

5. Intermediate Freediver

5.1 Introduction

This follow-up program to the PFI Freediver course continues to develop the comfort and surface safety skills of basic level freediving. The PFI Intermediate Freediver is the foundation program for the PFI Advanced Freediver as well as professional programs. It brings a whole knowledge approach introducing skills and techniques as well as a high-level of knowledge in physics, physiology and safety & problem management. During this program participants work in depths as deep as 40m/132ft while learning valuable warm-up skills to enhance this capacity. This program encompasses static apnea and may also introduce dynamic apnea. A PFI Intermediate Pool Only certification may be issued to those not wishing to participate in open water training.

5.2 Course Objectives

The objective of this course is to train individuals in the benefits, skills, techniques and safety & problem management for Intermediate level freediving to a maximum depth of 40m/132ft with extended level static apnea development of 3:00 at a minimum and optional dynamic apnea development of 50m / 165 ft. This program will also focus on a high level of safety & problem management by learning how to take care of black-outs underwater and initiating BLS recovery procedures while also developing strong & soft kick cycles while also developing the sink phase part of negative buoyancy.

5.3 Program Prerequisites

1. Minimum age of 12 for Junior Intermediate Freediver or 16 years for full Intermediate Freediver
2. Competent swimming skills
3. PFI Freediver or equivalent skill level

5.4 Required Student Equipment

1. Freediving quality mask, fins and snorkel
2. Freediving quality exposure protection (appropriate for local environment)
3. Freediving quality weight belt and weights (appropriate for local environment)
4. A timing device (preferred freediving computer or gauge)

5.5 Support Materials

Student materials

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

Instructor materials

1. *PFI Intermediate Freediver Instructor Manual*
2. *PFI Intermediate Freediver Skill Guidelines*
3. *PFI Intermediate Freediver final exam and answer sheet*

5.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may engage in buddy supported freediving activities appropriate for the environment without direct supervision of an instructor to depths no greater than 40 meters/ 132 ft.
2. Upon successful completion of this course, graduates are qualified to enroll in the Intermediate Freediver Coaching, Advanced Freediver, Open-line Diving, Freediver Safety, Freediver Supervisor and Specialty Freediver programs.
3. Divers may be certified with an Intermediate Freediver-Pool Only certification after successfully completing all knowledge Development and Confined Water training sessions. There is no open water training necessary for this level of certification and divers at this level are not certified for any open water activities.

5.7 Who May Teach

This course may be taught by any active PFI Intermediate Freediver Instructor or higher. The PFI Intermediate Freediver Instructor may use active status PFI Assistant Intermediate Freediver Instructor to increase student ratios.

5.8 Student to Instructor Ratio

Classroom

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

Confined Water

1. A maximum of 6 students to one PFI Intermediate Instructor (8:1). Or maximum of 16 students to one PFI Intermediate Instructor (12:1) with the use of 1 active status PFI Assistant Intermediate Freediver Instructor max.

Open Water

1. A maximum of 8 students to one PFI Intermediate Instructor (6:1). Or a maximum of 10 students to one PFI Intermediate Instructor (10:1) with the use of 1 active status PFI Assistant Intermediate Freediver Instructor max.

5.9 Depth Restrictions

Open Water

1. Maximum open water depth of 40 meters / 132 ft.

Confined Water

1. Maximum confined water depth of 10 meters / 33 ft

5.10 Recommended Course Minimums

Classroom time

1. 12.0 Hours

Confined Water time

1. 5.0 Hours

Open Water time

1. 7.5 Hours

5.11 Knowledge Development Overview

The following topics must be covered during this course by the PFI Intermediate Freediver

Instructor and/or active status PFI Assistant Intermediate Freediver Instructor as outlined in the PFI General Standards and Procedures section. Instructors may use additional texts or materials they feel help present these topics.

1. Introduction
 - a. Participant and staff introductions
 - b. Course overview
 - c. Paperwork and prerequisites
 - d. Equipment requirements check
 - e. Classroom, confined and open water protocols and conduct
 - f. Safety / supervision practices
2. History of Freediving
 - a. Origin of freediving
 - i. Roman and Greek armies
 - ii. Ama Freedivers
 - iii. Modern day freediving
3. Safety & Problem Management
 - a. Freediving supervision
 - i. Supervision
 - ii. Proximity
 - iii. Technique

- b. Safety for depth freediving
 - i. Styles of depth freediving
 - ii. Constant ballast
 - iii. constant ballast no-fins
 - iv. Free immersion
 - v. Rule of 9's
 - vi. Positioning and proximity
 - 1. Safety depth - meet at 1/3 Freediver's max depth
 - a. Safety time - intercepts Freediver 10sec after reaching safety depth (dive time +10sec)
 - vii. 2, 3 and 4 person teams
- c. Safety and signals for static apnea
 - i. What is static apnea
 - ii. Why train in static apnea
 - iii. Signals
 - iv. Two strikes rule
 - v. Target times
 - vi. Exiting a static apnea
 - vii. Responding to emergencies
- d. Safety for dynamic
 - i. What is dynamic apnea
 - ii. Why train in dynamic apnea
 - iii. Safety positioning
 - iv. Responding to emergencies
- e. Performance evaluations
 - i. Determine next target time, depth and distance
 - ii. The 10 evaluation criteria
 - 1. Tired/exhaustion
 - 2. Technique
 - 3. Equalizations
 - 4. Near-blackout/blackout
 - 5. Urge to breath/contractions
 - 6. Pressure contractions
 - 7. Tired legs/failure
 - 8. Equipment performance
 - 9. Chest compression/squeeze
 - 10. Narcosis

- f. Self-bailout underwater
 - i. Steps of self bailout:
 - 1. Terminate the Freedive
 - 2. Use line for assistance
 - 3. Signal buddy for help
 - 4. Release weight belt and hold in hand for future release
 - 5. Drop weight belt
 - 6. Keep eyes open
 - 7. Discontinue freediving day with any signs of hypoxia
 - 8. Moderate freediving time, depth, distance, exertion
 - g. Assisted bailout underwater
 - i. Bailout signal
 - 1. Hand signal and/or head signal
 - 2. Started before reaching safety at depth
 - ii. Line signals
 - 1. Safety lightly holds line and feels for pulls
 - iii. Provide support and propulsion
 - iv. Under arm, waist or hands
 - v. Utilize ascent line for propulsion assistance if possible
 - vi. Monitor airway for LMC/BO
 - vii. Ditch weight belt if required
 - h. Protective breathing reflexes
 - i. Cessation of breathing
 - ii. Restart breathing response with blow tap talk
 - iii. Laryngospasms
 - i. Freediver rescue breathing (FRB)
 - i. Create airway by 'dosey doe' position and head tilt
 - ii. Remove mask
 - iii. Three blow-tap-talks (BTT)
 - iv. Call for assistance
 - v. Rescue breaths
 - j. Near-blackouts (LMC)
 - i. Near Blackout/LMC/Samba
 - ii. Signs and Symptoms of near blackout / LMC
 - iii. Assisting an LMC underwater
 - iv. Assisting an LMC at the surface

- k. Blackouts (BO)
 - i. Depth vs. Apnea Hypoxia
 - ii. Signs and symptoms of Blackouts / BO
 - iii. Assisting Blackouts at the surface
 - iv. Assisting blackouts underwater
- l. Buddy separation
 - i. Surface
 - ii. Underwater
 - 1. Search patterns
 - a. U patterns
 - b. Expanding square
- 4. Equipment for Intermediate Freediving
 - a. Masks
 - i. Types
 - ii. Features and materials
 - iii. Proper maintenance
 - b. Fins
 - i. Mono-fins vs long fins
 - ii. Benefits of long blade fins
 - iii. Blade materials
 - iv. Full foot vs. open heel foot pockets
 - v. How to properly fit a fin
 - vi. Proper maintenance
 - c. Snorkels
 - i. Features of a good freediving snorkel
 - ii. Placement of snorkel on mask strap
 - iii. Use
 - iv. Proper maintenance
 - d. Exposure protection
 - i. Wetsuits
 - 1. Types
 - 2. Features and materials
 - ii. Hoods
 - 1. Types
 - 2. Features and materials
 - iii. Gloves
 - 1. Types
 - 2. Features and materials
 - iv. Socks
 - 1. Types
 - 2. Features and materials

- e. Freediving computers
 - i. Freediving computer vs timers
 - 1. Types
 - 2. Features
 - 3. Care and maintenance
- f. Weight systems
 - i. Types of weight systems
 - ii. Rubber vs. nylon belts
 - iii. Weights
 - iv. Proper placement of belt
 - v. Buckles
 - vi. Accessories and maintenance
- g. Lines, flags and floats
 - i. “Diver Below Flag”
 - ii. Alpha Flag
 - iii. Floats
- h. Accessory freediving equipment
 - i. Nose clips & fluid goggles
 - ii. Gear bags
 - iii. Freediving knives
 - iv. Lights and markers
 - v. Goodie bags and stringers
- 5. In-Water Environment
 - a. Local aquatic animal and plant life
 - b. Hazardous animals and plants
 - c. Animals/plants of interest
 - d. Local environmental conditions
 - i. Fresh vs salt
 - ii. Temperature and thermoclines
 - iii. Visibility
 - iv. Wind, waves and currents
 - v. How to asses and plan accordingly
 - vi. Sea sickness medications
 - e. Local freediving procedures
 - f. Entry/exit procedures

6. Freediving Breathing Techniques
 - a. Respiratory muscles / breathing segments
 - i. Diaphragm
 - ii. Intercostal
 - iii. Scalene/subclavian
 - iv. Neck
 - b. Breathing techniques
 - i. Normal ventilations
 - ii. Ventilations
 - iii. Purging
 - iv. Peak Inhalation
 - c. Specialty breathing techniques
 - i. Packing
 - ii. Reverse packing
 - d. Recovery breathing
 - i. Hook breaths
 - ii. Cleanse breaths
 - iii. Pool - static/dynamic recovery breaths
 - iv. Ocean – depth/constant ballast/free immersion recovery breaths
 - v. Safety Procedures
 - e. Breathing exercises
 - i. Segmented breathing
 - ii. Negative diaphragm
 - iii. Packing stretches
 - iv. Reverse packing
7. Equalization Techniques – body
 - a. Equalizing ears, sinuses and mask
 - b. Methods of equalizing
 - i. Frequency
 - c. Equalizing Issues
 - d. Masks

8. Physics of Freediving
 - a. Depth and pressure
 - i. Biggest change on our physiology
 - ii. Weight 100km / 62miles of atmosphere = 14.7psi/1 bar/ 1ata at sea level
 - iii. Every 10m/33ft of sea water is the equivalent of 1ata
 - b. Pressure and volume
 - i. Boyles Law
 - ii. 5 airspaces affected by Boyle's law
 1. Lungs, ears, sinuses, mask, wetsuit
 2. Lung compression vs importance of small mask volumes
 3. Not losing air during descents due to equalizing
 4. Re-inhale mask air volume during ascent
 - c. Partial pressures
 - i. Daltons law of pressures
 - ii. Effects of varying partial pressures of O₂ during a Freedive
 - d. Buoyancy principles
 - i. Archimedes' principle
 - ii. Three states of buoyancy
 - iii. Effects of buoyancy
 - iv. Descents and ascent techniques
 - e. Streamlining and hydrodynamics
 - i. Density of water versus air
 - ii. Drag and hydrodynamics
9. Physiology of Freediving
 - a. Nervous system
 - i. Central nervous system
 1. Peripheral nervous system
 2. Sympathetic/Parasympathetic nervous system
 - b. Circulatory system
 - i. Purpose
 - ii. Functions
 - iii. Differences between sexes
 - iv. Relation to freediving
 - c. Respiratory system
 - i. Purpose
 - ii. Functions
 - iii. Differences between sexes
 - iv. Relation to freediving

- d. Lung volumes and freediving
 - i. Pulmonary function test
 - ii. Main lung volume measurements:
 - 1. Inspiratory volume (IV)
 - 2. Expiratory volume (EV)
 - 3. Vital capacity (VC)
 - 4. Functional residual capacity (FRC = EV + RV)
 - 5. Packing volume (PV)
- e. What makes us breathe
 - i. Reflex respiratory center (RRC)
 - ii. Chemoreceptors
 - iii. Stretch receptors
- f. Types of blackout
 - i. 3 freediving blackouts
 - 1. Static blackout
 - 2. Ascent blackout
 - ii. Whiteout
 - iii. Excessive hyperventilation
 - iv. Excessive lung expansion
 - v. CO₂/N₂ blackouts
 - vi. Barotrauma blackouts
- g. Aquatic adaptations
 - i. Mammalian diving reflex
 - ii. Four main adaptations:
 - iii. Blood shunting or blood prioritization
 - 1. Effects of immersion
- h. Pressure and body airspaces
 - i. Airspaces in the body
 - 1. Elastic
 - 2. Rigid
 - 3. Semi-rigid
 - ii. Intestinal squeeze
- i. Barotraumas – pressure related injuries
 - i. Middle ear
 - ii. Barotitis media
 - 1. Alternobaric vertigo
 - iii. Transient vertigo
 - iv. Mask squeeze

- j. Physiological stresses and dangers
 - i. Hypoxia
 - ii. Hypercapnia
 - iii. Hypocapnia
 - iv. Decompression sickness
- 10. Psychology of Freediving
 - a. Anxiety Stimulus
 - i. Physiology of stress
 - ii. Causes
 - 1. Physical Stress
 - 2. Physiological Stress
 - 3. Psychological Stress
 - iii. Stress Reduction
 - 1. Stop – Think – Act
 - 2. Employ Psychological techniques
 - iv. Self-talk
 - v. Step by step
 - vi. Compensatory changes
 - vii. Visualization
- 11. Training Programs for Freediving
 - a. In-Water Training Exercises
 - i. Confined Water Skills & Techniques
 - ii. Open Water Skills & Techniques
 - iii. Communications

5.12 Confined Water

The following confined water skills are to be briefed, demonstrated, evaluated, practiced and debriefed by the PFI Intermediate Freediver Instructor and/or certified active PFI Assistant Intermediate Freediver Instructor as outlined in the PFI General Standards and Procedures section.

- During all skills students will act in a buddy team, surface safety and breath holder.

To be certified as a PFI Intermediate Freediver a student must demonstrate the following skills to the satisfaction of the PFI Instructor as follows:

1. Watermanship & Stamina
 - a. Continuous swim
 - i. 200-meter continuous swim without aids
 1. Mask or goggles can be used
 2. If using a wetsuit the diver must be neutrally buoyant
 - ii. Tread water for 10 minutes without floatation
2. Equipment
 - a. Prepare equipment with minimal assistance
 - b. Buddy check all equipment
3. Entry
 - a. Enter with technique appropriate for the environment
 - b. Signal buddy
4. Snorkel Use
 - a. Snorkel clearing
 - i. Successfully blast clear the snorkel 5 consecutive times, without removing face from water, with one breath between each clear
 - b. Snorkel breathing
 - i. Swim continuously at the surface without a mask for a minimum of 25m without removing face from the water while breathing continuously through the snorkel.
5. Proper Fin Use
 - a. Flutter kick at surface for at least one minute.
 - b. Maintain a stationary position with sculling technique
 - c. Demonstrate upright fining technique
 - i. 6 strong kick cycles that bring the body to approximately chest level
 - ii. 6 soft kick cycles that bring the body to approximately collarbone level
 - d. Dolphin kick (optional)
6. Proper Weighting and Buoyancy
 - a. Remove and replace weight belt using a righthanded quick release.
 - b. Test for neutral buoyancy at surface by floating at collar bone level without sculling, finning, or treading is a requirement.
If the student's airway is submerged after a first level exhalation, then they are over-weighted.
7. Equalization
 - a. Equalize ears, sinuses and mask

8. Descent Procedures
 - a. Surface breathing and preparation
 - b. Remove snorkel
 - c. Demonstrate a double leg raised descent in the order of:
 - i. Bend at waist
 - ii. Legs in and up
 - iii. Use breaststroke to pull
 - iv. Kick
 - v. Student must demonstrate proper head position during all descents.
 - d. Demonstrate a single raised leg descent in the order of:
 - i. Bend at waist
 - ii. Leg in and up
 - iii. Use breaststroke to pull
 - iv. Kick
 - e. Student must demonstrate proper head position during all descents.
9. Ascent Procedures
 - a. Student must demonstrate proper head position during all ascents.
 - b. Perform proper recovery breathing.
10. Self-Emergency Ascent Procedures
 - a. Flooded mask ascent
 - i. Full flood in shallow water and wait 10 seconds before ascending
 - ii. Full flood at depth and wait 10 seconds before ascending
 - b. Weight belt removal and ascent
11. Open Water Freedive Simulation
 - a. Breathe up
 - b. Remove snorkel
 - c. Descent with proper head position
 - d. 6 strong kick cycles and six soft kick cycles plus 10 seconds relaxed kicking against the bottom
 - e. Ascent with proper head position
 - f. Drop arms at 10m (simulated depth) and shallower
12. Emergency Rescue & Problem Management
 - a. Assist with recovery breathing as a safety
 - i. Be no farther than an arm's length away from the freediver
 - ii. Use visual and audio coaching
 - iii. Remain attentive and vigilant a minimum of 30 seconds after the freediver has surfaced.

- b. Assist with a simulated surface LMC as a safety
 - i. Physically support the freediver
 - ii. Keep one hand on the chest above the waterline but below the chin.
 - iii. Speak calmly to encourage the freediver to breathe.
- c. Respond to a simulated blackout at the surface
 - i. Protect airway with “head sandwich”
 - ii. Place freediver on their back into the “dosey-doe” position
 - iii. Remove their mask
 - iv. Blow, Tap, Talk 3 times
- d. Assist with a simulated underwater blackout
 - i. i. Recognize freediver underwater signaling for assistance
 - ii. ii. Freedive, take control of the freediver asking for assistance
 - iii. Recognize blackout before surfacing
 - iv. Protect the airway with a “head sandwich”
 - v. Place freediver on their back into the “dosey-doe” position
 - vi. Remove their mask
 - vii. Blow, Tap, Talk 3 times
 - viii. 2 simulated rescue breaths
- e. Lost Freediver
 - i. Surface swim 25m looking for lost freediver
 - ii. Locate freediver and breathe up
 - iii. Make a proper entry and 25m simulated dive
 - iv. “Victim” will descend to bottom after the rescuer’s 6th strong kick cycle and lay on the bottom
 - v. After 6th soft kick cycle, rescuer secures victim’s airway with a “head sandwich”
 - vi. Ascend to the surface and place victim into a “dosey-doe” and remove their mask
 - vii. Perform Blow, Tap, Talk 3 times, then 2 simulated rescue breaths
 - viii. Call for assistance, and evacuate the victim 50m while simulating rescue breaths every 5 seconds

13. Static and Dynamic Apnea

a. Static apnea

- i. As a breath-holder student must complete a minimum of 4 consecutive static breath-holds
 1. 1st session vent hold purge ratios:
 - a. 2min - 1min – no purges
 - b. 3min - 2min – purges at 0:30
 - c. 4min - 3min – purges at 0:45
 - d. 5min – 4min – purges at 1:00
 2. 2nd pool session (optional)
 - a. Vent – hold - purge ratio:
 - i. 3min – 2min – no purges
 - ii. 4min – 3min – purges at 0:45
 - iii. 5min – 4min or unlimited – purges at 1:15
 - ii. Complete a minimum 3:00 static apnea without any signs or symptoms of hypoxia
 - iii. As a safety student must complete:
 1. Buddy supervision
 2. Timing and safety signals
 3. Recovery breathing and support assistance

14. Dynamic apnea (optional)

- a. As a breath-holder student must complete a minimum of 3 dynamic performances
 - i. Vent – distance ratio:
 1. 1min – 25m
 2. 2min – 25m + turn
 3. 2min – 50m
- b. Streamlining and kicks appropriate for dynamic
- c. Complete a minimum 50m dynamic apnea without any hypoxic symptoms
- d. As a safety student must complete:
 - i. Surface safety with floatation
 - ii. Recovery breathing and surface support assistance

15. Negative Pressure Dives

- a. Students work as Buddy A and Buddy B; switching back and forth after each dive
- b. Students must complete a maximum of 6 negative pressure dives
 - i. 1 – 2; first level exhalation; mouth fill and remove air out mask through nose
 - ii. 3 – 4; second level exhalation; focus on head position, practice mouth fills on bottom
 - iii. 5 – 6; third level exhalation with mouth fill; focus on head position, relaxation and air management
- c. Complete at a minimum, first level exhalation with proper equalization at a minimum depth of 3m/10ft
- d. Complete all dives as follows:
 - i. Employ surface pre-equalizations; ½ way down and once on bottom
 - ii. Hand over head for protection holding mask in place
 - iii. Head down vertical position during sink and while on bottom (exception dive #6 where students may take heart rate relaxed on bottom)
 - iv. Perform recovery breathing
- e. As Safety provide supervision and assistance with recovery breathing.

5.13 Open Water

The following open water skills are to be briefed, may be demonstrated if a newly introduced skill, evaluated, practiced and debriefed by the PFI Intermediate Freediver Instructor and/or certified active PFI Assistant Intermediate Freediver Instructor as outlined in the General Standards and Procedures section.

■ During all skills students will act in a buddy team, surface safety and breath holder.

To be certified as a PFI Intermediate Freediver a student must demonstrate the following skills to the satisfaction of the PFI Instructor as follows:

1. Open Water Training Sessions
 - a. A minimum of two (2) separate ocean sessions must be completed with three (3) recommended

2. Equipment
 - a. Prepare equipment with minimal assistance
 - b. Buddy check all equipment
 - c. Entry Procedure most appropriate for local environment
3. Snorkel airway control
 - a. Clear snorkel with blast method without removing head from water
4. Recovery
 - a. Perform proper recovery breathing.
 - b. Assist with recovery breathing as a safety and:
 - i. Be no further than an arm's length away from the freediver
 - ii. Use visual and audio coaching
 - iii. Remain attentive and vigilant a minimum of 30 seconds after the freediver has surfaced.
5. Weighting and Buoyancy
 - a. Weight belt removal and replacement at surface (select best local option)
 - b. Neutral buoyancy test at surface
 - c. Establish positive buoyancy at approximately 5m / 16ft even after first level exhalation without sculling, finning, treading, or pushing off plate.
 - d. Establish neutral buoyancy at approximately 10m / 33ft without sculling, finning, treading, or pushing off plate.
 - e. Test positive buoyancy at surface by not sinking after 1st level exhalation.
6. Fin Use
 - a. Flutter kick at surface and during depth dives
 - b. Use fin sculling to maintain a stationary position.
 - c. Demonstrate proper kick cycles determinations to landmark depths:
 - i. Landmark 10m / 33ft hard kick cycles
 - ii. Landmark 15m / 50ft hard and soft kick cycles
 - iii. Landmark 20m / 66ft hard and soft kick cycles
 - d. Dolphin kick (optional)
7. Equalize of Ears, Sinuses and Mask
8. Free Immersion Warm-up Dives
 - a. Eight free immersion warm-up dives
 - b. Complete a minimum of eight (8) free immersion style freedives as a warm-up
 - c. Must reach a minimum of 25m / 82ft without any hypoxic symptoms or barotraumas

- d. Employing the following proper techniques described below:
 - i. Breathe up properly.
 - ii. Remove snorkel
 - iii. Descend using double or single leg descents.
 - iv. Ensure proper head position.
 - e. Facial immersion for 5min may be introduced on open water session 2
 - f. A negative pressure dive with 1st level exhalation to a max 10m/33ft with 'touch 'n go' may be introduced as last warm-up procedure on open water session 2
9. Self-Emergency Ascent Procedures
- a. Fully flood mask at approximately of 10m / 33ft of depth for a minimum of 10 seconds before ascent.
 - b. Remove weight belt at at least 10m/33ftdepth, ascend, and replace weight belt using a right-hand release.
10. Constant Ballast Target Dives
- a. Complete a minimum of eight (8) constant ballast style freedives
 - b. Reach a minimum depth of 25m / 82ft without hypoxic symptoms or barotraumas
 - c. Employ the following proper techniques described below:
 - i. Surface breathing and preparation
 - ii. Remove snorkel
 - iii. Single leg raised descent
 - iv. Proper head position
 - v. Proper double kick cycle with strong and soft kicks
 - d. Pause kicking and sink to target depth with intermittent maintenance kicks to keep descent rate.
11. Emergency Rescue & Problem Management
- a. Assist with a simulated surface LMC as a safety for a simulated 25m dive
 - i. Meet freediver at proper safety depth of 10m.
 - ii. Signal and respond to freediver's signs and issues.
 - iii. Physically support the freediver.
 - iv. Keep one hand on the chest above the waterline but below the chin.
 - v. Speak calmly to encourage the freediver to breathe.
 - b. Respond to a simulated blackout at the surface for a simulated 30 dive.
 - i. Meet freediver at proper safety depth of 10m
 - ii. Signal and respond to freediver's signs and issues

- iii. Protect the freediver's airway with a "head sandwich"
- iv. Place the freediver on their back into a "dosey-doe"
- v. Remove mask
- vi. Blow, Tap, Talk 3 times.
- c. Assist with a simulated underwater blackout for a simulated 40m dive
 - i. Meet freediver at proper safety depth of 15m.
 - ii. Signal and respond to freediver's signs and issues.
 - iii. When freediver blacks out, protect airway with a "head sandwich"
 - iv. Swim freediver to the surface and place on back and into "dosey-doe" position
 - v. Remove mask and perform Blow, Tap, Talk 3 times
 - vi. Perform 2 simulated rescue breaths and call for assistance
 - vii. Begin to evacuate while performing simulated rescue breaths once every 5 seconds.

5.14 Graduation Requirements

In order to successfully complete the course students must:

1. Successfully complete all the knowledge development, confined water and open water training sessions. Open water training is not necessary for Pool Only certification.
2. Demonstrate mature and sound judgment concerning planning and execution.
3. Achieve a passing score of 80% on the final exam and show 100% knowledge comprehension.