

## 4. Assistant Intermediate Freediver Instructor

### 4.1 Introduction

This next level of Assistant Instructor certification allows the continuing Freediver Instructor to gain more skills and experience with more continuing education freediving courses that focus on the Intermediate Freediver level of education. Assistant Instructors in this area possess a high level of knowledge, skill, capacity, technical expertise and ability and will be required to work in the 40m/132ft depth range repeatedly while also being able to employ safety and problem management techniques. This program may be taught as a stand-alone program or combined during an Intermediate Freediver Instructor course.

### 4.2 Course Objectives

The objective of this course is to train individuals in instructional skills in the benefits, hazards, and proper procedures for Intermediate level breath hold diving assistant instruction to a depth of 40m/132ft.

### 4.3 Program Prerequisites

1. Minimum age of 21 years
2. Be certified as a PFI Advanced Freediver or equivalent
3. Be certified as a PFI Freediver Instructor in active status
4. Have assisted a minimum of one (1) PFI Intermediate Freediver program as an Assistant Freediver Instructor
5. Be in good medical & physical condition and have signed medical clearance for freediving from a physician.
6. Be a current CPR, First Aid, and AED (where permissible by law) provider with a program that includes marine life injuries and neurological assessments
7. Be a current Oxygen Administration Provider (where permissible by law)

## 4.4 Required Student Equipment

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

## 4.5 Support Materials

### Student materials

1. *PFI Intermediate Freediver* manual or eLearning course
2. *PFI Intermediate Freediver instructor resources*
3. *PFI Standards and Procedures*
4. *PFI Instructor Manual*

### Instructor Trainer materials

1. PFI Instructor Manual
2. ITI Instructor Evaluation Form
3. ITI Confined and Open Water Evaluation form or slates
4. PFI Intermediate Freediver Instructor Exam and Answer Key
5. PFI Instructor Trainer Manual
6. Intermediate Freediver Final Exam (when candidate has not completed eLearning)

## 4.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may engage in co-teaching PFI Intermediate Freediver courses under the direct supervision of a PFI Intermediate Instructor or higher.
2. Upon successful completion of this course, graduates may be qualified to enroll in the Intermediate Freediver Instructor or Specialty Freediving Instructor courses.

## 4.7 Who May Teach

This course can be conducted by a PFI Intermediate Freediver Instructor Trainer.

## 4.8 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 eight students to one Instructor Trainer (8:1) or twelve students to one Instructor Trainer (12:1) with the addition of a qualified assistant.

### **Open 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.

## **4.9 Depth Restrictions**

### **Open Water**

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

### **Confined Water**

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

## **4.10 Recommended Course Minimums**

### **Classroom**

1. 17.0 Hours

### **Confined Water**

1. 7.0 Hours

### **Open water Dive**

1. 10.5 Hours

## **4.11 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 a minimum of four classroom presentations using the PFI Academic Presentation Outline form
  - b. As outlined by the PFI Instructor Trainer two presentations must be passing.

4. Standards & Procedures Exam
  - a. Achieve a passing score of 90% on an Intermediate Freediver Final Exam or eLearning
  - b. Achieve a passing score of 80% on an open book Intermediate Freediver Instructor Exam

## 4.12 Confined Water

To be certified as an Intermediate Assistant Freediver Instructor, a student must demonstrate the following skills at demonstration quality:

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 Orientation Briefing & Provide Safety Supervision
  - a. Complete a pool orientation briefing
  - b. Handle all pool student organization
  - c. Provide in-water safety and supervision
3. Assist All Pool Presentations
  - a. Organize students upon arriving at pool and into water
  - b. Assist with student equipment preparation
  - c. Assist in all pool demonstrations
4. Confined Water Teaching Presentation
  - a. Complete a minimum of four (4) Confined Water Presentations using the PFI Confined Water Presentation Outline form
  - b. Earn a passing score on a minimum of 2 presentations.
5. Confined Water Skill Evaluation
  - a. Complete a Static of no less than 3-min with 4-minute breathe-up and no warm-up
  - b. Complete a Dynamic of no less than 75m 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.
6. Problem Management Evaluation
  - a. Earn a passing score on a Static Apnea rescue
  - b. Earn a passing score on a Dynamic Apnea rescue

## 4.13 Open Water

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

1. Complete Open Water Orientation Briefings & Provide Safety Supervision
  - a. Complete an open water orientation briefing and provide in-water safety and supervision
  - b. Handle all open water student organization
2. Complete Rig/Diving System Assembly Disassembly
  - a. Completely set-up for open water use a diving rig ensuring safety and functionality
  - b. Completely breakdown diving rig for travel and storing
3. Assist All Open Water Presentations
  - a. Organize students upon arriving at the open water and into water
  - b. Assist with student equipment preparation
  - c. Assist in all open water demonstrations
4. Open Water Teaching Evaluation
  - a. Complete a minimum of four (4) Open Water Presentations.
  - b. Earn a passing score on a minimum of two (2) presentations must be passing.
5. Skill Evaluation
  - a. Show mastery and demonstration quality on all skill demonstrations.
6. Complete Two Open Water Rescue Scenarios
  - a. Complete a minimum of two student open water rescue scenarios with briefing, safety/supervision and debriefing and show ability to calculate student and instructor freedive timings
  - b. Show mastery and competence in all rescue skills and ability
7. Problem Management Evaluation
  - a. Successfully complete CWT supervision of a dive including an underwater blackout and rescue evaluation to 2 full breaths at surface followed by continuous rescue breaths and egress until told to stop by the evaluator
  - b. Successfully complete a stress test at 40m

8. Open Water Freedive Capacity Evaluation
  - a. Complete 3 constant weight dives to 30m, 35m and 40m showing mastery and demonstration quality techniques from breathe-up to recovery breathing, with no more than a 4-minute surface interval providing a briefing and debriefing prior to each dive. During each dive candidates will be required to provide technique reminders and maintain a safe dive environment.

#### 4.14 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. Pass all written exams
3. Present at least four (4) academic, four (4) confined water, and four (4) open water teaching presentations earning a passing score on a minimum two (2) of each four (4).
4. Pass a demonstration quality rescue evaluation
5. Show mastery of confined water and open water skill demonstrations to their maximum performances and show a capacity dive ability
6. Demonstrate organizational skills with regard to site set-up and break-down
7. Successfully complete an open water stress test at 40m/132ft.
8. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

#### 4.15 Certification Procedure

1. Leadership level ratings are processed on the PFI Instructor Registration and Upgrade form.