

2. Freediver Instructor Development Course (IDC)

2.1 Introduction

The Freediver Instructor Development Course (IDC) is for individuals wishing to learn the fundamentals of teaching, assisting and supervising breath-hold divers during training and recreational freedives.

2.2 Course Objectives

The objective of this course is to train and prepare individuals with the fundamentals of an educational system and the teaching skills for recreational breath-hold diving instruction to qualify to for the Freediver Instructor Exam course and receive a rating of Assistant Freediver Instructor.

2.3 Program Prerequisites

1. Minimum age of 18 years.
2. Be certified as a PFI Freediver Supervisor or equivalent.
3. Be in good medical & physical condition as indicated by the *PFI Medical History* form, signed by a licensed physician
4. 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 rescue diver course by qualified instructors.

2.4 Required Student Equipment

1. Mask, fins, snorkel, exposure protection, weight belt and weights (appropriate for local environment), a timing device and freedive computer, plus any recommended equipment relevant to the level of instruction.

2.5 Support Materials

Student Materials:

1. *PFI Freediver student* manual or eLearning course.
2. *PFI Freediver Instructor* Resource.

3. *PFI Standards and Procedures.*
4. *PFI Member Agreement* – for new members only

Instructor Trainer Materials:

1. *PFI Assistant Instructor PowerPoint.*
2. *PFI Instructor Manual.*
3. *ITI Instructor Evaluation Form.*
4. *ITI Confined and Open Water Evaluation Form or Slates.*
5. *PFI Instructor Trainer Manual.*
6. *PFI Instructor Registration and Upgrade Form.*
7. *PFI Freediver Instructor final exam and answer key*

2.6 Qualification of Graduates

1. Upon successful completion of this course, graduates may assist PFI Freediver courses under the indirect supervision of a PFI Freediver Instructor.
2. Upon successful completion of this course, graduates are qualified to enroll in the Freediver Instructor Exam.

2.7 Who May Teach

This course may be taught by a PFI Freediver Instructor Trainer

2.8 Student to Instructor Ratio

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 6 students per instructor trainer (6:1); it is the instructor trainer's discretion to reduce this number as conditions dictate.
2. A maximum of ten students to one instructor (10:1 max) with the assistance of active assistant instructors.

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

1. A maximum of 6 students per Instructor Trainer (6:1); it is the instructor trainer's discretion to reduce this number as conditions dictate.
2. A maximum of eight students to one instructor (8:1 max) with the assistance of active assistant instructors.

2.9 Course Structure and Duration

IDC Execution:

1. The candidate must be able to perform all the skills required, to instructor level quality for Freediver Supervisor.
2. No more than 2 in-water sessions per day.
3. Training sessions must be completed during daylight hours, or under conditions that simulate daylight conditions.
4. The candidate has 6 months from the completion of the Freediver Instructor Development Course to attend a Freediver Instructor examination course.

Confined Water Execution:

1. Maximum confined water training session of 10 Metres/33 Feet for confined water skills.
2. 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. Training depth must be between 20 to 25 Metres/66 to 82 to Feet.
2. The maximum depth may not exceed 25 Metres/82 Feet.

Course Structure:

1. PFI allows Instructor Trainers to structure courses according to the number of students participating and their skill level.

Duration:

1. A minimum of 60 hours is required for the entire course.
2. 16 hours from the Freediver Supervisor course may be credited at the discretion of the Instructor Trainer.
3. 40 hours of training must occur under the direct supervision of a current PFI Instructor Trainer.

2.10 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* signed by a licensed physician.

2.11 Knowledge Development Overview

The following topics must be covered during this course.

1. The PFI Freediver Instructor:
 - a. The History of PFI.
 - b. International Training Philosophy.
 - c. PFI Requirements for the Freediver Instructor.
 - d. Certification and Membership Status.
 - e. Annual Dive Professional Renewal.
 - f. Professional Responsibilities of the Freediver Instructor.
 - g. PFI Code of Conduct and Ethics.
 - h. Advancing through PFI Professional Levels.
 - i. International Training Quality Assurance Procedures.
 - j. Using the PFI Standards and Procedures Manual.
2. Freedive Leader Risk Management:
 - a. Inherent Risks in Freediving.
 - b. Anatomy of a Lawsuit.
 - c. Defensive Teaching and Supervision.
 - d. Student Training Records.
 - e. Medical Statement.
 - f. Liability Releases.

- g. Liability Insurance for Freedive Leaders.
 - h. In the Event of a Freedive Accident.
 - i. Emergency Procedures.
3. Freediving Physics:
- a. Physical Properties of Water.
 - b. Archimedes' Principle.
 - c. Principles of Pressure.
 - d. Boyle's Law.
 - e. Dalton's Law.
 - f. Henry's Law.
 - g. Haldane's Decompression Model.
 - h. Modern Decompression Algorithms and Dive Computers.
4. Freediving Physiology:
- a. Respiration and Circulation.
 - b. Aquatic Adaptations.
 - c. Energy Cycles that Power the Body.
 - d. Physiology of Apnea and Hypoxia.
 - e. Decompression Illness.
 - f. Narcosis.
 - g. Gas Toxicity.
 - h. Barotrauma.
 - i. Thoracic Squeeze.
 - j. Additional Concerns.
 - k. General First Aid for Marine Related Injuries.
5. Methods of Instruction:
- a. Learning.
 - b. Factors that Affect Learning.
 - c. Phases of Teaching.
 - d. Learning Objectives.
 - e. Instructional Theory – Phases of Learning.

- f. General Teaching Methods.
 - g. Factors that Influence Communication.
 - h. Lesson Preparation.
 - i. Course Planning.
 - j. Conducting the Freediver Program.
6. Courses a PFI Instructor Can Teach
- a. PFI Freediver.
 - b. Teaching Specialty Courses.
 - c. How to Purchase PFI Products.
 - d. Registration Process.
7. The Business Side of Freediving:
- a. The Freediver Professional's Role.
 - b. The Impact of Freediving Education.
 - c. Recruiting New Freedivers.
 - d. Freediver Retention.
 - e. The Freediver Professional's Role in Sales.
 - f. Creating and Maintaining an Inviting Center of Activity.
 - g. Expanding Beyond the Freediver Instructor.
8. Site Briefings:
- a. Classroom briefings.
 - b. Pool briefings.

2.12 Confined Water

To complete the IDC and be certified as a PFI Assistant Freediver Instructor, candidates must demonstrate the following skills to the satisfaction of the PFI Instructor Trainer.

1. Watermanship & Stamina- Surface:
- a. 800-metre snorkel swim in under 16 minutes.
 - b. 400-metre non-stop swim in under 10 minutes. Goggles are permitted.
 - c. Tread water for 15 minutes without floatation assistance.

- d. Complete a demonstration quality dynamic apnea performance of not less than 50 metre/164 feet with equipment with a 4:00 breathe-up and no warm-up.”.
 - e. Complete a demonstration quality static apnea performance of no less than 2:00 with a 4:00 breathe-up and no warm-up.
 - f. 100 Metre egress with non-stop BLS.
2. Emergency Ascents & Problem Management:
 - a. Surface LMC Control.
 - b. Surface BO Control.
 - c. Unconscious BO diver at the surface with rollover.
 - d. Underwater BO during ascent- conscious going unconscious.
 - e. Locate and ascend with a blacked-out diver from the bottom.
 - f. Perform in-water artificial resuscitation while doing a rescue tow.
3. Command and Control of Students:
 - a. Demonstrate command and control/position of students with and without assistants.
 - b. Demonstrate command and control/position of students as an assistant.
4. Skill Circuit/ Teaching Presentation:
 - a. Complete the following skill circuit and demonstrate ability to teach:
 - i. Stress test practice/Teamwork – remove mask, replace mask, clear mask:
 1. 1st level exhale, deep end of pool.
 2. Attempt 2nd level exhale, deep end of pool.
 3. If successful with above, attempt 3rd level exhale, deep end of pool.
 - ii. Mask Skills (partial mask flood and clear, full mask flood and clear).
 - iii. Snorkel Clear- Blast Methods.
 - iv. Finning Techniques (flutter, sculling and dolphin).
 - v. Surface Entries (one- and two-legged entries).
 - vi. Surface Recovery (as both safety and performer):
 1. 2 hands on float.
 2. 3 hook and 3 cleansing.
 3. 30 second total.

4. 90-degree positioning.
5. Counting hand in-front of face, other hand prepared for vertical support.
- vii. Weight belt removal/replacement (warm and cold water).
- viii. Static Procedures (as safety and performer):
 1. Proper entry, exit, and signals as performer.
 2. As safety, countdown to static time (2:00, 1:30, 1:00, :30, :20, :10, :05, :04, :03, :02, :01, Official top).
 3. As safety, correct signaling and coaching for Freediver level STA session.
- ix. Dynamic Procedures (as safety and performer).
- x. Proper Breathe-up:
 1. Counting, purges, pre-equalize, peak inhale.
 2. Remove snorkel.
5. Confined Water Teaching Presentations:
 - a. Present a minimum of 4 presentations with additional back-up presentations as required.
 - b. Present a minimum of two passing confined water development presentations.

2.13 Open Water

To complete the IDC and be certified as a PFI Assistant Freediver Instructor, a candidate must be able to assist and perform to demonstration quality, the following skills to the satisfaction of the PFI Instructor Trainer.

1. Site Briefings:
 - a. Ocean briefings.
 - b. Boat briefings when applicable.
 - c. Rig briefings.
2. Site Set-up & Breakdown:
 - a. Prepare ocean rig without the assistance of the instructor.
 - b. Break-down and store ocean rig without assistance of the instructor.
 - c. Demonstrate environmental and situational awareness.

3. Open Water Constant Weight Dive Evaluation:
 - a. Complete 3 constant weight dives to 20 Metre/66 Feet with a 20 Second hang showing mastery and demonstration quality techniques from breathe-up to recovery breathing.
4. Problem Management & Rescue Scenarios:
 - a. Successfully complete a surface 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 20 Metre/66 Feet no mask ascent with proper recovery techniques.
 - d. Successfully complete a rescue scenario at instructor demonstration level showing ability to calculate both student and instructor timings as well as finding and correcting any timing or rescue skill problems.
5. Command and Control of Students:
 - a. Demonstrate command and control/position of students with and without assistants.
 - b. Demonstrate command and control/position of students as an assistant.
6. Skill Evaluation:
 - a. Show mastery and demonstration quality on all skill demonstrations.
7. Open Water Teaching Presentations:
 - a. Present a minimum of 4 presentations with additional back-up presentations as required.
 - b. Present a minimum of two passing open water development presentations.

2.14 Graduation Requirements

In order to successfully complete the course instructor candidates must:

1. Attend and assist in all classroom, confined water, and open water sessions.
2. Present no less than four academic presentations, with a minimum of two passing.
3. Present no less than four confined water & four open water teaching presentations, with a minimum of two passing in each.
4. Demonstrate mastery in confined water & open water sessions.
5. Demonstrate maturity of judgment and execution commensurate with that of a PFI Professional.

2.15 Certification Procedure

Submit a completed PFI Instructor Registration and Upgrade Form with certification fee to PFI Headquarters within 7 days of course completion date for processing or register the candidates through member's area of the PFI website