



SDI

Standards and Procedures Manual

Part 2: Diver Standards

SCUBA DIVING INTERNATIONAL

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Revision History

Revision Number	Date	Changes
2.0	05/27/2001	The Manual has been completely restructured and updated to reflect latest changes and additions.
2.1	09/04/2001	Editorial changes and minor updates.
2.2	10/10/2002	Updated with latest Training Updates.

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3.0	08/15/2003	Updated with latest Training Updates.
3.1	12/19/2003	Editorial changes and minor updates.
5.0	11/19/2004	Major updates and new course standards,
6.0	10/13/2005	Updated with 2005 training updates.
7.0	10/27/2006	Editorial changes and 2006 training updates added
8.0	11/13/2007	Updated with 2007 training updates.
9.0	11/13/2008	Minor updates and clarifications.
10.0	12/31/2009	Updated with 2009 training updates. Minor edits.
11.0	01/01/2011	Major edits and reformatting of manual. Open Water Diver Referral Procedures added.
12.0	01/01/2012	Snorkeling Standard 3.9: Required subjects added Hyperventilation, Shallow Water Blackout. Inactive Diver Standard 7.6: Dives can be either confined water or open water. Shallow Water Scuba Diver Standard: 11.4 Added Divemaster as a qualified assistant.
13.0	01/01/2013	No Changes.
13.1	03/01/2013	Changed prerequisite for Rescue Diver to SDI Advanced Adventure Diver.
13.2	07/01/2013	Changes to Scuba Discovery. 4.4 Student to Instructor ratios: Pool 6 to 1, Open water 2 to 1, added statement for divers under 14 years of age. 4.6 Added a time in pool or confined water prior to open water, changed maximum depth to 9 metres/30feet. 4.9 Required subjects added defined communication language. 4.10 Required Skill Performance and Graduation requirements. Added item #3 remove and replace weight system at surface. Added to item #6 oral inflation. Added to item #12 added defined communication language. Open Water Scuba Diver: 6.6 Added statement regarding instructor carrying photo equipment.
13.3	10/01/2013	Open Water Scuba Diver 6.10 added note the swim evaluation must be completed prior to any scuba skill being taught.
14.0	01/01/2014	No Changes.
14.1	04/01/2014	2.9 Added Junior Open Water Diver upgrade to Open Water Diver procedure.

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15.0	01/01/2015	No Changes.
15.1	04/01/2015	10.1 Added TDI and ERDI to accepted specialties. 10.2 Added TDI and ERDI to qualified instructors. 10.3 Added TDI and ERDI to accepted specialties. Deleted "Open Water" from Advanced Open Water Diver. Added Regional Office to locations to send certification registrations. Added TDI/ERDI to website name. 12.1 Added TDI and ERDI and equivalent ratings to accepted specialties. 12.2 TDI and ERDI to qualified instructors. 12.3 TDI and ERDI to accepted specialties
15.2	08/01/2015	No Changes.
15.3	11/01/2015	Page Two: Headquarters information updated. 11.11.3 Changed Rescue Diver exam to Rescue Dive Knowledge Quest.
16.0	01/01/2016	No Changes.
16.1	04/01/2016	No Changes.
16.2	07/01/2016	13.10 added note the swim evaluation must be completed prior to any scuba skill being taught.
17.0	01/01/2017	No Changes.
18.0	05/12/2018	2.3 Added definition of prerequisites. 6.2 Revisions made for ISO/EUF certification. 7.2 Revisions made for ISO/EUF certification.
19.0	01/01/2019	1. Corrected ratios and prerequisites for inactive diver and accomplished diver. 2.1.2 Clarified medical form requirement. 2.2 Added reference to accident section. 11.5.2 Clarified CPR, first aid and oxygen provider training with course by qualified instructors. Formatting updated.
0120	01/01/2020	1. 11 Changed "Minimum Age" to 10. 2.1.2 Defined the valid term for a physician signed medical. 7.5.3 unitalicized " SDI Open Water Scuba Diver" and expanded upon Item. 11.5.1 Minimum age with parental consent changed from 15 to 10. 11.5.3 Added "SDI Junior Advanced Adventure" before " or equivalent". 11.5 Item #4 added. 11.6 List moved to 11.11. 11.11.3 eLearning added.
0620	06/01/2020	No Changes.
0121	01/01/2021	Fix numerous typos. 4.8.1 Clarified Items. 7.6.2 Training depth changed to align with RSTC standards. 8.7 Clarified last paragraph.

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		10.3 Clarified Item 1. 12.3 Clarified Item 1.
0221	02/01/2021	No Changes.
0122	01/01/2022	1. Master Scuba Diver minimum age changed to 10. 4.9 Removed required material already listed in 4.8. 4.10 Item expanded upon. 6.6 Open Water Execution - Training depth changed to "5 to 12 metres / 15 to 40 feet". 8.8 Option material added. 11.5.3 logged open water dives changed to 15. 11.5.4 Item expanded upon.
0122a	01/01/2022	No Changes.
0122b	01/26/2022	14. New standard added for "Indoor Diver".
0522	05/20/2022	14.7 Item #2 changed from " 5 to 18 metres/ 15 to 60 feet" to "6 to 18 metres / 20 to 60 feet".
0123	08/25/2022	1.11 Updated prerequisite dives. 6.2 Clarified limitations on Supervised Diver certification. 11.5 Changed first aid, CPR, and oxygen certification requirements in courses to reference the appropriate First Response courses.
0723	07/17/2023	1.4 Updated OW ratio 4.3 Clarified who may teach 4.4 Updated ratios and added Environmental Factors Affecting Ratios section 4.6 Clarified course structure
0124	01/01/2024	1.8 Updated confined water ratio, clarified experience card can be issued 2.1.2 Clarified physician-signed medical requirement 2.5.1 Clarified minimum visibility 2.8 Note – clarified single tank backmount requirement 6.10 Made header consistent with open water standard 8.3 Clarified who may teach 11.11 Added note to clarify skill development
0125	01/01/2025	2.9 Remove section and renumber subsequent sections 4.7 Clarified registration requirement 5.6.3 Clarified lighting conditions requirement 8.1, 8.3. Clarified who may conduct program, removing divemaster

1. Course Overview Matrix

	Course Name	Minimum Age	Number of required dives	Student to Instructor Ratio in Confined Water	Student to Instructor Ratio in Open Water	Prerequisite Certification and Dives	Certification Card must be issued by SDI	Experience Card can be issued by Instructor
3	Snorkeling	4	1	16	10	None	Optional	Yes
4	Scuba Discovery	10	1	4	4	None	No	Yes
5	Future Buddies	8	1	2	N/A	None	Optional	Yes
6	Supervised Diver	10	2	8	8	None	Yes	No
7	Open Water Scuba Diver	10	4	8	8	None	Yes	No
8	Inactive Diver / Refresher	10	1	10	8	Open Water Diver	No	Yes
9	Accomplished Diver	10	1	8	8	Certified diver with a recognized scuba agency, military diver or proof of 50 logged hours diving	Yes	No
10	Advanced Diver	10	N/A	N/A	N/A	25 Open Water dives + 4 Specialties	Yes	No
11	Rescue Diver	10	N/A	10	8	Advanced Adventure Diver or 15 Open Water dives + CPR + First Aid	Yes	No
12	Master Scuba Diver	10	N/A	N/A	N/A	50 Open Water dives + Rescue Diver + 4 Specialties	Yes	No
13	Shallow Water Diver	10	2	10	8	None	Yes	No

2. General Course Standards

These standards apply to all SDI Diver Courses and Specialties listed in this section.

2.1 *Administrative*

Instructors must ensure that all students complete the following forms – for each and every course and specialty the student participates in. These records must be kept for a minimum of seven years and must be completed prior to the start of the course. They are:

1. *SDI Liability Release and Express Assumption of Risk* Form
2. *SDI Medical Statement* Form (unless specifically not required in a non-diving course standard). If a student response on the form indicates that a physician's clearance is required for diving, the student must provide written clearance for diving without restriction from a licensed physician before participating in confined or open water training for any course or specialty training. A physician-signed medical is valid for up to 12 months with no change in medical condition unless a longer valid term is indicated on a specific medical form.
3. *SDI Diver Registration* Form or preferably register the student online in the member's section of the SDI website (upon completion of the specified program).
4. *SDI Diver Training* Record. Must be kept for a minimum of seven years.

2.2 *Accidents*

Hopefully a member will never have to do this; if a member were involved in an accident or simply witnessed an accident the SDI Accident Report Form must be completed by the member/witness and faxed to SDI Headquarters immediately after the accident occurred. Please refer to the SDI Standards, Part 1, section 6.4.8.

International Training strongly recommends that if any incident occurs, the dive computers are safely secured and potentially downloaded. This should be done in full cooperation with local authorities by encouraging the police, or other investigating authorities to download and preserve data from the victim's dive computer. Professional members should do this when they are giving their statements to the authorities. The professional member(s) involved in the incident must download their dive computer information and submit it with the incident report.

2.3 *Definitions*

Assistant or Assisted by = A person who is assisting a primary and certified instructor, IT staff instructor or instructor trainer for a course that they, the "assistant", is not certified to

teach. Assistants can be used for the purposes of additional supervision and to increase ratios where standards and environmental conditions allow. Assistants listed on registrations will receive experience credits for courses they have assisted with only if listed on the initial registration form.

Co-Teach or 2nd Instructor = A person who is certified to teach the course taking place and is working together with an also certified instructor, IT staff instructor or instructor trainer. The 2nd instructor will receive equal credit for the course if listed on the initial registration form.

Student Prerequisites = conditions that must be met by students prior to beginning a course. These cannot be completed during the course unless specifically outlined in the standard. Conditions listed here cannot be waived by the instructor. Written standards waivers for prerequisites may be issued by the HQ training department depending on the course, dive site, and the specific prior experience of course participants.

2.4 *Equipment*

A personal dive computer (PDC) must be used during all confined and open-water training sessions, during SDI courses.

2.5 *Confined Water Training*

Confined water training must be conducted in a swimming pool or a confined body of water with the following conditions:

1. A minimum of 3 metres / 10 feet of horizontal visibility.
2. Calm surface conditions.
3. Easy access to depths that allow students to stand with their head above water.
4. Depths that allow skills, as defined in the confined water lesson guide, to be adequately demonstrated.
5. Equipment that is appropriate for the training site.
6. Confined water training sites, other than pools, must be approved by SDI Headquarters.

2.6 *Open Water Training*

The instructor, with the following considerations, must carefully choose an open water training site:

1. Body of water similar to the regional diving conditions: ocean, lake, etc.
2. Swimming pools are not considered an open water environment.

3. Water clarity.
4. Temperature above and below the water.
5. Weather conditions.
6. Water access.
7. Equipment adequate for the conditions.
8. Thermal protection appropriate for the conditions.
9. No dives are to require a decompression stop.
10. No dives will be conducted in an overhead environment unless otherwise stated.
11. A complete briefing that includes:
 - a. The dive site.
 - b. Water conditions.
 - c. Skills to be performed.
 - d. Entry/Exit to be used.
 - e. Emergency procedures.
12. A complete debriefing that includes:
 - a. Performance of divers as a whole.
 - b. Areas that need improvement.
 - c. Environmental observations.
 - d. Question and answers.

2.7 Student – Minimum Equipment Requirements

The students must have the following equipment:

1. Mask, fins and snorkel.
2. Buoyancy compensator device (BCD) with a low-pressure power inflator.
3. Regulator with submersible pressure gauge.
4. Alternate air source.
5. Weight system.
6. Personal dive computer (PDC) unless otherwise noted.
7. Exposure suit adequate for the training conditions.
8. Compressed gas cylinder.
9. Compass; during navigation skills.

10. Rescue signal.

Note: Students wearing air integrated hose-less computers are not required to carry a submersible pressure gauge.

2.8 *Instructor – Minimum Equipment Requirements*

Unless otherwise noted, the minimum equipment requirements for training by an instructor, assistant instructor and divemaster is:

1. Mask, fins and snorkel.
2. Buoyancy compensator device (BCD) with a low-pressure power inflator.
3. Regulator with submersible pressure gauge.
4. Alternate air source.
5. Weight system.
6. Personal dive computer.
7. Exposure suit adequate for the training conditions.
8. Compressed gas cylinder.
9. Compass.
10. Cutting device.
11. Rescue signal.
12. A dive flag must be carried in accordance with local laws or regulations for all open water locations.

Note: Instructors wearing air integrated hose-less computers are not required to carry a submersible pressure gauge.

Note: Cylinder capacities used in the SDI Standards are based on manufacturer values or generalized conversions and are NOT exact conversions from metric to imperial due to variance in cylinder volume and working pressures. If you use metric cylinders, please use the metric size cylinder listed; likewise, if you use imperial cylinders, please use the imperial size cylinder listed, i.e., 3 litres / 18 cubic ft.

Note: Instructor, any assistants, and students must wear a single cylinder back-mount configuration for the following courses: Scuba Discovery and Open Water Scuba Diver.

2.9 *Upgrading from SDI Junior certification to full SDI*

This procedure is for divers who were initially certified with the Junior designation and are now eligible to upgrade to the full certification without age related restrictions.

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Upgrade Requirements:

1. Provide verification of initial certification: certification card or formal verification letter on agency letterhead.
2. Provide verification of diving activity in the last 12 months: logbook or personal dive computer download *.
3. Divers who are under the age of 18 must provide a letter of approval to upgrade signed by parent or legal guardian.

* If recent diving activity cannot be produced, diver will be directed to their nearest SDI Dive Center or equivalent to complete the Inactive Diver / Refresher program with an active Instructor.

Upon successful completion of the SDI Inactive Diver/Refresher program or equivalent, active Instructors must: provide a signed letter of update completion or signed logbook entry for Junior diver to submit to SDI World Headquarters or Regional Office.

Processing Procedure – Contact SDI World Headquarters or Regional Office. Submit appropriate documentation in accordance with upgrade requirements. After providing all required items and purchasing a new certification card, certification to be issued and credential sent to student.

3. Snorkeling Course

3.1 Introduction

The snorkeling course is designed to give students the necessary skills to safely snorkel in conditions similar to their training without the direct supervision of an instructor.

3.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Snorkel in conditions similar to their training.
2. Enroll in an *SDI Open Water Scuba Diver Course*.

3.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor.
2. An active SDI Assistant Instructor
3. A qualified SDI Non-Diving Specialty Instructor

3.4 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 16 students per instructor/ assistant instructor.
2. Instructor / Assistant instructor have the option of adding 2 more students with the assistance of an active divemaster, for a total of 18 students.

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

1. A maximum of 10 students per instructor / assistant instructor; it is the instructor's discretion to reduce this number as conditions dictate.
2. Instructor / Assistant instructor have the option of adding 2 more students with the assistance of an active SDI Divemaster, for a total of 12 students.

3.5 Student Prerequisites

Minimum age 18, 4 with parental consent

3.6 Course Structure and Duration

In-water execution; this course may be conducted either in confined water, open water, or both, at the instructor's discretion.

1. Students must complete 1 snorkeling trip and remain in the water for 20 minutes.
2. All snorkeling trips must be completed during daylight hours.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 4.

3.7 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. *SDI Liability Release and Express Assumption of Risk Form.*
 - b. *SDI Medical Statement Form.*

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

Or

1. Issue the SDI Snorkel card through the facility.

3.8 Required Equipment

Basic snorkeling equipment; mask, snorkel and fins.

3.9 Required Subject Areas

Instructors may use any additional text or materials that they feel help present these topics.

The following topics must be covered during this course:

1. Types of breath-hold diving:
 - a. Snorkeling:
 - i. Snorkeling is the use of mask fins and snorkel to primarily swim on the surface while being able to keep your face in the water without having to lift your head to breathe. Periodically you may dive below the surface for a short period of time to exam something closer.
 - b. Free diving:
 - i. Free diving also uses mask fins and snorkel, but the primary focus is to perform extended breath-hold dives below the surface for activities such as spearfishing or some other type of game collecting or pushing one's depth or time limits.
2. The Aquatic Environment:
 - a. Vision.
 - b. Light.
 - c. Sound.
 - d. Heat loss.
 - e. Tides.
 - f. Currents.
 - g. Waves.
 - h. Surge.
 - i. Marine life injuries.
3. Physics and Physiology:
 - a. Buoyancy.
 - b. Pressure.
 - c. Equalization techniques.
 - d. Hyperventilation.
 - i. Shallow water blackout.
4. Snorkeling Equipment:
 - a. Mask, fins, and snorkel.

- b. Exposure protection.
 - c. Buoyancy compensator device.
 - d. Weight systems.
5. Accessories:
- a. Dive flag.
 - b. Rescue signal.
 - c. Knife or cutting device.
6. Planning Your Dive:
- a. Diver fitness and overexertion.
 - b. Buddy system.
 - c. First aid.

3.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following snorkeling skills:

1. Properly prepare, don, and adjust all snorkeling equipment.
2. Perform a buddy check and demonstrate good use of the buddy system.
3. Safely conduct exits and entries either from land, or boat.
4. Achieve neutral buoyancy.
5. Proper breathing and clearing of a snorkel.
6. Proper use of buoyancy compensator device / snorkel vest.
7. Surface dives.
8. Proper use of hand signals.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and Execution.

4. Scuba Discovery

4.1 Introduction

This program is designed to give prospective students an introduction to scuba diving in a controlled environment under the direct supervision of an active SDI Professional.

4.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Dive under the direct supervision of an active instructor.
2. Enroll in a *SDI Open Water Scuba Diver Course*.

4.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor.
2. An active SDI Assistant Instructor that has completed the SDI Dive Experience Leader program (pool or confined water only)
3. An active SDI Divemaster that has completed the SDI Dive Experience Leader program (pool only)

4.4 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.

Pool:

1. A maximum of 6 students per certified SDI professional, or 8 per SDI Open Water Instructor with an active assistant

Confined Water (swimming pool-like conditions):

1. A maximum of 4 students per certified SDI professional, or 6 per SDI Open Water instructor with an active assistant; the certified professional must reduce this number as conditions dictate. See Environmental Factors Affecting Ratios at the end of this section.

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

1. A maximum of 4 students per SDI Open Water instructor; or 6 with an active assistant*; the instructor must reduce this number as conditions dictate. See Environmental Factors Affecting Ratios at the end of this section.
2. A maximum of 2 divers under the age of 15 per SDI Open Water instructor on any open water dive; the instructor must reduce this number as conditions dictate. See Environmental Factors Affecting Ratios at the end of this section.

*** In the event the instructor ascends with a diver, the assistant must make an immediate safe ascent with all remaining divers.**

Environmental Factors Affecting Ratios

1. Full ratio, diver to professional, is based on ideal conditions:
 - a. All divers in full view
 - b. Surge is at a minimum.
 - c. Environmental features allow the professional(s) to see all divers
 - d. No current/flow
2. Ratio reduction is determined by:
 - a. Reduced visibility of less than approximately 5m/16 ft; must be able to always see the entirety of each diver during the dive.
 - b. Environmental features obstruct view or divers can be lost behind them
 - c. Strong current/flow or surge
3. Other factors that require ratio to be reduced:
 - a. Diving from a boat
 - b. Long surface swims during entries and exits
 - c. Large groups of divers – not associated with the training

4.5 Student Prerequisites

1. Minimum age 18, 10 with parental consent.
2. Demonstrate comfort and adequate swimming skills.

4.6 Course Structure and Duration

Pool or Confined Water:

1. Students must complete a minimum of 30 minutes in the pool or confined open water session prior to the open water dive.
2. Confined water session must be completed during daylight hours or under conditions that simulate daylight conditions.

Open Water (Optional):

1. Training depth must not exceed 9 metres / 30 feet.
2. All dives must be completed during daylight hours or under conditions that simulate daylight conditions.
3. Instructors are not allowed to carry any photo or video equipment while conducting open water dives.

Course Structure:

1. SDI allows instructors and certified SDI professionals to structure courses according to the number of students participating and their skill level.

Duration

1. The suggested number of training hours is 2.

4.7 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. *SDI Scuba Discovery Pamphlet.*

OR

- b. SDI Liability Release and Express Assumption of Risk Form.
- c. SDI Medical Statement Form.

Upon successful completion of the course the instructor must:

1. Register the students online through the member's area of the SDI website.
- .

4.8 Training Materials

Required Materials:

1. *SDI Scuba Discovery* Slates or Scuba Discovery eLearning.

Optional Materials:

1. *SDI Scuba Discovery* Pamphlet.

4.9 Required Equipment

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a dive computer is not mandatory; however, a depth gauge is required.

4.10 Required Subject Areas

Instructors must use the *SDI Scuba Discovery* Slates if participants have not completed the Scuba Discovery eLearning. Instructors can use any additional text or materials that they feel help present these topics.

The following topics must be covered during this course:

1. The Aquatic Environment:
 - a. Marine environment.
 - b. Marine life expected to encounter at local dive site.
2. Physics and Physiology:
 - a. Buoyancy.
 - b. Pressure.
 - c. Gas spaces:
 - i. Equalization techniques.
 - ii. Lung over-expansion problems.
 - d. Reason for breathing continuously while underwater.
3. Scuba Equipment Assembly:
 - a. Mask, fins, and snorkel.
 - b. Exposure protection:
 - i. Wetsuits.
 - c. Buoyancy compensator device (BCD).
 - d. Regulator:

- i. Primary regulator.
 - ii. Alternate air source.
 - e. Cylinders.
 - f. Weight Systems.
 - g. Underwater instruments.
 - i. Submersible pressure gauge.
 - ii. Dive computers.
 - iii. Depth gauges.
- 4. Communications:
 - a. Hand signals.
 - b. Buddy system.
 - c. Buddy separation.
- 5. Taking the SDI Open Water Scuba Diver Course.

4.11 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills in confined water:

- 1. Weight system adjustment with proper weighting.
- 2. Pre-dive check of self and buddy.
- 3. Removal and replacement of weight system on the surface.
- 4. Ear clearing and equalization.
- 5. Mask clearing; partial and full at depth.
- 6. Buoyancy compensator device (BCD) use:
 - a. Inflation and deflation; both oral and power at the surface.
 - b. Inflation using low pressure inflator and deflation, at depth.
- 7. Buoyancy control:
 - a. Controlled descents.
 - b. Controlled ascents.
- 8. Regulator use:
 - a. Breathing, clearing, and recovery at the surface.
 - b. Breathing, clearing, and recovery at depth.

9. Underwater swimming; proper use of fins.
10. Computer use; use and reading of computer if worn by diver.
11. Use of gauges.
12. Communications:
 - a. Hand signals.
 - b. Buddy system.
 - c. Buddy separation.

In order to complete this course, students must:

Demonstrate mature and sound judgment concerning dive planning and execution.

5. Future Buddies

5.1 Introduction

This program is designed to provide children between the ages of 8 and 12, an introduction to scuba diving in a controlled environment under the direct supervision of an active instructor.

5.2 Qualifications of Graduates

There are no specific qualifications available after graduation.

5.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

5.4 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 4 students per instructor, or 6 with an active assistant; it is the instructor's discretion to reduce this number as conditions dictate.

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

1. N/A.

5.5 Student Prerequisites

1. Minimum age 8 with parental consent.
2. Demonstrate comfort and adequate swimming skills.

5.6 Course Structure and Duration

Confined Water Execution:

1. Training depth must not exceed 6 metres / 20 feet.
2. One dive is required, second dive optional.

3. All dives must be completed during daylight hours or under conditions that simulate daylight conditions.

Course Structure:

- SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

- The suggested number of training hours is 4.

5.7 Administrative Requirements

Administrative Tasks:

- Collect the course fees from all the students.
- Ensure that the students have the required equipment.
- Communicate the schedule to the students.
- Have the students complete the:
 - SDI Liability Release and Express Assumption of Risk Form.*
 - SDI Medical Statement Form.*

Upon successful completion of the course the instructor must:

- Complete the SDI Student Registration form.
- Issue an SDI Experience card (optional).

5.8 Required Equipment

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a dive computer is not required; however, it is highly recommended.

5.9 Required Subject Areas

Instructors must use the *SDI Scuba Discovery Slates* if participants have not completed the Scuba Discovery eLearning. Instructors can use any additional text or materials that they feel help present these topics.

The following topics must be covered during this course:

- History of Diving.
- The Aquatic Environment:
 - Marine environment.

- b. Marine life expected to encounter at local dive site.
- 3. Physics and Physiology:
 - a. Buoyancy.
 - b. Pressure.
 - c. Air Spaces.
 - d. Equalization techniques.
 - e. Lung over-expansion problems.
- 4. Breathing air under pressure.
- 5. Scuba Equipment Assembly:
 - a. Mask, fins, and snorkel.
 - b. Exposure protection:
 - i. Wetsuits.
 - c. Buoyancy compensator device (BCD).
 - d. Regulator:
 - i. Primary regulator.
 - ii. Alternate air source.
 - e. Cylinders.
 - f. Weight Systems.
 - g. Underwater instruments:
 - i. Submersible pressure gauge.
 - ii. Dive computers.
 - iii. Depth gauges.
- 6. Accessories:
 - a. Dive Flag.

5.10 Required Skill Performance and Graduation Requirements

The required skills should be performed in confined water with a maximum depth of 6 metres / 20 feet:

- 1. Weight system adjustment with proper weighting.
- 2. Pre-dive check of self and buddy.
- 3. Mask clearing; partial.

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4. Buoyancy compensator device (BCD) use:
 - a. Inflation using low pressure inflator and deflation, at the surface.
5. Buoyancy control:
 - a. Controlled descents.
 - b. Controlled ascents.
6. Regulator use:
7. Underwater swimming; proper use of fins.
8. Use of gauges.
9. Underwater Communications

In order to complete this course, students must:

Demonstrate mature and sound judgment concerning dive planning and execution.

6. Supervised Diver

6.1 Introduction

This course is designed to give students the necessary skills to conduct open water dives in conditions similar to their training under the direct supervision of a qualified and active dive professional.

6.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Participate in dives under the direct supervision of a qualified and active dive professional to depths of 12 metres / 40 feet that do not require decompression, in conditions similar to their training. Appropriate surface support must be available.
2. Dive in groups of no more than four Supervised Divers per instructor.
3. Enroll in the *SDI Open Water Scuba Diver Course*. If the diver enrolls in the Open Water Scuba Diver Course within 12 months of certification as a Supervised Diver, they may follow the Supervised Diver Upgrade Procedure. *

*** See Supervised Diver Upgrade procedure #6.12 for certification requirements.**

6.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

6.4 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 8 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters.

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

1. A maximum of 8 students per instructor; it is the instructor's discretion to reduce this number as conditions dictate.
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12, with the assistance of 2 active assistant instructors or divemasters.

6.5 Student Prerequisites

Minimum age 18, 10 through 17 with parental consent.

6.6 Course Structure and Duration

Open Water:

1. Students must complete a minimum of 2 open water scuba dives and remain underwater for a minimum of 15 minutes on each dive, for a minimum of 40 minutes total bottom time.
2. Training depth must be between 5 to 12 metres / 15 to 40 feet; the maximum depth may not exceed 12 metres / 40 feet.
3. A maximum of 3 scuba dives per day are allowed including training and additional fun dives.
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives.
6. Instructors are not allowed to carry any photo or video equipment while conducting the Open Water dives.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 15.

6.7 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. *SDI Liability Release and Express Assumption of Risk* Form.
 - b. *SDI Medical Statement* Form.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration* Form to SDI Headquarters / Regional Office or registering the students online through member's area of the SDI website.

6.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. The following material is required:

1. *SDI Open Water Scuba Diver* Manual and associated SDI Knowledge Quest Book (or *SDI Open Water Diver* Online Training course)
2. *SDI Open Water Scuba Diver Instructor* Guide

The following material is available and recommended:

1. SDI Logbook.
2. *SDI Open Water Scuba Diver* Video or DVD
3. *SDI Open Water Scuba Diver* PowerPoint Presentation
4. *SDI Confined Water / Open Water Teaching* slates
5. *SDI Skill Check-off* slate

Instructors may use any additional text or materials that they feel help present these topics.

6.9 Required Subject Areas

The following topics must be covered during this course:

1. History of Diving.
2. The Aquatic Environment:
 - a. Vision.
 - b. Light.

- c. Sound.
 - d. Heat loss.
 - e. Tides.
 - f. Currents.
 - g. Waves.
 - h. Surge.
3. Marine life injuries.
4. Physics and Physiology:
- a. Buoyancy.
 - b. Pressure.
 - c. Boyle's Law.
 - d. Air spaces:
 - i. Lung over-expansion problems.
 - ii. Equalization techniques.
 - e. Breathing air under pressure:
 - i. Decompression sickness:
 - 1. Repetitive dives.
 - 2. Safety stops.
 - 3. Emergency decompression.
 - 4. Omitted decompression:
 - ii. Nitrogen narcosis.
 - iii. Oxygen toxicity.
 - iv. Carbon monoxide poisoning.
 - v. Mixed gases.
 - vi. Hyperventilation, shallow water blackout.
5. Scuba Equipment:
- a. Mask, fins, and snorkel.
 - b. Exposure protection:
 - i. Wetsuits.
 - ii. Dry suits.
 - c. Buoyancy compensator device (BCD).

- d. Regulator:
 - i. Primary regulator.
 - ii. Alternate air source.
 - e. Cylinders.
 - f. Weight systems.
 - g. Underwater instruments:
 - i. Submersible pressure gauge.
 - ii. Dive computers.
 - iii. Dive watch.
 - iv. Depth gauges.
 - v. Compass.
 - h. Accessories
 - i. Dive flag.
 - ii. Rescue signal.
 - iii. Knife.
 - iv. Dive lights.
 - v. Equipment bag.
 - vi. Logbook.
 - vii. Slate.
6. Planning Your Dive:
- a. Diver fitness and overexertion.
 - b. Orientation to new or local diving environments.
 - c. Boat diving procedures.
 - d. Buddy system.
 - e. First aid.

6.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation (Must be completed prior to any scuba skills taught):

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a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel, or any swimming aids, or 300 metres nonstop using mask, snorkel, and fins.

b. Survival swim / float of 10 minutes.

Note: If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills:

a. Scuba system assembly and disassembly.

b. Weight system adjustment with proper weighting.

c. Removal and replacement of weight system on the surface.

d. Removal and replacement of weight system at depth. *

3. Pre-dive check of self and buddy.

4. Partial mask clear at depth.

5. Full mask clear at depth.

6. Breathing and swimming underwater without a mask.

7. Buoyancy compensator device (BCD) use:

a. Inflation and deflation (oral/power) at the surface.

b. Inflation and deflation (oral/power) at depth.

c. Removal and replacement at surface.

d. Removal and replacement at depth. *

8. Buoyancy Control:

a. Hovering.

b. Controlled ascents.

c. Controlled descents.

9. Regulator use:

a. Breathing, clearing, and recovery at the surface.

b. Breathing, clearing, and recovery at depth.

10. Underwater swimming; proper use of fins.

11. Entries and exits:

a. Controlled seated entry.

b. Giant stride entry.

c. Shallow water exit.

d. Deep water exit.

12. Snorkel use:

- a. Adjustment.
- b. b. Clearing; blast method.
- c. c. Regulator snorkel exchange at the surface.
- d. d. Surface snorkel swim in full equipment.

13. Computer use:

- a. Reading and understanding data.
- b. Understanding functions of computer.

14. Use of gauges.

15. Underwater communications.

16. Rescue techniques:

- a. Tired diver tows.
- b. Cramp relief.

17. Out-of-air emergencies:

- a. Controlled swimming ascent.
- b. Alternate air source use; air sharing with a buddy while making a controlled ascent.

*** To be completed in confined water only**

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver Instructor* Resource CD.
3. Complete all open water requirements safely and efficiently.

6.11 Open Water Global Referral Procedures

SDI Instructor to any Active SDI Instructor Procedure:

1. An SDI Instructor sends a student that has completed the academic and confined water portion of the *SDI Open Water Scuba Diver* course to a second SDI Instructor to complete the open water requirements with a *Global Referral* Form.

2. Once the student has completed the open water requirements, the SDI Open Water Scuba Diver Instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Open Water Scuba Diver Instructor completes the SDI Student Registration Form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

SDI Instructor to any Active Instructor Procedure:

1. An SDI Open Water Scuba Diver Instructor sends a student that has completed the academic and confined water portion of the open water course to any other active instructor from any dive training agency to complete the open water requirements with *Global Referral* Form.
2. The open water instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Confined Water instructor completes the *SDI Student Registration* Form with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card.
5. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

6.12 Supervised Diver to Open Water Scuba Diver Upgrade Procedure

For any SDI Supervised Diver to upgrade to SDI Open Water Scuba Diver, the following requirements must be met:

1. Student must have been certified as a SDI Supervised Diver within the past 12 months.
2. An additional academic review and/or confined session is not necessary but may be added at the instructor's discretion.
3. Complete a minimum of 2 Open Water dives, the instructor may use their discretion with reference to the skills needed to complete the dives.

7. Open Water Scuba Diver

7.1 *Introduction*

This certification course is designed to give students the necessary skills to conduct open water dives in conditions similar to their training without the direct supervision of an instructor.

7.2 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training to a maximum depth of 18 metres/ 60 feet.
2. Conduct dives with other certified divers at the same or higher level of certification.
3. Conduct dives that do not require decompression.
4. Enroll in the *Advanced Adventure Diver* program, individual SDI Specialties, or the *SDI Advanced Diver Development* program.

7.3 *Who May Teach*

An active SDI Open Water Scuba Diver Instructor.

7.4 *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 8 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters.

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.

2. Instructors have the option of adding 2 more students with the assistance of an active assistant instructor or divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active assistant instructors or divemasters.

7.5 Student Prerequisites

1. Minimum age 18; 10 through 17 with written parental consent.
2. Students between the ages of 10 through 14 may obtain a *SDI Junior Open Water Scuba Diver Certification* if the following conditions are met: junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.
3. When a SDI Junior Open Water Diver reaches the age of 15, they may upgrade to a SDI Open Water Scuba Diver certification by completing the *Junior Open Water Upgrade Form* and submitting it to World HQ.

7.6 Course Structure and Duration

Open Water Execution:

1. Students must complete a minimum of 4 open water scuba dives and remain underwater for a minimum of 15 minutes on each dive, for a minimum of 80 minutes total.
2. Training depth must be between 5 to 18 metres/ 15 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet.
3. A maximum of 3 scuba dives per day are allowed.
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives
6. Instructors are not allowed to carry any photo or video equipment while conducting the open water dives.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration

1. The suggested number of training hours is 20.

7.7 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. *SDI Liability Release and Express Assumption of Risk Form*
 - b. *SDI Medical Statement Form*.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

7.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. The following material is required:

1. *SDI Open Water Scuba Diver Manual* and associated *SDI Knowledge Quest Book* (or *SDI Open Water Diver Online Training course*).
2. *SDI Open Water Scuba Diver Instructor Guide*.

The following material is available and recommended:

1. SDI Logbook.
2. *SDI Open Water Scuba Diver Video* or DVD.
3. *SDI Open Water Scuba Diver PowerPoint Presentation*.
4. *SDI Confined Water / Open Water Teaching Slates*.
5. *SDI Skill Check-off Slate*.

Instructors may use any additional text or materials that they feel help present these topics.

7.9 Required Subject Areas

The following topics must be covered during this course:

1. History of Diving.

2. The Aquatic Environment:

- a. Vision.
- b. Light.
- c. Sound.
- d. Heat loss.
- e. Tides.
- f. Currents.
- g. Waves.
- h. Surge.

3. Marine life injuries.

4. Physics and Physiology:

- a. Buoyancy.
- b. Pressure.
- c. Boyle's Law.
- d. Air spaces:
 - i. Lung over-expansion problems.
 - ii. Equalization techniques.
- e. Breathing air under pressure:
 - i. Decompression sickness:
 - 1. Repetitive dives.
 - 2. Safety stops.
 - 3. Emergency decompression.
 - 4. Omitted decompression:
 - ii. Nitrogen narcosis.
 - iii. Oxygen toxicity.
 - iv. Carbon monoxide poisoning.
 - v. Mixed gases.
 - vi. Hyperventilation, shallow water blackout.

5. Scuba Equipment:

- a. Mask, fins, and snorkel.
- b. Exposure protection:

- i. Wetsuits.
 - ii. Dry suits.
 - c. Buoyancy compensator device (BCD).
 - d. Regulator:
 - i. Primary regulator.
 - ii. Alternate air source.
 - e. Cylinders.
 - f. Weight systems.
 - g. Underwater instruments:
 - i. Submersible pressure gauge.
 - ii. Dive computers.
 - iii. Dive watch.
 - iv. Depth gauges.
 - v. Compass.
 - h. Accessories
 - i. Dive flag.
 - ii. Rescue signal.
 - iii. Knife.
 - iv. Dive lights.
 - v. Equipment bag.
 - vi. Logbook.
 - vii. Slate.
- 6. Planning Your Dive:
 - a. Diver fitness and overexertion.
 - b. Orientation to new or local diving environments.
 - c. Boat diving procedures.
 - d. Buddy system.
 - e. First aid.
- 7. Underwater Navigation:
 - a. Compass.
 - b. Natural.

7.10 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation (Must be completed prior to any scuba skills taught):
 - a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel, or any swimming aids, or 300 metres nonstop using mask, snorkel, and fins.
 - b. Survival swim / float of 10 minutes.

Note: If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills:
 - a. Scuba system assembly and disassembly.
 - b. Weight system adjustment with proper weighting.
 - c. Removal and replacement of weight system on the surface.
 - d. Removal and replacement of weight system at depth.
3. Pre-dive check of self and buddy.
4. Partial mask clear at depth.
5. Full mask clear at depth.
6. Breathing and swimming underwater without a mask.
7. Buoyancy compensator device (BCD) use:
 - a. Inflation and deflation (oral/power) at the surface.
 - b. Inflation and deflation (oral/power) at depth.
 - c. Removal and replacement at surface.
 - d. Removal and replacement at depth.
8. Buoyancy Control:
 - a. Hovering.
 - b. Controlled ascents.
 - c. Controlled descents.
9. Regulator use:
 - a. Breathing, clearing, and recovery at the surface.
 - b. Breathing, clearing, and recovery at depth.
10. Underwater swimming; proper use of fins.

11. Entries and exits:

- a. Controlled seated entry.
- b. Giant stride entry.
- c. Shallow water exit.
- d. Deep water exit.

12. Snorkel use:

- a. Adjustment.
- b. b. Clearing; blast method.
- c. c. Regulator snorkel exchange at the surface.
- d. d. Surface snorkel swim in full equipment.

13. Computer use:

- a. Reading and understanding data.
- b. Understanding functions of computer.

14. Use of gauges.

15. Underwater communications.

16. Rescue techniques:

- a. Tired diver tows.
- b. Cramp relief.

17. Out-of-air emergencies:

- a. Controlled swimming ascent.
- b. Alternate air source use; air sharing with a buddy while making a controlled ascent.

18. Underwater Navigation.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver Instructor* Resource CD.
3. Complete all open water requirements safely and efficiently.

7.11 Open Water Global Referral Procedures

SDI Instructor to any Active SDI Instructor Procedure:

1. An SDI Instructor sends a student that has completed the academic and confined water portion of the SDI Open Water Scuba Diver course to a second SDI Instructor to complete the open water requirements with a *Global Referral Form*.
2. Once the student has completed the open water requirements, the SDI Open Water Scuba Diver Instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Open Water Scuba Diver Instructor completes the *SDI Student Registration Form* with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

SDI Instructor to any Active Instructor Procedure:

1. An SDI Open Water Scuba Diver Instructor sends a student that has completed the academic and confined water portion of the open water course to any other active instructor from any dive training agency to complete the open water requirements with *Global Referral Form*.
2. The open water instructor signs off that the skills listed on the back of the referral form have been completed.
3. The student takes the signed form back to the original SDI Confined Water Instructor to have their card issued.
4. The SDI Confined Water instructor completes the *SDI Student Registration Form* with the names of both instructors and sends it to SDI Headquarters to have the certification card issued with both instructor names on the card.
5. The SDI Instructor may also use the online registration system, or in-store card printing system if available.

Any Instructor to an Active SDI Instructor Procedure:

1. The SDI Instructor must teach the student how a personal dive computer works and have them wear a personal dive computer during the open water dives.
2. The SDI Instructor **MUST** make sure the student completes all the skills required in the SDI Open Water Scuba Diver standards; a short list is found on the back of the *Global Referral Form*.

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3. Upon successful completion of the skills, the SDI Open Water Scuba Diver Instructor completes and sends the *SDI Student Registration* Form to SDI Headquarters to process the certification card where both the confined and open water instructor name will appear on the card.
4. The SDI Instructor may also use the online registration system, or in-store card printing System if available.
5. SDI also requires the SDI Open Water Scuba Diver Instructor to make a copy of the referral letter that accompanied the student and file it with the student training record.
6. SDI recommends that if a student comes with a *Universal Referral* Form, they not only issue a SDI certification Card but also sign the *Universal Referral* Form and give it back to the student so they may go back to their original instructor.

8. Inactive Diver Program / Refresher

8.1 Introduction

The SDI Inactive Diver program is designed to update and review the knowledge and skill level of an inactive diver. SDI encourages the use of this program for instructors, assistant instructors, and resorts or dive facilities that have questions regarding the diving history of an individual. This program can also be used as a catalyst for continuing education programs.

8.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Enroll in the SDI Advanced Adventure Diver, individual SDI Specialty Courses, or the SDI Advanced Diver Development Program based on their prior certification.
2. Dive without the direct supervision of an instructor.

8.3 Who May Teach

1. An active SDI Open Water Scuba Diver Instructor.
2. An active SDI Assistant Instructor.

8.4 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 10 students per instructor, or Assistant Instructor.

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

1. A maximum of 8 students per instructor is allowed; it is the instructor's discretion to reduce this number as conditions dictate.

8.5 Student Prerequisites

To participate in the SDI Inactive Diver / Refresher Course, the individual must:

1. Have proof of an SDI Open Water Scuba Diver certification or equivalent from any recognized agency

8.6 Course Structure and Duration

Water Execution:

1. Training depth must not exceed 18 metres / 60 feet.
2. One dive required, can be confined or open water or both, second dive optional.
3. All dives must be completed during adequate lighting conditions or under conditions that simulate daylight conditions.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 4.

8.7 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. *SDI Liability Release and Express Assumption of Risk Form*
 - b. *SDI Medical Statement Form*.

An instructor may issue an Inactive Diver Refresher card upon successful completion of the course. If no card is issued, the instructor or Assistant Instructor conducting the course may sign a page in the diver's logbook to verify the date it was completed.

8.8 Required Equipment

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a Dive Computer is not mandatory but strongly recommended.

Optional materials:

1. *SDI Inactive Diver* eLearning.

8.9 Required Skill Performance and Graduation Requirements

Although one in-water training dive is required, the instructor or Assistant Instructor may use their discretion with reference to the skills needed to complete the dive. SDI offers the following outline:

1. Plan Dive:
 - a. Equalization techniques.
 - b. Communication signals.
 - c. Lung over-expansion problems.
 - d. Review of dive computer.
2. Scuba system assembly.
3. Weight adjustment
4. Mask defog.
5. Don scuba system.
6. Adequate entry for site conditions.
7. Controlled descent.
8. Computer check, if used.
9. Regulator clearing.
10. Regulator recovery.
11. Mask clearing.
12. Fin use.
13. Buoyancy control; hovering.
14. Underwater tour.
15. Computer check.
16. Controlled ascent, computer assisted.
17. Exit.
18. Disassemble scuba system.
19. Log dive.
20. Air sharing ascents.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Complete all open water requirements safely and efficiently. Demonstrate mature and sound judgment concerning dive planning and execution.

9. Accomplished Diver Program

9.1 Introduction

The SDI Accomplished Diver program is designed to allow an individual who is certified through a recognized scuba certification agency, a Military Diver or someone who has experience on conventional (open circuit) diving equipment over many years and does not hold a recreational diver certification to receive an SDI Open Water Scuba Diver certification. This program can also be used as a catalyst for continuing education programs.

9.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

1. Enroll in the *SDI Advanced Adventure Diver* program, individual SDI Specialty Courses, or the *SDI Advanced Diver Development Program* based on their prior certification
2. Dive without the direct supervision of an instructor.

9.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

9.4 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 10 students per instructor.

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.

9.5 Student Prerequisites

1. To participate in the SDI Accomplished Diver Course, the individual must:

- a. Have proof of a Junior Open Water Scuba Diver certification or Open Water Scuba Diver certification from a recognized agency, or documentation of a current military diver rating, or if not certified, documentation of at least 50 hours diving.

9.6 Course Structure and Duration

Academic:

1. An academic review covering the basic open water knowledge areas including the use of a personal dive computer must be completed. For divers that have never held a certification this review must include the completion of the SDI Open Water Scuba Diver manual or online Open Water Scuba Diver course.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 4-8 Open Water Execution.
2. One dive is required, and the training depth must not exceed 18 metres / 60 feet.

9.7 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. *SDI Liability Release and Express Assumption of Risk Form*
 - b. *SDI Medical Statement Form*.
5. Maintain a copy of the student's current credentials.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI or registering the students online through member's area of the SDI website,

9.8 Required Equipment

Basic open water scuba equipment as described in section two of this manual. A personal dive computer (PDC) is required.

9.9 Required Skill Performance and Graduation Requirements

Although one in-water training dive is required, the instructor may use their discretion with reference to the skills needed to complete the dive. SDI offers the following outline:

1. Plan Dive:
 - a. Equalization techniques.
 - b. Communication signals.
 - c. Lung over-expansion problems.
2. Review of dive computer.
3. Scuba system assembly.
4. Weight adjustment
5. Mask defog.
6. Don scuba system.
7. Adequate entry for site conditions.
8. Controlled descent.
9. Computer check.
10. Regulator clearing.
11. Regulator recovery.
12. Mask clearing.
13. Fin use.
14. Buoyancy control; hovering.
15. Underwater tour.
16. Computer check.
17. Controlled ascent; computer assisted.
18. Exit.
19. Disassemble scuba system.
20. Log dive.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Complete all open water requirements safely and efficiently.

10. Advanced Diver

10.1 Introduction

The SDI Advanced Diver Development Program was created to make true advanced divers. Under the old way of training a student could take an advanced course immediately following an open water course, and only have a total of 9 dives, all under the direct training of an instructor.

The SDI Advanced Diver Development program requires a new open water student to complete 4 SDI, TDI or ERDI Specialties or equivalent, combined with 25 logged dives. SDI believes a diver will truly be advanced after this is accomplished.

10.2 Who May Teach

An active SDI, TDI or ERDI Instructor or Assistant Instructor, qualified to teach the chosen specialties.

10.3 Graduation Requirements

SDI Advanced Diver Certification procedures for students:

1. Completion of 4 SDI, TDI, or ERDI Specialty Courses or equivalent; only 1 course without dives may be credited toward the Advanced Diver. Nitrox counts as a diving specialty.
2. Proof of 25 logged dives.
3. After the previous requirements are met and verified by an instructor, the instructor must issue the SDI Advanced Diver certification by submitting the SDI Diver Registration form to SDI Headquarters or the Regional Office or registering the students online through members area of the SDI/TDI/ERDI website.
4. Requirements for the SDI Junior Advanced include the above requirements, provided the 4 specialty courses they have taken are allowed by their age.

11. Rescue Diver

11.1 Introduction

The rescue certification course is designed to develop the knowledge and necessary skills for an individual to effectively perform diver rescues and assist and administer necessary first aid.

11.2 Qualifications of Graduates

Upon successful completion of this course, graduates:

1. Are able to conduct rescues for divers in distress.
2. Are qualified to enroll in:
 - a. The SDI Master Diver Program.
 - b. The SDI Divemaster Course.

11.3 Who May Teach

An active SDI Open Water Scuba Diver Instructor.

11.4 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 10 students per instructor
2. Instructors have the option of adding 2 additional students with the assistance of an active Assistant Instructor or Divemaster. Although additional assistants may be used, no additional students may be added.

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.
2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster. Although additional assistants may be used, no additional students may be added.

11.5 Student Prerequisites

1. Minimum age 18, 10 with parental consent.
2. Provide proof of current First Response Adult and Child Emergency Care Provider and Oxygen Administration Provider (where local law permits) certification or equivalent. *
3. Provide proof of SDI Advanced Adventure Diver certification, SDI Junior Advanced Adventure certification, or equivalent, or Open Water diver certification and 15 logged open water dives.
4. Divers under age 15 may earn the Junior Rescue Diver certification. Junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.

* **Note:** First Response courses may be combined with the SDI Rescue Diver course by qualified instructors.

11.6 Course Structure and Duration

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 12.
2. Of the suggested 12 hours, 8 of the suggested hours should be performed in open water conditions.

11.7 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. *SDI Liability Release and Express Assumption of Risk* Form
 - b. *SDI Medical Statement* Form.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

11.8 Training Material

Required Materials:

1. *SDI Rescue Diver* Manual (or SDI Rescue Diver Online Training course).
2. *SDI Rescue Diver* K.Q. Review.
3. *SDI Rescue Diver* Instructor Guide.

Optional Material:

1. *SDI Rescue Diver* PowerPoint Presentation.
2. *SDI Rescue Diver* Slates.
3. *SDI Rescue Diver Instructor* Slates.

11.9 Required Equipment

Basic open water scuba equipment as described in section two of this manual, with the addition of a cutting device.

11.10 Required Subject Areas

The SDI Rescue Diver Manual is required for this course. Instructors may use any additional text or materials that they feel help present these topics.

The following topics must be covered during this course:

1. Prevention and Causes of Diving Accidents:
 - a. Stress and psychological factors i.e., the panic syndrome in self and others.
 - b. Physical conditioning.
 - c. Equipment.
 - d. Surface drowning syndrome.
2. Diving Lifesaving:
 - a. Self-rescue.
 - b. Diver assists.
 - c. Surface and underwater rescues.

- d. Types of transports.
 - e. In-water artificial respiration.
 - f. Boat and shore exit techniques.
 - g. Diver first aid.
 - h. Review of oxygen (O₂) administration.
3. Hyperbaric Injuries and Management:
- a. Information collection.
 - b. Access to hyperbaric chambers.
4. Accident Management:
- a. Access to emergency transport/assistance.
 - b. Accident reporting.
 - c. Liability and related legal considerations.

11.11 Required Skill Performance and Graduation Requirements

Instructors are required to teach and evaluate all the following skills:

1. On the surface identify and assist a properly equipped skin or scuba diver simulating:
 - a. Breathing difficulties.
 - b. Tiredness.
 - c. Leg cramp.
 - d. Early panic symptoms.
2. Locate and bring to the surface a scuba diver simulating unconsciousness to the surface from approximately 6 metres / 20 feet.
3. Upon surfacing, transport the unconscious diver 50 metres / 150 feet to shore or boat, simulating in-water rescue breathing.
4. Upon reaching the shore or boat, with the assistance of 1 aide, remove the diver from the water.

NOTE: Due to the complex nature of many of the above skills, it is recommended that the instructor follow the skill development as outlined in the SDI Rescue Diver Course Open Water Exercises slate to break the required skills into smaller steps for improved learning.

In order to complete this course, students must:

SDI Standards and Procedures

Part 2: Diver Standards

1. Demonstrate mature and sound judgment concerning dive emergency planning and execution.
2. Complete all open water requirements safely and efficiently.
3. Satisfactorily complete the SDI Rescue Diver Knowledge Quest or eLearning.

12. Master Scuba Diver

12.1 *Introduction*

The SDI Master Scuba Diver Development Program was created to make true master divers. The SDI Master Scuba Diver Development program requires a new open water diver to complete 4 SDI, TDI or ERDI Specialties (or equivalent), the SDI Rescue Diver Course (or equivalent), and logged 50 dives. SDI believes a diver will be a true master scuba diver after this is accomplished.

12.2 *Who May Teach*

An active SDI, TDI or ERDI Instructor qualified to teach specialties.

12.3 *Graduation Requirements*

Master Scuba Diver Certification procedures for students:

1. Completion of 4 SDI, TDI, or ERDI Specialty Courses or equivalent; only 1 course without dives may be credited toward the Master Scuba Diver. Nitrox counts as a diving specialty.
2. Provide proof of 50 logged dives.
3. Completion of the SDI Rescue Diver Course or equivalent.
4. After the previous requirements are met and verified by an instructor, the instructor must issue the appropriate SDI certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

* **Note:** Requirements for divers under the age of 18 include the above provided the 4 specialty courses they have completed, are allowed by their age.

13. Shallow Water Scuba Diver

13.1 *Introduction*

This entry-level certification course is designed to give students the necessary skills to safely conduct open water dives in conditions similar to their training using the shallow water scuba system without the direct supervision of an instructor. This course is specific to a shallow water scuba system and is not intended to train participants in the use of conventional scuba diving equipment. Therefore, use of conventional scuba diving equipment by participants during this program is strictly prohibited.

13.2 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training using a shallow water scuba system to a maximum depth of 9 metres / 30 feet.

13.3 *Who May Teach*

Any active SDI Instructor that is certified to teach the shallow water diver course and has a shallow water scuba system on hand for training purposes.

13.4 *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 10 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 14 with the assistance of 2 active Assistant Instructors or Divemasters.

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

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.

2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active Assistant Instructors or Divemasters.

13.5 Student Prerequisites

1. Minimum age 18, 10 through 17 years with written parental consent
2. Students between the ages of 10 through 14 may obtain a SDI Junior Shallow Water Scuba Diver Certification if the following conditions are met: students are to train and dive under the direct supervision of a parent, guardian, or active leadership level diver.
3. When a junior shallow water scuba diver reaches the age of 15, they can upgrade to an SDI Shallow Water Scuba Diver certification.

13.6 Course Structure and Duration

Open Water Execution:

1. Students must complete 2 open water dives in warm, clear, and calm waters with a maximum depth of 9 metres / 30 feet.
2. Remain underwater for minimum of 20 minutes on each dive, for a total of 40 minutes.
3. Training depth must be between 4.5 to 9 metres / 15 to 30 feet.
4. A maximum of 3 open-water dives per day are allowed for training.
5. All dives must be completed during daylight hours or under conditions that simulate daylight conditions.
6. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives.
7. The instructor must record all in-water and topside training events on the student's record folder.

Course Structure:

1. All topics are presented in the context of using the water scuba system in warm, clear, and calm waters with a maximum depth of 9 metres / 30 feet.
2. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of student contact training hours is 8.

13.7 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. *SDI Liability Release and Express Assumption of Risk Form*
 - b. *SDI Medical Statement Form*.

Upon successful completion of the course the instructor must:

1. Issue the appropriate SDI certification by submitting the *SDI Diver Registration Form* to SDI Headquarters or registering the students online through member's area of the SDI website.

13.8 Training Material

The following material is available:

1. *SDI Open Water Scuba Diver Manual*.
2. SDI Logbook.
3. *SDI Confined Water / Open Water Teaching Slates*.
4. *SDI Skill Check-off Slate*.

13.9 Required Equipment

The following equipment is required for each student:

1. Shallow Water Scuba System that includes:
 - a. High pressure air cylinder of 3.8 to 5 litres / 28 to 40 cubic feet.
 - b. Buoyancy compensator device (BCD) with auto-inflator mechanism.
 - c. Regulator with primary and alternate second stages.
 - d. Submersible pressure gauge and depth gauge.
2. Mask, fins and snorkel.
3. Weights system.
4. Exposure suit, if needed.

13.10 Required Subject Areas

Instructors may use any additional text or materials that they feel help present these topics. The following topics must be covered during online course:

The following topics must be covered during this course:

1. History of Diving.
2. The Aquatic Environment:
 - a. Vision.
 - b. Light.
 - c. Sound.
 - d. Heat loss.
 - e. Tides.
 - f. Currents.
 - g. Waves.
 - h. Surge.
3. Marine life injuries.
4. Physics and Physiology:
 - a. Buoyancy.
 - b. Pressure.
 - c. Boyle's Law.
 - d. Air spaces:
 - i. Lung over-expansion problems.
 - ii. Equalization techniques.
 - e. Breathing air under pressure:
 - i. Decompression sickness.
 - ii. Nitrogen narcosis.
 - iii. Oxygen (O₂) toxicity.
 - iv. Carbon monoxide (CO) poisoning.
5. Scuba Equipment:
 - a. Mask, fins, and snorkel.
 - b. Exposure protection:

- i. Wetsuits.
 - ii. Dry suits.
 - c. Buoyancy compensator device (BCD).
 - d. Regulator:
 - i. Primary regulator.
 - ii. Alternate air source.
 - e. Cylinders:
 - i. Use.
 - ii. Removal and replacement.
 - iii. Care and inspection requirements.
 - f. Weight systems.
 - g. Underwater instruments:
 - i. Submersible pressure gauge (SPG).
 - ii. Dive watch.
 - iii. Depth gauges.
- 6. Accessories
 - a. Dive flag.
 - b. Rescue signal.
 - c. Knife/Cutting Tool.
 - d. Logbook.
 - e. Slate.
- 7. Planning Your Dive:
- 8. Diver fitness and overexertion.
- 9. Buddy system.
- 10. First aid.

13.11 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills in confined water:

1. Swimming evaluation (Must be completed prior to any scuba skill being taught):

SDI Standards and Procedures

Part 2: Diver Standards

- a. a. Distance swim of 200 metres, non-stop, using any stroke or 300 metres, non-stop, using mask, snorkel, and fins.
 - b. Survival swim / float of 10 minutes.
2. Scuba skills:
 - a. Assembly and disassembly of equipment.
 - b. Weight system adjustment with proper weighting.
 - c. Removal and replacement of weight system on the surface.
 - d. Removal and replacement of weight system at depth.
3. Pre-dive check of self and buddy.
4. Partial mask clear at depth.
5. Full mask clear at depth.
6. Breathing and swimming underwater without a mask.
7. Buoyancy compensator device (BCD) use:
 - a. Inflation and deflation (oral/auto) at the surface.
 - b. Inflation and deflation (auto) at depth.
 - c. Removal and replacement at surface.
8. Buoyancy control:
 - a. Hovering.
 - b. Controlled ascents.
 - c. Controlled descents.
 - d. Not exceeding the planned depth of the dive or 9 metres / 30 feet, whichever is greater.
9. Regulator use:
 - a. Breathing, clearing, and recovery at the surface.
 - b. Breathing, clearing, and recovery at depth.
 - c. Alternate air source use; air sharing with a buddy while making a controlled ascent.
10. Underwater swimming; proper use of fins.
11. Entries and exits:
 - a. Controlled seated entry.
 - b. Back-roll entry.
 - c. Giant stride entry.

- d. Shallow water exit.
 - e. Deep water exit.
12. Snorkel use:
- a. Adjustment.
 - b. Clearing; blast method.
13. Use of gauges.
14. Underwater communications.
15. Rescue techniques:
- a. Tired diver tows.
 - b. Cramp relief.
16. Out-of-air emergencies: simulated swimming ascent ending with establishing positive buoyancy upon reaching the surface.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the SDI Open Water Scuba Diver Digital Instructor Resource.
3. Complete all open water requirements safely and efficiently.

14. Indoor Diver

14.1 *Introduction*

This certification course is designed to give students the necessary skills to conduct dives in large indoor pools in conditions similar to their training without the direct supervision of an instructor. Divers completing this program are not qualified to conduct dives in open water.

14.2 *Definitions*

Indoor Pool = any confined body of water where water quality and condition can be controlled by way of salinity, chlorine, filtration system, heating, cooling, etc. The size of the pool must have a section 6 Metre / 20 feet or deeper and a section shallow enough for divers to stand with their head out of the water. Pools commonly used for swimming and in residential areas do not meet the definition of an indoor pool for the purposes of this training.

14.3 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Conduct dives in indoor pools in conditions similar to their training to a maximum depth of 18 metres / 60 feet.
2. Conduct Indoor dives with other certified divers at the same or higher level of certification.
3. Conduct dives that do not require decompression.
4. Upgrade to SDI Open Water Scuba Diver.

14.4 *Who May Teach*

An active SDI Open Water Scuba Diver Instructor.

14.5 *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) Pool:

1. A maximum of 8 students per instructor.

2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active Assistant Instructors or Divemasters.

Indoor Pool:

1. A maximum of 8 students per instructor are allowed; it is the instructor's discretion to reduce this number as conditions dictate.
2. Instructors have the option of adding 2 more students with the assistance of an active Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 12 with the assistance of 2 active Assistant Instructors or Divemasters.

14.6 Student Prerequisites

1. Minimum age 18, 10 through 17 with written parental consent.
2. Students between the ages of 10 through 14 may obtain an *SDI Junior Indoor Diver Certification* if the following conditions are met: junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional.
3. When an SDI Junior Indoor Diver reaches the age of 15, they may upgrade to an *SDI Indoor Diver* certification by completing the *Junior Indoor Diver Upgrade Form* and submitting it to World.

14.7 Course Structure and Duration

Water Execution:

1. Students must complete a minimum of 4 indoor scuba dives and remain underwater for a minimum of 15 minutes on each dive, for a minimum of 80 minutes total.
2. Training depth must be between 6 to 18 metres/ 20 to 60 feet; the maximum depth may not exceed 18 metres / 60 feet.
3. A maximum of 3 scuba dives per day are allowed.
4. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
5. Upon successful completion of the dives, the students must complete their logbooks and the instructor must sign off on the completed dives.
6. Instructors are not allowed to carry any photo or video equipment while conducting the dives.

Course Structure:

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.

Duration:

1. The suggested number of training hours is 20.

14.8 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. *SDI Liability Release and Express Assumption of Risk* Form
 - b. *SDI Medical Statement* Form.

Upon successful completion of the course the instructor must:

1. Issue the *SDI Indoor Diver* certification by submitting the SDI Diver Registration form to SDI Headquarters or registering the students online through member's area of the SDI website.

14.9 Training Material

The following material is required:

1. *SDI Open Water Scuba Diver* Manual and associated *SDI Knowledge Quest* Book (or *SDI Open Water Diver* Online Training course).
2. *SDI Open Water Scuba Diver Instructor* Guide.

The following material is available and recommended:

1. SDI Logbook.
2. *SDI Open Water Scuba Diver* Video or DVD.
3. *SDI Open Water Scuba Diver* PowerPoint Presentation.
4. *SDI Confined Water / Open Water Teaching* Slates.
5. *SDI Skill Check-off* Slate.

Instructors may use any additional text or materials that they feel help present these topics.

14.10 Required Equipment

Basic open water scuba equipment as described earlier in section two of this manual. The exception to this is a dive computer is not mandatory; however, a depth gauge is required.

14.11 Required Subject Areas

The following topics must be covered during this course:

1. History of Diving.
2. The Aquatic Environment:
 - a. Vision.
 - b. Light.
 - c. Sound.
 - d. Heat loss.
 - e. Tides.
 - f. Currents.
 - g. Waves.
 - h. Surge.
3. Physics and Physiology:
 - a. Buoyancy.
 - b. Pressure.
 - c. Boyle's Law.
 - d. Air spaces:
 - i. Lung over-expansion problems.
 - ii. Equalization techniques.
 - e. Breathing air under pressure:
 - i. Decompression sickness.
 1. Repetitive dives.
 2. Safety stops.
 3. Emergency decompression.
 4. Omitted decompression:
 - ii. Nitrogen narcosis.

- iii. Oxygen toxicity.
- iv. Carbon monoxide poisoning.
- v. Mixed gases.
- vi. Hyperventilation, shallow water blackout.

4. Scuba Equipment:

- a. Mask, fins, and snorkel.
- b. Exposure protection:
 - i. Wetsuits.
 - ii. Dry suits.
- c. Buoyancy compensator device (BCD).
- d. Regulator:
 - i. Primary regulator.
 - ii. Alternate air source.
- e. Cylinders.
- f. Weight systems.
- g. Underwater instruments:
 - i. Submersible pressure gauge.
 - ii. Dive computers.
 - iii. Dive watch.
 - iv. Depth gauges.
 - v. Compass.
- h. Accessories
 - i. Dive flag.
 - ii. Equipment bag.
 - iii. Logbook.
 - iv. Slate.
- i. Equipment permitted for use in facility.

5. Planning Your Dive:

- a. Diver fitness and overexertion.
- b. Orientation to new indoor diving facility.
- c. Proper diving etiquette in the facility.

- d. Buddy system.
 - e. First aid.
 - f. Scheduling your dive time.
6. What's next:
- a. Searching for other indoor facilities.
 - b. Getting certified as an *SDI Open Water Scuba Diver*.

14.12 Required Skill Performance and Graduation Requirements

Students are required to successfully complete the following skills:

1. Swimming evaluation (Must be completed prior to any scuba skills taught):
 - a. Distance swim of 200 metres non-stop using any stroke without the use of mask, snorkel, or any swimming aids, or 300 metres nonstop using mask, snorkel, and fins.
 - b. Survival swim / float of 10 minutes.

Note: If an exposure suit is worn for any of the above skills, the wearer must be neutrally buoyant at the surface.

2. Scuba skills:
 - a. Scuba system assembly and disassembly.
 - b. Weight system adjustment with proper weighting.
 - c. Removal and replacement of weight system on the surface.
 - d. Removal and replacement of weight system at depth.
3. Pre-dive check of self and buddy.
4. Partial mask clear at depth.
5. Full mask clear at depth.
6. Breathing and swimming underwater without a mask.
7. Buoyancy compensator device (BCD) use:
 - a. Inflation and deflation (oral/power) at the surface.
 - b. Inflation and deflation (oral/power) at depth.
 - c. Removal and replacement at surface.
 - d. Removal and replacement at depth.
8. Buoyancy Control:

SDI Standards and Procedures

Part 2: Diver Standards

- a. Hovering.
 - b. Controlled ascents.
 - c. Controlled descents.
9. Regulator use:
- a. Breathing, clearing, and recovery at the surface.
 - b. Breathing, clearing, and recovery at depth.
10. Underwater swimming; proper use of fins.
11. Entries and exits:
- a. Controlled seated entry.
 - b. Giant stride entry.
 - c. Shallow water exit.
 - d. Deep water exit.
12. Snorkel use:
- a. Adjustment.
 - b. b. Clearing; blast method.
 - c. c. Regulator snorkel exchange at the surface.
 - d. d. Surface snorkel swim in full equipment.
13. Computer use:
- a. Reading and understanding data.
 - b. Understanding functions of computer.
14. Use of gauges.
15. Underwater communications.
16. Rescue techniques:
- a. Tired diver tows.
 - b. Cramp relief.
17. Out-of-air emergencies:
- a. Controlled swimming ascent.
 - b. Alternate air source use; air sharing with a buddy while making a controlled ascent.
18. Underwater Navigation.

In order to complete this course, students must:

1. Demonstrate mature and sound judgment concerning dive planning and execution.
2. Satisfactorily complete the *SDI Open Water Scuba Diver* Knowledge Quest or equivalent SDI electronic / online learning exam. Instructors may use additional exams that can be found on the *SDI Open Water Scuba Diver Instructor* Resource CD.
3. Complete all open water requirements safely and efficiently.

14.13 Indoor Diver to Open Water Scuba Diver

Upgrade Procedure:

For any SDI Indoor Diver to upgrade to SDI Open Water Scuba Diver, the following requirements must be met:

1. Student must have been certified as an SDI Indoor Diver.
2. An additional academic session must be conducted covering the following topics:
 - a. Marine life injuries.
 - b. The Aquatic Environment.
 - i. Tides.
 - ii. Waves.
 - iii. Surge.
 - c. Accessories:
 - i. Dive flag.
 - ii. Rescue signal.
 - iii. Knife.
 - d. Underwater Navigation:
 - i. Compass.
 - ii. Natural.
3. Complete a minimum of 2 Open Water dives, the instructor may use their discretion with reference to additional skills needed to complete the dives. The dives must include:
 - a. Complete briefs and debriefs of the local environment.
 - b. Emergency procedures.