

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 evaluate an individual's instructional skills in presenting the benefits, hazards, and proper procedures for entry-level breath hold diving instruction to a depth of 20 Metre/66 Feet.

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. 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 Instructor course by qualified instructors.

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*

Upon successful completion of this course, graduates may conduct the following PFI Freediving courses:

- Snorkeler
- Basic Freediver
- 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*

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 trainer (8:1 max) with the assistance of active assistant instructors

3.9 Course Structure and Duration

IEC Execution:

1. The Candidate must be able to perform all skills required, to instructor level quality for Freediver Supervisor and Assistant Instructor.
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 must attend the IEC no more than 6 months after completing the IDC.

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

Duration:

1. The minimum number of hours under direct supervision for the PFI IEC is 16.

3.10 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*

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 presentation (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-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. 100 Metre 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 2 minutes with 4-minute breathe-up and no warm-up.
 - b. Complete a Dynamic of no less than 50 Metre with equipment, showing proper technique from 4-minute 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 20 Metre/66 Feet 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, with the 4th and final dive ending in a rescue scenario from 20 Metre/66 Feet.
2. Open Water Teaching Evaluation:

- a. Earn a passing score on an open water teaching presentation.
3. Problem Management – to be completed on the 4th dive of the capacity dive test:
 - 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.
4. Skill Evaluation:
 - a. Show mastery and demonstration quality on all skill demonstrations.
5. Successfully complete a stress test at 20 Metre/66 Feet:
 - a. Demonstration quality CWT dive to 20 Metre/66 Feet.
 - b. Sit on the plate.
 - c. Flood and remove mask.
 - d. Pass mask behind back from one hand to the other.
 - e. Replace and clear mask.
 - f. Demonstration quality ascent and recovery breathing.

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*

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