

# 1. Freediver Supervisor

## 1.1 Introduction

The PFI Freediver Supervisor course is the first professional level program where successful participants can purchase professional level liability insurance and PFI professional membership. Participants learn the knowledge, skills and techniques to 'work' as a PFI professional supervising students, athletes and certified Freedivers in both educational environments appropriate to their skill level, national to world championship level competitions including record attempts and as a general guide/supervisor for certified Freedivers.

## 1.2 Course Objectives

The objective of this course is to train individuals in the benefits, skills, techniques and safety & problem management for supervision appropriate to the certification depth of the Freediver Supervisor. Freediver Supervisor level instruction focuses on safety and problem management as well as risk mitigation with an emphasis on instructional, training, competitive and recreational environments. An emphasis is on the overall organization of the freedive site, counterbalance systems and use while incorporating primary and secondary safety Freedivers.

## 1.3 Program Prerequisites

1. 18 years of age.
2. Above average swimming skills.
3. PFI Intermediate Freediver or equivalent.
4. PFI Safety Freediver.
5. Be in good medical & physical condition and have signed medical clearance for freediving from a physician.
6. Provide proof of current First Response Adult and Child Emergency Care Provider and Oxygen Administration Provider (where allowed by law) certification or equivalent.  
Note: First Response courses may be combined with the Freediver Supervisor course by qualified instructors.

## **1.4 Required Student Equipment**

1. Freediving quality mask, fins, snorkel.
2. Freediving quality exposure protection (appropriate for local environment).
3. Freediving quality waist and neck weight belt and weights (appropriate for local environment).
4. Freediving computer and additional timing device.
5. Freediving AIDA or CMAS sanctioned lanyard.

## **1.5 Support Materials**

### **Student Materials:**

1. PFI Liability and Assumption of Risk Form.
2. PFI Medical Statement.

### **Instructor Materials:**

1. PFI Freediver Supervisor Standard.
2. PFI Freediver Supervisor Presentation.
3. PFI Freediver Supervisor final exam.

## **1.6 Qualification of Graduates**

1. Upon successful completion of this course, graduates may engage in supervising freediving activities as a recreational guide, organizer and safety during competitions and record attempts and during PFI educational courses.
2. Upon successful completion of this course, graduates are qualified to enroll in Advanced Freediver, Freediver Assistant Instructor, Open-line Diving, and Specialty Freediver programs.
3. Divers may be certified with a Freediver Supervisor -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.

## **1.7 Who May Teach the Freediver Supervisor Course**

This course may be taught by any active PFI Intermediate Freediver Instructor.

## **1.8 Student to Instructor Ratios**

### **Academic:**

1. Unlimited, so long as adequate facilities, supplies and time are provided to ensure comprehensive and complete training of subject matter.

### **Confined Water (swimming pool-like conditions):**

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

### **Open Water (ocean, lake, quarry, spring, river, or estuary):**

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

## **1.9 Course Structure and Duration**

### **General Execution:**

1. No more than 2 in-water sessions per day.
2. Training sessions must be completed during daylight hours, or under conditions that simulate daylight conditions.
3. All skills are to be briefed, practiced, evaluated, and debriefed by the PFI Intermediate Freediver Instructor or PFI Assistant Intermediate Freediver Instructor.
4. During all the skills, appropriate safety will be reinforced either through Freediver Supervisors, or students in each position appropriate for the freedive.

### **Confined Water Execution:**

1. Students must complete a minimum of 1 confined water session.
2. Maximum confined water training session of 10 Metres/33 Feet for confined water skills.
3. Students should, where applicable, treat the confined water as an 'open water environment' and employ all protocols consistent with open water freediving.

### **Open Water Execution:**

1. Students must complete a minimum of 1 open water session.
2. Training depth must be between 20 to 40 Metres/66 to 132 Feet; the maximum depth may not exceed 40 Metres/132 Feet.

**Course Structure:**

1. PFI Allows Instructors to structure courses according to the number of students participating and their skill level.

**Duration:**

1. The suggested number of total course training hours is 16.

### **1.10 Administrative Requirements**

**Administrative Tasks:**

1. Collect the course fees from all the students.
2. Ensure that the students have the required equipment.
3. Communicate the schedule to the students.
4. Have the students complete the:
  - a. *PFI Liability Release and Express Assumption of Risk Form*
  - b. *PFI Medical Statement Form*

### **1.11 Knowledge Development Overview**

Instructors may use additional texts or materials they feel help present these topics.

**The following topics must be covered during the course:**

1. Introduction:
  - a. Participant and staff Introductions.
  - b. Course overview.
  - c. Paperwork and prerequisites.
  - d. Equipment requirements check.
  - e. The classroom and confined and open water protocols and conduct.
  - f. Safety / supervision practices.
2. Roles and Responsibilities of a Freediver Supervisor:
  - a. Priority of Responsibility:
    - i. Safety.
    - ii. Technique.
    - iii. Performance.

3. Freediver Supervisor Role:
  - a. Professional role model.
  - b. Directly responsible for the overall environment.
  - c. Oversee safety team.
  - d. First aid and Freediver retrieval systems.
  - e. Liaison between students and instructors, or athletes and judges
4. Freediver Supervisor Responsibilities in Educational Programs.
5. Freediver Supervisor Responsibilities in Training, Competitions and Events.
6. Freediver Supervisor Operating Procedures:
  - a. Freediver Supervisor Pre/Post Dive Operating Procedures in Educational Programs:
    - i. Liaise with the instructor.
  - b. At the coordination and direction of the course instructor, you may be asked to perform some or all the following tasks:
    - i. Meet instructor 30 minutes or sooner before opening to ensure:
      1. Classroom is.
      2. Pool is.
      3. Open water is.
    - ii. End of session ensure.
    - iii. Greet and direct students.
    - iv. Organize student paperwork.
    - v. Provide Site briefings.
    - vi. Conduct 'Freediver Supervisor Dive Operating Procedures in Educational Programs' for the level appropriate to course taught.
7. Freediver Supervisor In-Water Dive Operating Procedures in Educational Programs:
  - a. General Protocols:
    - i. Students aren't allowed in the pool or ocean unsupervised and without an assigned buddy.
    - ii. Students should be checked that they aren't dangerously over weighted.
    - iii. Students are supervised at the surface.

- iv. Freedives are supervised by a Freediver supervisor or instructor while underwater.
  - v. Direct Supervision procedures in place always.
  - vi. 'Recovery Breathing' is always coached or supervised.
- b. Freedive Operating Procedures:
- i. Instructor conducts 'skills briefing' which includes.
  - ii. Instructor conducts 'Safety briefing'.
  - iii. Entry into water.
  - iv. Swimming to and arriving at rig / teaching site.
  - v. Start of training session. Freediver Supervisor should be prepared to:
    - 1. Swimming from open water session to arrival at shore / boat.
    - 2. Break down dive site including rigs and any in-water equipment.
    - 3. Assist students in breaking down and storing gear.
    - 4. Conduct Accounting of students.
  - vi. Instructor conducts debriefing.
- c. Rescue Scenarios:
- i. Depth / rescue simulations.
  - ii. Calculated times Performer (Freediver Supervisor).
8. Freediver Supervisor Operating Procedures in Training, Competitions and Events:
- a. General Standards:
- i. This may cover competitions, events, guided dives, spearfishing, scooters.
  - ii. Be familiar with the competition/event standards of the association you are safety for.
- b. Freedive Supervisor in Events or Guided Freedives:
- i. General Protocols.
    - 1. Freedive Supervisors can be expected to perform many tasks.
    - 2. Clients should be checked that they aren't dangerously over weighted.
    - 3. Freedives are supervised by a Freediver supervisor or instructor while underwater.
    - 4. Direct Supervision procedures in place at all times.

5. 'Recovery Breathing is always supervised.
6. Visually and audibly coached when necessary.
- ii. Freedive Operating Procedures:
  1. Freedive Supervisor conducts 'session briefing'.
  2. Swimming from open water session to arrival at shore / boat.
  3. Set up and break down dive site including rigs and any in-water equipment.
  4. Assist clients in breaking down and storing gear.
  5. Conduct Accounting of clients.
- c. AIDA Style Competition:
  - i. General Protocols:
    1. Performance inscriptions.
    2. Timing
    3. Athlete 45:00 minutes warm-up.
    4. No oxygenated mixtures.
    5. Performance staggers.
    6. 2:00 minute countdown.
  - ii. Surface Protocol:
    1. 15 seconds.
  - iii. Discipline Points:
    1. Depth: 1 Metre/3 Feet of depth = 1 point
    2. Static: 5 second = 1 point / 1 second = 0.2 point
    3. Dynamic: 2 Metre/6 Feet of distance = 1 point
  - iv. Depth Competition Procedures and Protocols.
  - v. Static Competition Procedures and Protocols.
  - vi. Dynamic Competition Procedures and Protocols.
9. Command and Control.
10. Hierarchy of Responsibility:
  - a. Most to least responsible.
  - b. Individual Dive Supervisor with group.

- c. Team Groups work on structures of 'hierarchy of responsibility'.

11. Risk Assessment:

- a. Procedure for identifying and then helping mitigate risks. This can be employed when in new or challenging environments, using new freediving techniques or strategies or when working in large groups or event settings. General process of risk mitigation planning includes:
  - i. Risk Assessment Planning.
- b. Categories to consider in 'Dive Site Risk Mitigation' include.
- c. Use the PFI Site Assessment Sheet.
- d. Have Emergency Assistance/Action Plan complete.
- e. Help find solutions to mitigate identified risk factors.

12. Personnel and Participant Organization:

- a. Buddy Assignments.
- b. Student Rotations.

13. Control of Students and Environments:

- a. Placement of self and students/clients for overall safety. These include.
- b. Placement for effective learning. These include.

14. Dive Accounting Procedures

- a. Accounts for all students, instructors/staff, boat/shore or pool staff / crew for entry and exit into confined or open water.
- b. Full names and emergency contact info for each participant should be easily accessible.
- c. Large groups may include a written roster with 'check in / check out' system and dedicated person. Other systems may be utilized by boat crew / pool staff, this should be in addition to instructor/ safety accounting.
- d. Conducted:
  - i. prior to water entry or boarding boat to confirm total number expected (conducted before group briefing).
  - ii. After entry or leaving the dock.
  - iii. By instructor / safety during session between individual teaching/training groups.
    - 1. After instructors/safeties arrive back at surface with student and recovery breathing is complete, a quick 'head check' is performed.



- iv. Prior to leaving rig for shore or boat.
  - v. Immediately after exiting water before boat departure or arriving on shore / pool deck (conducted before group de-briefing).
  - e. Double confirmation between teaching/safety team.
15. Administrative Roles and Site Briefings:
- a. Paperwork.
  - b. Classroom rules.
  - c. Pool Rules and Conduct.
  - d. Boat Rules and Coast Guard Regulations.
  - e. Open Water Site Briefing.
  - f. Open Water Rig and Diving Rules.
  - g. Dive Flag Laws / Fish and Game Laws and Regulations.
16. Psychology of Rescue.
17. Stressed – real or imagined.
18. Recognizing Freediver Stress.
19. Handling Freediver Stress.
20. Critical Incident Stress Signs & Symptoms.
21. Helping CIS.
22. Freediving Accident Management:
- a. Responding to Freediver Emergencies:
    - i. Physically / Mentally.
    - ii. Training and skills.
    - iii. Equipment readiness.
  - b. Emergency Assistance Plan (Location Specific).
  - c. Emergency Management.
  - d. Missing Freediver.
  - e. Egress and Evacuation.
  - f. Exit Considerations.
  - g. Helicopter Evacuation for Boat:
    - i. Boat – Helicopter communication.

- ii. Boat make way into the wind.
- iii. Prepare boat for pickup.
- iv. Prepare patient for pickup.
- v. Signal helicopter when ready; let it come to the boat.
- vi. Let line or basket touch the deck, static discharge.
- vii. Prepare the patient, don't tie basket to boat.
- h. Helicopter Evacuation for Shore.
  - i. Free landing area; 18 Metre x 18 Metre/60 Feet x 60 Feet.
  - ii. Clear area of loose objects.
  - iii. Mark windward area.
  - iv. Wait for the pilot to signal, standing low.
  - v. Keep everyone clear; never approach from behind.
- i. Managing Scene Until EMS Arrives.
- j. Post-Accident Reports.
- k. Freediver Retrieval System.

## **1.12 Confined Water Overview**

- 1. Watermanship & Stamina:
  - a. 800-metre snorkel in under 16 minutes.
  - b. 400-metre swim with no equipment (mask/goggles only) non-stop in under 10 minutes.
  - c. 15 minutes treading water without floatation.
  - d. Horizontal underwater swim (dynamic) with equipment for 50-Metres demonstration quality.
  - e. Complete a static of no less than 2 minutes without warm-up and 4-minute breathe-up demonstration quality.
  - f. 100 Metre/328 Feet egress with non-stop BLS demonstration quality.
- 2. Freediver Skill Circuit:
  - a. To be certified as a PFI Freediver Supervisor a student must demonstrate ALL of the following skills at demonstration quality to the satisfaction of the PFI Instructor as follows:

- i. Proper Fin Use.
- ii. Flutter kick.
- iii. Dolphin kick.
- iv. Proper Weighting and Buoyancy:
  - 1. Neutral buoyancy surface determination (surface).
  - 2. Buoyancy exhalation test.
- v. Equalization of Ears, Sinuses and Mask.
- vi. Surface Dives:
  - 1. Surface breathing and preparation.
  - 2. Single and Double raised leg descent.
  - 3. Ascent Procedures.
- vii. Self-Emergency Ascent Procedures:
  - 1. Flooded mask ascent.
  - 2. Weight belt removal and ascent.
- viii. Emergency Rescue & Problem Management:
  - 1. Recovery breathing and coaching:
    - a. Buddy A – recovering Freediver.
    - b. Buddy B – surface safety.
  - 2. LMC at surface:
    - a. Buddy A – LMC Freediver.
    - b. Buddy B – surface safety.
  - 3. Blackout at surface:
    - a. Buddy A – BO Freediver.
    - b. Buddy B – surface safety.
  - 4. Blacked out on surface face down:
    - a. Buddy A – BO at surface Freediver.
    - b. Buddy B – surface safety.
  - 5. Underwater assistance with blackout:
    - a. Buddy A – Assistance U/W with BO.
    - b. Buddy B – surface safety.

6. Blacked out on bottom with egress:
  - a. Buddy A – BO Freediver on bottom.
  - b. Buddy B – surface safety with egress.
- ix. Static / Dynamic Apnea:
  1. Static apnea:
    - a. Students work as Buddy A and Buddy B; breath-holder and safety then switch.
    - b. 2x Mockup of Intermediate Freediver day 2 static sessions (fast forwarding time).
      - i. Freediver Supervisor corrects performer's issues calmly and controlled.
      - ii. PFI Instructor assigns problems to Buddy A.
      - iii. Timing and safety signals.
      - iv. Recovery breathing and support assistance.
  - x. Dynamic apnea:
    1. Students work as Buddy A and Buddy B; dynamic and safety then switch.
    2. Establish buoyance and trim.
    3. 2x Mockup of Intermediate Freediver pool only dynamic session (fast forwarding time):
      - a. Freediver Supervisor corrects performer's issues calmly and controlled.
      - b. PFI Instructor assigns problems to Buddy A.
      - c. Timing and safety signals.
      - d. Recovery breathing and support assistance.

### **1.13 Open Water Overview**

To be certified as a PFI Freediver Supervisor a student must demonstrate ALL of the following skills at demonstration quality to the satisfaction of the PFI Instructor:

1. Prepare Freediving Equipment without Instructor Assistance:
  - a. Prepare without assistance of the instructor.
  - b. Prepare and check with the assistance of a buddy.

2. Proper Entry Procedure:
  - a. Confirm with buddy when ready.
  - b. Have all the equipment in place including a mask on and snorkel in mouth.
  - c. Confirm with an 'OK' once in water and clear.
3. Open Water Freediver Skill Circuit:
  - a. Recovery Breathing and Coaching:
    - i. Buddy A – recovering Freediver.
    - ii. Buddy B – surface safety.
  - b. Proper Weighting and Buoyancy:
    - i. Neutral buoyancy surface determination.
    - ii. Neutral buoyancy at 10 Metre/33 Feet.
    - iii. Buoyancy exhalation test.
  - c. Proper Fin Use:
    - i. Flutter kicking at surface and during depth dives.
    - ii. Stationary position / sculling technique.
  - d. Kick cycles:
    - i. Demonstrate proper kick cycles determinations to landmark depths if achievable:
      1. 10 Metre/33 Feet kick cycles.
      2. 20 Metre/66 Feet kick cycles.
  - e. Dolphin kick.
  - f. Equalization of Ears, Sinuses and Mask.
4. Freediver Supervisor Capacity Dives:
  - a. Complete three (3) 20 Metre/66 Feet demonstration quality CWT dives with a 20 second hang.
  - b. The three dives may be completed in normal rotation with other Freediver Supervisor Candidates.
5. Self-Emergency Ascent Procedures:
  - a. Mask ascent from 20 Metre/66 Feet:
    - i. Flood at depth:
      1. Full flood at 20 Metre/66 Feet of depth.

2. Remain flooded for 10 seconds at depth before ascent.
  3. Proper controlled ascent and depth recovery breathing.
6. Freediver Supervisor Student Control and Capacity:
- a. 20 Metre/66 Feet touch and Go (Freediver Course):
    - i. Buddy A & B – Freediver Supervisor corrects and provides feedback to PFI Instructor:
      1. Lose line.
      2. Stay on plate.
      3. Incorrect recovery breathing.
    - ii. Freediver Supervisor remains within 5 Metre/16 Feet and visual contact.
  - b. 20/25 Metre/66/82 Feet Touch and Go (Freediver/Intermediate Freediver):
    - i. Depth based on candidate ability – 20 Metre/66 Feet for candidates that are Intermediate Freediver, 25 Metre/82 Feet for those that are Advanced Freediver.
    - ii. Buddy A & B – Freediver Supervisor corrects problems and provides feedback to PFI Instructor:
      1. Head position.
      2. Past plate.
    - iii. Freediver Supervisor remains within 5 Metre/16 Feet and visual contact.
  - c. 20/30 Metre/66/99 Feet Touch and Go (Freediver/Intermediate Freediver):
    - i. Depth based on candidate ability – 20 Metre/66 Feet for Candidates that are IFD, 30 Metre/99 Feet for those that are Advanced Freediver.
    - ii. Buddy A & B – Freediver Supervisor corrects problems and provides feedback to PFI Instructor:
      1. Head and body position.
    - iii. Freediver Supervisor remains within 5 Metre/16 Feet and visual contact.
7. Student Rescue Scenarios – Buddy A: Freediver Supervisor, Buddy B: Student (Played by Intermediate Freediver Instructor):
- a. 20 Metre/66 Feet Freediver Scenario:
    - i. Buddy A—determine depth and timing numbers with students, debrief skills.
    - ii. Buddy B—leave late, bad body positioning.

- b. 30 Metre/99 Feet Intermediate Freediver Scenario:
  - i. Buddy A—determine depth and timing numbers with students, debrief skills.
  - ii. Buddy B—leave early; dive shallow; poor recovery breathing coaching.

### **1.14 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 maturity of judgment and execution commensurate with that of a PFI Professional.
3. Achieve a passing score of 80% on the final exam and show whole knowledge comprehension.

**Instructors must:**

1. Submit a completed PFI Instructor Registration and Upgrade Form with certification fee to PFI Headquarters within 7 days of course completion date for processing.