

3. Freediver Instructor

3.1 Introduction

This is the entry level Freediver Instructor Evaluation Course (IEC) for individuals wishing to teach the fundamentals of teaching breath-hold diving for the purpose of increasing student underwater awareness.

3.2 Course Objectives

The objective of this course is to train individuals in instructional skills in the benefits, hazards, and proper procedures for entry-level breath hold diving instruction to a depth of 20 m/66ft.

3.3 Program Prerequisites

1. Minimum age of 18 years
2. Be certified as a PFI Intermediate Freediver or equivalent
3. Be certified as a PFI Assistant Instructor
4. Be in good medical & physical condition and have signed medical clearance for freediving from a physician.
5. Be a current CPR, first aid and AED provider with a program that includes marine life injuries and neurological assessments.
6. Be a current oxygen administration provider (where allowed by law).

3.4 Required Student Equipment

Freedive quality mask, fins, snorkel, exposure protection, weight belt and weights (appropriate for the local environment), freedive computer and a timing device.

3.5 Support Materials

Student materials

1. *PFI Freediver* manual or eLearning course
2. *PFI Freediver instructor resource*
3. *PFI Standards and Procedures*

Instructor Trainer materials

1. PFI Instructor Manual
2. ITI Instructor Evaluation Form
3. ITI Confined and Open Water Evaluation Form or slates
4. PFI Freediver Instructor Exam and Answer Key
5. PFI Instructor Trainer Manual

3.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may conduct the following PFI Freediving courses :
 - Snorkeler
 - Freediver
 - Safe Buddy
 - Open Line Diving
 - Coaching Programs
 - Introduction to Freediving programs

Upon successful completion of this course, graduates may be qualified to enroll in the Intermediate Assistant Instructor, Intermediate Freediver Instructor or Specialty Freediving Instructor courses.

3.7 Who May Teach

This course may be conducted by a PFI Freediver Instructor Trainer.

3.8 Student to Instructor Ratio

Classroom

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

Confined water

1. Maximum of six students to one Instructor Trainer (6:1) or ten students to one Instructor Trainer (10:1) with the addition of a qualified assistant.

Open Water

1. Maximum of six students to one Instructor Trainer (6:1) or eight students to one Instructor Trainer (8:1) with the addition of a qualified assistant.

3.9 Depth Restrictions

Open Water

1. Maximum open water depth of 25 m/82 ft..

Confined Water

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

3.10 Recommended Course Minimums

Classroom

1. 4 Hours

Confined Water

1. 8 Hours

Open Water Dive

1. 4 Hours

3.11 Knowledge Development Overview

The following topics must be covered.

1. Introduction
 - a. Course Overview
 - b. Paperwork and Prerequisites
 - c. Equipment Requirements Check
 - d. Pool Protocols and Conduct
 - e. In-water Protocols and Conduct
 - f. Safety / Supervision Practices
2. Assist All Classroom Presentations
 - a. Complete classroom introduction of self
 - b. Assist in all paperwork collection
 - c. Assist in all classroom demonstrations
3. Knowledge Development Presentations
 - a. Complete one classroom presentations (classroom presentation is one slide topic) using the Academic Presentation Form
 - b. Present in a teaching format with briefing/content/summary
 - c. Achieve a passing presentation score
4. Standards & Procedures Exam
 - a. Achieve a passing score of 80% on a Standards and Procedures exam

3.12 Confined Water

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

1. Watermanship & Stamina- Surface
 - a. 800 meter snorkel in under 16 minutes
 - b. 400 meter non-stop swim in under 10 minutes. Goggles permitted
 - c. Tread water for 15 minutes without floatation assistance.
 - d. 100m egress swim with non-stop BLS
2. Conduct Pool Site Briefing
3. Confined Water Teaching Presentation
 - a. Earn a passing score on one confined water teaching presentation
4. Confined Water Skill Evaluation
 - a. Complete a Static of no less than 2min with 4-minute breathe-up and no warm-up
 - b. Complete a Dynamic of no less than 50m with equipment, showing proper technique from 4-min breathe-up to recovery breathing, with no warm-up
 - c. Show mastery and demonstration quality on all skills.
5. Problem Management Evaluation
 - a. Earn a passing score on a demonstration quality Static Apnea rescue
 - b. Earn a passing score on a demonstration quality Dynamic Apnea rescue

3.13 Open Water

To be certified as a Freediver Instructor, the candidate must be able to instruct and perform, to demonstration quality, skills to the satisfaction of the PFI Instructor Trainer:

1. Open Water Constant Weight Dive Evaluation (Capacity Test)
 - a. Complete 4 constant weight dives to 20m/66ft showing mastery and demonstration quality techniques from breathe-up to recovery breathing, with no more than a 2-minute surface interval while providing a student briefing and debriefing and correcting any problems during the dive.
2. Open Water Teaching Evaluation
 - a. Earn a passing score on an open water teaching presentation.

3. Problem Management
 - a. Successfully complete a rescue evaluation.
 - b. Successfully complete CWT supervision of a dive including an underwater blackout and rescue evaluation to 2 full breaths at surface.
 - c. Successfully complete a stress test at 20m.
4. Skill Evaluation
 - a. Show mastery and demonstration quality on all skill demonstrations.

3.14 Graduation Requirements

In order to successfully complete the course students must:

1. Attend and assist in all classroom, confined water, and open water sessions
2. Earn a score of 80% or higher on all written exams
3. Present at least one academic, one confined water, and one open water teaching presentation earning a passing score on each
4. Pass a rescue evaluation for static, dynamic and open water
5. Show mastery of confined water and open water skill demonstrations
6. Demonstrate organizational skills with regard to site set-up and break-down
7. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

3.15 Certification Procedure

1. Leadership level ratings are processed on the leadership registration form.