. Dives may be accomplished in overhead environment if penetration in the overhead is less than 33 feet-10 meters
8. Demonstrate proficiency in illustrating and teaching any IANTD Water Skills for the appropriate IT level (confined water and open water) as assigned by ITT.

9. Complete Watermanship Evaluation
10. Demonstrate an open water rescue of a diver from a depth no greater than 20 fsw (6 msw), including:
 - a. Recognition of emergency situations.
 - b. Controlled casualty recovery from depth.
 - c. Effective emergency surface actions.
 - d. Removal of equipment.
 - e. Surface tow for a distance of about 100 feet (30 meters) while simulating rescue breaths.
 - f. Casualty recovery from water.
 - g. Simulation of full application of emergency plan including coordination with local emergency services.
11. Demonstrate at least two (2) practical lesson planning, preparation and conduct for Confined Water Skills. Procedure must include the following:
 - a. Planning.
 - b. Briefing.
 - c. Skill demonstration.
 - d. Student practice and group supervision and control.
 - e. Problem recognition and solving.
 - f. Student evaluation.
 - g. Debriefing.
12. Demonstrate at least two (2) practical lesson planning, preparation and conduct for Open Water Skills. Procedure must include the following:
 - a. Planning.
 - b. Briefing.
 - c. Skill demonstration.
 - d. Student practice and group supervision and control.
 - e. Problem recognition and solving.
 - f. Student evaluation.
 - g. Debriefing.
13. Evaluate at least two (2) practical lesson planning, preparation and conduct for Confined Water Skills. Procedure must include the following:
 - a. Preparation.
 - b. Planning.
 - c. Briefing.
 - d. Skill demonstration.
 - e. Student practice and group supervision and control.
 - f. Problem recognition and solving.
 - g. Student evaluation.
 - h. Debriefing.
14. Evaluate at least two (2) practical lesson planning, preparation and conduct for Open Water Skills. Procedure must include the following:
 - a. Preparation.
 - b. Planning.
 - c. Briefing.
 - d. Skill demonstration.
 - e. Student practice and group supervision and control.
 - f. Problem recognition and solving.
 - g. Student evaluation.
 - h. Debriefing.

15. Candidates shall be exposed to simulated:
 - a. In-water emergencies,
 - b. Group dynamics,
 - c. Behavioral problems
 - d. Typical learning difficulties

F. Qualification Requirements

1. Upon completion of all listed academic and water skills / dives to the Instructor Trainer's satisfaction, a wall certificate and appropriate IANTD Instructor qualification card will be issued.
 2. It is required that all training dives be logged and it is recommended that dives be in the IANTD Recreational Logbook or any dive log system.
- **Instructor candidates with unsafe attitudes, or demonstrating inappropriate dive habits, must not be qualified.**
- **Training is purchased upon enrollment.**
- **Qualification is earned through the candidate's performance and knowledge demonstrated.**

G. Qualification Renewal

1. Upon qualification candidates shall stay abreast of new technologies and/or practices in free diving.
2. For all professionals, defined as Dive Masters, Supervisors, Instructors and Instructor Trainers, Provide proof of insurance listing IANTD as an Additional Insured.
3. Remain as an active IANTD Member and remit annual Instructor Trainer renewal fees.
4. Medical Exam
 - a. The candidate shall have, within the past year, a medical examination and approval for diving, without conditions or restrictions, by a licensed medical practitioner prior to engaging in water activities. In no event shall medical approval be accepted, wherein the medical practitioner signing the approval is the participating candidate.

H. Inactive Instructor Trainer

If an Instructor Trainer is inactive for two (2) years, the instructor trainer must complete the following reinstatement procedure:

1. Attend an instructor trainer reinstatement program with an Instructor Trainer Trainer assigned by HQ or corresponding IANTD Licensee for the area.
2. Complete standards review.
3. Instructor Trainer must pass the specific IANTD Standards Test with a minimum score of 100% with remediation by the Instructor Trainer Trainer.
4. Complete lectures as assigned by the Instructor Trainer Trainer to verify in-depth knowledge and currency in theory and classroom for Free Diving.
5. Perform instructor trainer skills at demonstration quality at the instructor trainer's highest level for Free Diving.
6. Co-teach as assigned by the Instructor Trainer Trainer, part of:
 - a. Academic portion at instructor trainer's highest level of certification for Free Diving.
 - b. Confined Water portion at instructor trainer's highest level of certification for Free Diving.
 - c. In Water portion at instructor trainer's highest level of certification for Free Diving.

Open Water Free Diver Instructor Trainer Development Program

► **BE SURE TO CHECK THE FREE DIVING INSTRUCTOR PROGRAM - GENERAL STANDARDS (Pg 54).**

Who may teach this course?

1. IANTD Headquarters or IANTD Licensees .
or
2. Open Water Free Diver Instructor Trainer Trainer (ITT) or higher may teach this course.

A. Purpose

1. This Program is designed to provide responsible training for IANTD Instructor Trainers.

B. Prerequisites

1. Must be at least 21 years of age.
2. Must be qualified as an IANTD Advanced Free Diver Instructor or higher in Active Teaching Status.
3. Must have a minimum of two (2) years of teaching experience without any Quality Assurance Complaint.
4. Must have issued minimum of 50 certifications in a combination of the following IANTD Programs or equivalent:
 - a. Open Water Free Diver, Advanced Free Diver, Master Free Diver and Free Diving Divemaster Programs.
5. Must provide proof of a minimum of 200 logged dives
6. Assist in one (1) Open Water Free Diver Instructor Development Program.

C. Program Content

1. A 4 day Program directing the Instructor Trainer candidate to the methods and techniques of training IANTD Programs
2. Demonstrate proficiency in training Open Water Free Diver Instructors.
 - a. Demonstrate lectures and theory for IANTD Snorkeling and Open Water Free Diver, Free Diving Divemaster Programs and other programs as appropriate for the rating of the IT.
3. Teaching experience must be acquired by assisting (in both theory and practice) in a series of actual or simulated training sessions under the direct supervision and assessment of the ITT.
4. Complete review of the Standards and Procedures (S & P).
5. Confined Water and Open Water practical skills of the IANTD Open Water Free Diver Program are to be demonstrated.
6. Demonstration of instructor quality presentations with instructor level proficiency in all practical skills, and the ability to teach and evaluate instructor candidates effectively.

► *NOTE: Candidates shall not be given information in advance, on the precise skill to be assessed.*
7. All lecture topics in the IANTD IDP Program slides must be studied by the candidates and discussed in class.
8. A selection of IANTD slides chosen by the ITT shall be presented by the candidates, following the processes of lecture preparation, planning and delivery.

► *NOTE: Proficiency level in lecturing skills according to ITT discretion must be demonstrated by all candidates.*

► *NOTE: Candidates shall not be given information in advance, on the precise topic to be assessed.*
9. Complete all lectures with IANTD ITDP Slides.
10. All candidates must demonstrate the ability to control and supervise an instructor group in an effective manner.

11. The IANTD ITDP shall be conducted by an IANTD Instructor Trainer Trainer or IANTD HQ/Licensee.
 - a. In order to complete the IT Program, the IT candidate shall complete the following:
 - I. Final IT Exam
 - i. Complete written exam on all topic areas able to teach and Risk Mitigation
 - II. Final IT Standards & Procedures Exam
 - III. Present and obtain passing scores on:
 - i. Two (2) IDP Academic Presentation
 - ii. Two (2) IDP Confined Water Presentation
 - iii. Two (2) IDP Open Water Presentation
 - IV. Demonstrate the ability to evaluate instructor candidate teaching presentations on:
 - i. Knowledge development
 - ii. Confined water
 - iii. Open water
 - V. Proficiency with Rescue Skills.

D. Equipment Requirements

1. Fulfill all Equipment Requirements as specified in the IANTD OPEN WATER FREE DIVER STANDARDS.
2. Equipment Requirements listed in the IANTD Diver Program the Instructor plans to teach are mandatory.

E. Program Limits

1. Same as for the Open Water Free Diving Instructor Development Program
2. A minimum of 100 hours of training shall be conduct under direct supervision of an IANTD ITT or IANTD HQ/Licensee.

F. Qualification Requirements

1. Completion of the IANTD Open Water Free Diver ITDP and demonstration of a safe and responsible attitude allows the candidate to become qualified as an IANTD Open Water Free Diver Instructor Trainer.

G. Water Skills Development

1. Same as IANTD INSTRUCTOR TRAINER PROGRAM - GENERAL STANDARDS.

H. Qualification Renewal

1. Conduct a minimum of two (2) IANTD IDPs and qualify at least 4 IANTD Open Water Free Diver Instructors annually.
2. Fulfill all renewal requirements for IANTD Open Water Free Diver Instructor.
3. Remain as an active IANTD member and pay annual Instructor Trainer renewal fees.
4. Log at least 50 dives annually.

I. IT Upgrade Policy

► **If not an IANTD IT, in order to upgrade to any other IT Rating, the Open Water Free Diver ITDP must be succesfully completed.**

► **In order to upgrade to any IT Rating, the required number of certifications MUST be IANTD only.**

1. An IT who succesfully completes the ITDP is eligible to upgrade to other IT levels without attending another ITDP by:
 - a. IANTD HQ or local licensee approval;
 - b. Providing documentation of actively teaching IANTD programs;
 - c. No active Quality Assurance Complaint.
 - d. Acheiving the minimum number of student certifications and dives per level as described below:

| IT RATING UPGRADE MATRIX | | |
|--------------------------|---|--|
| IT RATING: | Number of diver certifications issued at that level | Number of dives or hours at that level |
| Open Water Free Diver IT | 50 | 100 |
| Advanced Free Diver IT | 10 | 25 |
| Master Free Diver IT | 10 | 25 |





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