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**SDI**

**Standards and Procedures Manual**

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**Part 5: Scubility Standards**

**SCUBA DIVING INTERNATIONAL**

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**Revision History**

Revision Number	Date	Changes
12.0	01/01/2012	New standard.
12.1	02/15/2012	Minor Revisions.
12.2	06/01/2012	2.3 Added Definitions.
13.0	01/01/2013	No changes.
14.0	01/01/2014	No changes.
14.1	04/01/2014	9.6.5 Removed maximum number of 3 dives per day. 10.6.5 Removed maximum number of 3 dives per day. 10.6 Corrected suggested hours from 20 to 8.
15.0	01/01/2015	No changes.
15.1	04/01/2015	10.6 Removed information from Duration section that was incorrect.
15.2	08/01/2015	No changes.
15.3	11/01/2015	Page Two: Headquarters information updated.
16.0	01/01/2016	No changes.
17.0	01/01/2017	No changes.
18.0	01/01/2018	2.3 Changed IT Staff Instructor to Course Director under Assisted and Co-teach definitions. 2.3 Added definition of prerequisites
19.0	01/01/2019	2.2 Added reference. 9.6 Clarified depths and environments for dives 9.9.2 Added additional medical conditions 9.9.3 added new section with common terms. Formatting updated.
0120	01/01/2020	1. Item 9 Changed "Advanced" to "Advanced Adventure". 2.1.2 Defined the valid term for a physician signed medical. 9.5.2.c Item changed to " Advanced Adventure Diver or equivalent with 40 logged dives".
0620	06/01/2020	No changes.

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0121	01/01/2021	1. Corrected prerequisite certification on line 9. 6.10 DB2 & DB3 wording updated.
0221	02/01/2021	No changes.
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01/24	01/01/2024	1. Add new item 8. Scubility Advanced Adventure Diver and renumbered subsequent items 8. Scubility Advanced Adventure Diver – added new course standard and renumbered subsequent sections.
0125	01/01/2025	2.5.1 Clarified minimum visibility 6. Added new Scubility Indoor Diver standard and renumberd subsequent items 6.11.5 Removed specific distance requirement 10.10.2 and 10.10.3 Clarified dive requirement 11.10.2 Clarified minimum requirements

## 1. Scubility Course Overview Matrix

	Specialty Name	Minimum Age	Number of required dives	Student to Instructor Ratio in Confined Water	Student to Instructor Ratio in Open Water	Prerequisite Certification or Requirements	Certification Card must be issued by SDI	Experience Card can be issued by Instructor
3	Scubility Snorkel Diver	8	1	2	2	None	Optional	Yes
4	Scubility Scuba Discovery	10	1	2	2	None	No	Yes
5	Scubility Surface Buddy	16	N/A	6	6	None	No	Yes
6	Scubility Open Water Scuba Diver	10	4	2	2	None	Yes	No
7	Scubility Inactive Diver/Refresher	10	1	2	2	Certified Diver	No	No
8	Scubility Advanced Adventure Diver	10	5	N/A	2	Certified Diver	Yes	No
8	Scubility Advanced Diver	10	N/A	N/A	N/A	25 Open Water dives + 4 Specialties	Yes	No
9	Scubility Dive Buddy	16	4	8	8	Rescue Diver OR Advanced Adventure Diver with 40 logged dives	Yes	No
10	Scubility Instructor Upgrade	18	N/A	N/A	N/A	Current Instructor, CPR and First Aid, Scubility Dive Buddy	Yes	No



## 2. General Scubility Course Standards

These standards apply to all SDI Scubility Diver Courses and Specialties.

### 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 answers yes to any question in the medical statement the student must provide written permission 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.

**Note:** Equipment may need to be modified to accommodate disabled diver provided it does not exclude mandatory equipment.

## **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.
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.

## **2.9     *Temporary Certification Cards***

Temporary cards are available for purchase from SDI and can be issued after all performance requirements and administrative requirements are met. The temporary cards are valid for 30 days from the signing and must be signed within 10 days of course completion.

## **3. Scubility Snorkel Diver Course**

### **3.1 Introduction**

This 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.

**Note:** Snorkeling under the supervision of a qualified SDI Scubility Dive Buddy may be required.

### **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**

An active SDI Scubility 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 2 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active SDI Scubility trained Divemaster, for a total of 4 students.

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

1. A maximum of 2 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 SDI Scubility trained Divemaster, for a total of 4 students.

### **3.5 Student Prerequisites**

Minimum age 18, 8 with parental consent.

### **3.6 Course Structure and Duration**

#### **Open Water Execution:**

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.

### **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 SDI snorkeling equipment, including 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.

1. The Aquatic Environment:
  - a. Vision.
  - b. Light.
  - c. Sound.
  - d. Heat loss.
  - e. Tides.
  - f. Currents.
  - g. Waves.
  - h. Surge.
  - i. Marine Life injuries.
2. Physics and Physiology:
  - a. Buoyancy.
  - b. Pressure.
  - c. Equalization Techniques.
3. Snorkeling Equipment:
  - a. Mask, fins, and snorkel.
  - b. Exposure protection.
  - c. Buoyancy compensator device or snorkeling vest.
  - d. Weight systems.
4. Accessories:
  - a. Dive flag.
  - b. Rescue signal.
  - c. Knife or cutting device.
5. 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; with minimum assistance if required.
4. Achieve neutral buoyancy.
5. Proper breathing and clearing of a snorkel.
6. Swimming; proper use of fins or webbed gloves.
7. Proper use of buoyancy compensator device (BCD)/snorkel vest.
8. Surface dives.
9. 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. Scubility Scuba Discovery Program

### 4.1 *Introduction*

This program is designed to give the physically disabled prospective student an introduction to scuba diving in a controlled environment under the direct supervision of an active and insured Instructor.

### 4.2 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Dive under the direct supervision of an active SDI Scubility Instructor.
2. Enroll in an SDI Scubility Open Water Scuba Diver Course.

### 4.3 *Who May Teach*

An active SDI Scubility Instructor.

### 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.

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

1. A maximum of 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

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

1. A maximum of 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

#### **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**

##### **Open or Confined Water:**

1. Training depth must not exceed 6 Metres/18 Feet.
2. One dive is required, a second dive is optional.
3. All dives must be completed during daylight hours.
4. Instructors are not allowed to carry any photo or video equipment while conducting any confined water or open water dive. If video or photos are to be taken during the exercise, an additional individual must be used for this function.

##### **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 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**

  - 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 an SDI Experience card (optional).

## **4.8 Required Equipment**

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

## **4.9 Required Subject Areas**

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

The following topics must be covered.

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 Problem.
3. Scuba Equipment Assembly:
  - a. Mask, fins and snorkel.
  - b. Exposure protection:
    - i. Wetsuits.
  - c. Buoyancy compensator device.
  - d. Regulator:
    - i. Primary regulator.
    - ii. Alternate air source.
  - e. Cylinders.
  - f. Weight systems/Weight placement.
  - g. Underwater instruments:
    - i. Submersible pressure gauge (SPG).
    - ii. Dive computers.
    - iii. Depth gauges.

4. Underwater Communications.

#### **4.10 Required Skill Performance and Graduation Requirements**

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

1. Weight system adjustment with proper weighting.
2. Pre-dive check of self and buddy.
3. Mask clearing; partial and full at depth.
4. Buoyancy compensator device (BCD) use:
  - a. Inflation and deflation (auto inflation) at the surface.
  - b. Inflation and deflation (auto inflation) at depth.
5. Buoyancy control:
  - a. Controlled ascents.
  - b. Controlled descents.
6. Regulator use:
  - a. Breathing, clearing, and recovery at the surface.
  - b. Breathing, clearing, and recovery at depth.
7. Underwater swimming; proper use of fins or webbed gloves.
8. Computer (PDC) and gauges use; reading and understanding data.
9. Underwater communications.

**In order to complete this course, students must:**

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

## **5. Scubility Surface Buddy Program**

### **5.1 Introduction**

This program is designed to provide suitably qualified surface assistants for the physically disabled diver.

### **5.2 Qualifications of Graduates**

1. This is a non-diving qualification; the SDI Surface Buddy certification card is available after graduation.

### **5.3 Who May Teach**

An active SDI Scubility 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 6 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 10 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

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

1. A maximum of 6 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 10 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

### **5.5 Student Prerequisites**

1. Minimum age 18, 16 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 2 Metres/6 Feet.
2. One dive is required, the second dive is optional.
3. All sessions must be completed during daylight hours and with adequate lighting 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 8.

## **5.7 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 an SDI Experience card (optional).

## **5.8 Required Equipment**

Exposure protection suitable for the local diving environment with mask, fins and snorkel.

## **5.9 Required Subject Areas**

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

1. History of Diving.
2. The Aquatic Environment:
  - a. Marine environment.
  - b. Marine life.
3. Physics and Physiology:
  - a. Buoyancy.
  - b. Pressure.
  - c. Air spaces:
    - i. Equalization techniques.
    - ii. Lung over-expansion problems.
  - d. Breathing air under pressure.
4. Scuba Equipment:
  - 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.
  - h. Submersible pressure gauge (SPG):
    - i. Dive computers.
    - ii. Depth gauges.
  - i. Accessories.
  - j. Dive flag.

### ***5.10 Required Skill Performance and Graduation Requirements***

**The required skills should be performed on a pool or boat deck in a confined and open water diving environment.**

1. Equipment assembly/disassembly and adjustment.
2. Weight system assembly/adjustment with proper weighting.
3. Suiting up and de-suiting.
4. Pre-dive check of buddy.
5. Use of mask, fins and snorkel.
6. Entries – assistance with:
  - a. Controlled seated.
  - b. Back roll.
  - c. Giant stride.
7. Equipment – Suiting-up of diver in the water.
8. Equipment removal in the water.
9. Exits – assistance with:
  - a. Shallow water.
  - b. Deep water exit.
10. Tired diver tows.
11. Surface communication, assistance.
12. Dive planning – help with use of personal dive computer (PDC) and logging of dives.

**In order to complete this course, students must:**

1. Demonstrate mature and sound judgment concerning snorkel planning or dive planning and execution.



## 6. Scubility Indoor Diver

### 6.1 *Introduction*

This certification course is designed to give physically disabled 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.

- **Note:** Diving under the supervision of a qualified SDI Scubility Dive Buddy may be required

### 6.2 *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.

### 6.3 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

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

### 6.4 *Who May Teach*

An active SDI Open Water Scuba Diver Instructor.

### 6.5 *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 2 students per instructor.
2. Instructors have the option of adding more student with the assistance of an active SDI Scubility trained Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 active SDI Scubility trained Assistant Instructors or Divemasters.

**Indoor Pool:**

1. A maximum of 2 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 1 more student with the assistance of an active SDI Scubility trained Assistant Instructor or Divemaster.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 active SDI Scubility trained Assistant Instructors or Divemasters.

## **6.6 Student Prerequisites**

1. Minimum age 18, 10 with written parental consent.
2. Students between the ages of 10 through 14 may obtain an *SDI Junior Scubility 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 with an SDI Scubility Dive Buddy certification.
3. When an SDI Junior Scubility Indoor Diver reaches the age of 15, they may upgrade to an *SDI Scubility Indoor Diver* certification by completing the *Junior Indoor Diver Upgrade* Form and submitting it to World.

## **6.7 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.

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.
2. A confined water assessment session must be carried out before the start of the course (this can be carried out during the scuba discovery program).

**Duration:**

1. The suggested number of training hours is 30.

## **6.8 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:**

5. 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.

## **6.9 Training Material**

**The following material is required:**

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

The following material is available and recommended:

8. SDI Logbook.
9. *SDI Open Water Scuba Diver* Video or DVD.

10. *SDI Open Water Scuba Diver* PowerPoint Presentation.

11. *SDI Confined Water / Open Water Teaching Slates*.

12. *SDI Skill Check-off Slate*.

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

### **6.10 Required Equipment**

1. Basic open water scuba equipment as described earlier in section two of this manual.
2. Equipment modified to suit the student's individual needs is acceptable as long as it meets the basic requirements

### **6.11 Required Subject Areas**

The following topics must be covered during this course:

3. History of Diving.
4. The Aquatic Environment:
  - a. Vision.
  - b. Light.
  - c. Sound.
  - d. Heat loss.
  - e. Tides.
  - f. Currents.
  - g. Waves.
  - h. Surge.
5. 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.
6. 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.
7. 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.

What's next:

- g. Searching for other indoor facilities.
- h. Getting certified as an *SDI Open Water Scuba Diver*.

## **6.12 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 100 metres using any stroke or 150 metres using mask, snorkel, and fins or webbed gloves; wetsuit can be worn.
  - b. Survival swim of 10 minutes; wetsuit can be worn.
2. Scuba skills:
  - a. Scuba system assembly and disassembly; minimal assistance.
  - b. Weight system adjustment with proper weighting; minimal assistance.
  - c. Removal and replacement of weight system:
    - i. On the surface; can be removal only
    - ii. At depth, minimal assistance.
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.

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- c. Removal and replacement at surface; on entry and exit is allowed.
  - d. Removal and replacement at depth; minimal assistance.
8. Buoyancy Control:
- a. Hovering.
  - b. Controlled ascents; minimal assistance – dependent on disability.
  - c. Controlled descents; minimal assistance – dependent on disability.
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 and/or webbed gloves.
11. Entries and exits:
- a. Controlled seated entry, if suitable for level of disability.
  - b. Giant stride entry, if suitable for level of disability
  - c. Back-roll entry, if suitable for level of disability.
  - d. Shallow water exit; assistance of up to 100% depending on level of disability.
  - e. Deep water exit; assistance of up to 100% depending on level of disability.
12. Snorkel use:
- a. Adjustment.
  - b. b. Clearing; blast method.
13. Computer use:
- c. Reading and understanding data.
  - d. Understanding functions of computer.
13. Use of gauges.
14. Out-of-air emergencies:
- a. Alternate air source use; air sharing with a buddy, both stationary and while making a controlled ascent.

**In order to complete this course, students must:**

- 14. Demonstrate mature and sound judgment concerning dive planning and execution.
- 15. 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*.

16. Complete all open water requirements safely and efficiently.

### **6.13 Dive-Buddy System**

The Dive-buddy system puts flexibility into the training program by allowing certification according to which performance requirements have been met.

**DB1:** All of the performance requirements have been met; the diver has demonstrated the ability to perform self-rescue and can provide equal assistance to his/her buddy should it become necessary. This diver can dive with any other certified diver.

**DB2:** All of the performance requirements have been met; the diver has demonstrated the ability to perform self-rescue but is not able to provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Rescue Diver or equivalent.

**DB3:** The physical performance requirements have been met; the diver has demonstrated the ability to safely use scuba in an open water environment. But the diver does not have the ability to perform self-rescue or provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Scubility Dive Buddy or equivalent.

### **6.14 Scubility Indoor Diver to Scubility Open Water Scuba Diver**

#### **Upgrade Procedure:**

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

17. Student must have been certified as an SDI Scubility Indoor Diver.
18. 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.

19. 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.

## 7. Scubility Open Water Scuba Diver Course

### 7.1 *Introduction*

This entry-level certification course is designed to give physically disabled students the necessary skills to safely conduct open water dives in conditions similar to their training without the direct supervision of an instructor. \*

\* **Note:** Diving under the supervision of a qualified SDI Dive Buddy may be required.

### 7.2 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Conduct open water dives in conditions similar to their training.
2. 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 Instructor who is certified to teach the SDI Scubility program.

### 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 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

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

1. A maximum of 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.

3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

## **7.5 Student Prerequisites**

1. Minimum age 18, 10 with parental consent.
2. Students between the ages of 10 through 14 may obtain a restricted SDI Scubility 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 with an SDI Dive Buddy certification.
3. When a restricted SDI Scuba Diver reaches the age of 15, they can upgrade to the SDI Scubility Open Water Scuba Diver certification.

## **7.6 Course Structure and Duration**

### **Open Water execution:**

1. Students must complete 4 open water dives and remain underwater for a minimum of 15 minutes on each dive, for a total of 60 minutes.
2. Training depth must be between 4.5 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.

### **Course Structure:**

1. SDI allows instructors to structure courses according to the number of students participating and their skill level.
2. A confined water assessment session must be carried out before the start of the course (this can be carried out during the scuba discovery program).

### **Duration:**

1. The suggested number of training hours is 30.

## **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 Training Materials**

**The following material is available:**

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.

## **7.9 Required Equipment**

1. Basic open water scuba equipment as described in section 2 of this manual.
2. Equipment modified to suit the student's individual needs is acceptable as long as it meets the basic requirements.

## **7.10 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 this course:**

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

- d. Heat loss; emphasis on specific disability.
  - e. Tides.
  - f. Currents.
  - g. Waves.
  - h. Surge.
  - i. Marine life injuries.
3. Physics and Physiology:
- a. Buoyancy.
  - b. Pressure.
  - c. Boyle's Law.
  - d. Air spaces:
    - i. Lung over-expansion problems.
    - ii. Equalization techniques.
  - e. 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.
4. Scuba Equipment - modified and special equipment must be covered on each part of this section:
- 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 (SPG).
    - 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.
- 5. Planning your dive:
  - a. Special considerations for the disabled diver.
  - b. Buddy system.
  - c. First aid.

### ***7.11 Required Skill Performance and Graduation Requirements***

**Students are required to successfully complete the following skills:**

- 1. Swimming evaluation:
  - a. 100-Metre distance swim, using any stroke or 150-Metre distance swim using mask, snorkel and fins or webbed gloves; wetsuit can be worn.
  - b. Survival swim of 10 minutes; wetsuit can be worn.
- 2. Scuba skills:
  - a. Scuba system assembly and disassembly; minimal assistance.

- b. Weight system adjustment with proper weighting; minimal assistance
  - c. Removal and replacement of weight system:
    - i. On the surface; can be removal only.
    - ii. At depth; minimal assistance.
- 3. Pre-dive check of self and buddy.
- 4. Mask clear:
  - a. Partial, at depth.
  - b. Full, at depth.
- 5. Breathing and swimming underwater without a mask.
- 6. Buoyancy compensator device (BCD) use:
  - a. Inflation and deflation (oral/power)
    - i. At the surface.
    - ii. At depth.
  - b. Removal and replacement:
    - i. At surface; on entry and exit is ok.
    - ii. At depth; minimal assistance.
- 7. Buoyancy Control:
  - a. Hovering.
  - b. Controlled ascents; minimal assistance- dependent on disability.
  - c. Controlled descents; minimal assistance- dependent on disability.
- 8. Regulator use:
  - a. Breathing, clearing, and recovery:
    - i. At the surface.
    - ii. At depth.
  - b. Alternate air source use (air sharing with a buddy; stationary and while making a controlled ascent).
- 9. Underwater swimming (proper use of fins and/or webbed gloves).
- 10. Entries and exits:
  - a. Controlled seated entry, if suitable for level of disability.
  - b. Back-roll entry; if suitable for level of disability.
  - c. Giant stride entry; if suitable for level of disability.

- d. Shallow water exit; assistance of up to 100% depending on level of disability.
  - e. Deep water exit; assistance of up to 100% depending on level of disability.
11. Snorkel use:
    - a. Adjustment.
    - b. Clearing (blast method).
  12. Computer use:
    - a. Reading and understanding data.
    - b. Understanding functions of computer.
  13. Use of gauges
  14. Underwater communications:
    - a. Special signals for sight impaired diver.
  15. Rescue techniques:
    - a. Tired diver tows; instructors' discretion.
    - b. Cramp relief.
  16. Out-of-air emergencies:
    - a. Simulated swimming ascent.

**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.

## **7.12 Dive-Buddy System**

The Dive-buddy system puts flexibility into the training program by allowing certification according to which performance requirements have been met.

**DB 1:** All of the performance requirements have been met; the diver has demonstrated the ability to perform self-rescue and can provide equal assistance to his/her buddy should it become necessary. This diver can dive with any other certified diver.



**DB2:** All of the performance requirements have been met; the diver has demonstrated the ability to perform self-rescue but is not able to provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Rescue Diver or equivalent.

**DB3:** The physical performance requirements have been met; the diver has demonstrated the ability to safely use scuba in an open water environment. But the diver does not have the ability to perform self-rescue or provide assistance to his buddy should it become necessary. This diver must dive with 2 adult certified divers, one of which must be a qualified SDI Scubility Dive Buddy or equivalent.

## **8. Scubility Inactive Diver Program Refresher Course**

### **8.1 Introduction**

The 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, Divemasters 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 Advanced Adventure Diver program, individual SDI Specialties or the SDI Advanced Diver Development program.
2. Dive within the supervision parameters of the original certification. (Dive Buddy levels 1-3).

### **8.3 Who May Teach**

1. An active SDI Scubility Instructor.
2. An SDI Scubility Assistant Instructor, an SDI Assistant Instructor who has completed the Scubility Dive Buddy Program.

### **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 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

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

1. A maximum of 2 students per instructor.
2. Instructors have the option of adding 1 more student with the assistance of an active SDI Scubility trained Divemaster or Assistant Instructor.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 SDI Scubility trained Divemasters or Assistant Instructors.

**8.5 Student Prerequisites**

Have proof of a disabled diver certification from a recognized agency.

**8.6 Course Structure and Duration**

**Water execution:**

1. Training depth must not exceed 6 Metres/18 Feet.
2. One dive is required, the second dive is optional.
3. All sessions must be completed during adequate lighting 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 6.

**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.

**Upon successful completion of the course the instructor must:**

1. There is no card to issue upon successful completion of the course.

## **8.8 Required Equipment**

1. Basic open water scuba equipment as described in section three of this manual.
2. Equipment modified to suit the student's individual needs is acceptable as long as it meets the basic requirements.

## **8.9 Required Skill Performance and Graduation Requirements**

Although 1 in-water training dive is required (in-water training outline is provided) 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. Weights adjustment/mask defog.
4. Don scuba system.
5. Adequate entry for site conditions.
6. Controlled descent.
7. Computer check.
8. Regulator clearing.
9. Regulator recovery.
10. Mask clearing.
11. Fin/webbed glove use.
12. Buoyancy control – hovering.
13. Underwater tour.
14. Computer check.
15. Controlled ascent – computer assisted.
16. Exit.
17. Disassemble scuba system.
18. 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.

## 9. Scubility Advanced Adventure Diver

### 9.1 *Introduction*

The purpose of this course is to give the diver an overview of 5 different specialties, 2 core, and 3 additional SDI Specialties. The two core specialties are SDI Deep and Navigation. One dive, from each of the specialties, may apply toward a complete specialty certification. Overhead environments and non-diving specialties are not allowed, and do not count toward the 3 chosen specialties. If one of the elected specialties is computer nitrox, dry suit, night-limited visibility, full face mask, DPV, search and recovery, and/or Sidemount, the instructor must hold the corresponding SDI Specialty Instructor rating. It is recommended for the student to work on advanced buoyancy during this program, it may even count as one of the five specialties required to receive the Scubility Advanced Adventure Diver rating.

### 9.2 *Who May Teach*

An active SDI Scubility Instructor.

### 9.3 *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. N/A.

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

1. A maximum of 2 students per instructor. It is the instructor's discretion to reduce this number as conditions or chosen specialty dictate.
2. The instructor has the option of adding 1 more student with the assistance of an active Assistant Instructor or Divemaster that is certified as an SDI Scubility Dive Buddy or equivalent.
3. The total number of students an instructor may have in the water is 4 with the assistance of 2 active Assistant Instructors or Divemasters that are certified as an SDI Scubility Dive Buddy or equivalent, unless chosen specialty states lower numbers.

The proper number of certified dive buddies must be used in accordance with the diver's Open Water certification. Certified Scubility Dive Buddies do not count against ratios.

## **9.4 Student Prerequisites**

1. SDI Open Water Scuba Diver, SDI Junior Open Water Scuba Diver, SDI Scubility Diver, or equivalent; juniors can only take specialties approved for their age.
2. Minimum age 18, 10 with parental consent. Junior students are to train and dive under the direct supervision of a parent, guardian, or active dive professional and in accordance with their DB certification level.

## **9.5 Course Structure and Duration**

### **Open Water Execution:**

1. Five dives are required with complete briefs and debriefs by the instructor.
2. One dive must be deeper than 18 Metres/60 Feet but not deeper than 30 Metres /100 Feet; *divers between the ages of 10 through 14 cannot exceed 21 Metres/70 Feet.*
3. One dive must be a navigation dive.
4. Dive plans must include surface interval, maximum no-decompression time, etc. to be figured out and logged.
5. Each dive will be the first dive of each of the specialties i.e., dive one of deep course, dive one of navigation course, etc.
6. All dives are to be under the direct supervision of an active SDI Scubility Instructor.

### **Course Structure:**

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

## **9.6 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.

## **9.7 Training Material**

### **Required Material:**

1. *SDI Advanced Adventure Diver Manual and IQ Review Booklet* (or eLearning course)
2. *SDI Advanced Adventure Diver Instructor Guide*.

### **Optional Materials:**

1. *SDI Advanced Adventure Diver PowerPoint Presentation*

## **9.8 Required Equipment**

Basic open water scuba equipment as described in section three of this manual, and any other equipment that may apply to the chosen specialties.

## **9.9 Approved Outline**

The outline that is to be used for this specialty is an abridged version of each of the 2 core and 3 chosen specialties. The material covered must be an overview and introduction. This is just an outline and is not intended to be taught in any particular order.

### **Deep Diving:**

1. Diving Tables and Computers:
  - a. History of dive tables and computers:
    - i. No-decompression.
    - ii. Use of the decompression schedule according to your computer.
    - iii. Safety stops.
  - b. Practical problem solving.
2. Specialty equipment for deep dives:
  - a. Cylinders; different sizes.
  - b. Regulators.
  - c. Buoyancy compensator device (BCD).
  - d. Redundant gas supplies.
3. Physics and physiology for deep divers:



- a. Special considerations for pressures greater than 3 atmospheres (ATA):
  - i. Air consumption.
  - ii. Carbon dioxide (CO<sub>2</sub>) factors.
  - iii. Nitrogen narcosis.
  - iv. Oxygen (O<sub>2</sub>) toxicity.
  - v. Decompression sickness.
- 4. Emergency Procedures for Deep Divers:
  - a. Usage and techniques for safety cylinders.
  - b. Recompression chamber listing for area.
- 5. Review of First Aid:
  - a. Oxygen treatment.
  - b. Treat for shock.

**Navigation:**

- 1. The Aquatic Environment:
  - a. Vision.
  - b. Light.
  - c. Sound.
  - d. Heat loss.
  - e. Tides.
  - f. Currents.
  - g. Waves.
  - h. Surge.
- 2. Natural Navigation:
  - a. Bottom contours.
  - b. Depth.
  - c. Amount of light.
  - d. Surge.
  - e. Currents.
  - f. Underwater objects; rocks, wrecks, etc.
- 3. Compass:
  - a. Types:

- i. Analog.
- ii. Digital.
- b. Features:
  - i. Lubber line.
  - ii. Bezel.
  - iii. Luminous dial.
- c. Use of compass:
  - i. Out and back.
  - ii. Squares.
  - iii. Triangles.
- d. Estimating Distance Underwater:
  - i. Kick cycles.
  - ii. Time.

### **9.10 Required Skill Performance and Graduation Requirements**

#### **Students are required to successfully complete the following:**

1. Students must perform the skills listed for dive 1 for each of the 2 core, and 3 chosen specialties. Specific course outlines for the respective specialties are listed later in this section of the SDI Standards.

#### **Deep Dive:**

1. Open Water Dive 1:
  - a. Test and check all equipment, i.e., depth gauges, bottom timers/watches and computers.
  - b. Familiarization with area.
  - c. Descend to planned depth and do not exceed any pre-planned limits.
  - d. Dive according to plan at a depth limited to 30 Metres/100 Feet for first dive.  
*Divers between the ages of 10 and 14 cannot exceed 21 Metres/70 Feet.*
  - e. Ascend to safety stop.

#### **Navigation Dive:**

1. Open Water Dive 1:

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- a. Skills are generally done with more success if practiced on the surface from shore. Using the shore or descent line as a starting/reference point makes keeping track of students easier.
- b. Plan dive.
- c. Enter water from boat or shore.
- d. Practice out and back technique on surface.
- e. Squares and triangles on surface.
- f. Perform square on bottom.
- g. Perform a triangle on the bottom.
- h. Ascend and exit.

## **10. Scubility Advanced Diver Development Program**

### **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 Specialties or equivalent, combined with 25 logged dives.

SDI feels a diver will truly be advanced after this is accomplished. The SDI Scubility program requirements are the same as the standard SDI Advanced Diver Development program.

### **10.2 Who May Teach**

An active SDI Scubility Instructor or Assistant Instructor, qualified to teach specialties.

### **10.3 Graduation Requirements**

#### **Advanced Diver Certification procedures for students:**

1. Completion of 4 SDI Specialty Courses or equivalent; only 1 course without dives, may be credited towards the advanced diver development program, with the exception of nitrox.
2. Proof of 25 logged dives.
3. After the previous requirements are met and verified by an instructor, the instructor issues the SDI Advanced Open Water 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.
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. Scubility Dive Buddy Program

### 11.1 *Introduction*

The SDI Scubility Dive Buddy certification program is designed to develop the knowledge and necessary skills for an individual to effectively perform as a dive buddy for a physically disabled diver. The practical skills developed are the same as for the SDI Scubility Instructor, making the dive buddy course an important step in the development process.

### 11.2 *Qualifications of Graduates*

Upon successful completion of this course, graduates may:

1. Upon successful completion of this course, graduates are able to conduct dives with physically disabled divers.
2. Upon successful completion on this course, SDI Assistant Instructors are able to function as a Scubility Assistant. SDI Open Water Scuba Diving Instructor are eligible to enroll in the upgrade course to become a Scubility Instructor.

### 11.3 *Who May Teach*

An active SDI Scubility 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 8 students per instructor.
2. Instructors have the option of adding 2 more students with the assistance of an active divemaster or assistant instructor for a total of 10 students.

#### **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 divemaster or assistant instructor for a total of 10 students.

### **11.5 Student Prerequisites**

1. Minimum age 18, 16 with parental consent.
2. Provide proof of:
  - a. Current CPR and first aid certification.
  - b. Rescue diver certification.

**OR**

- a. Advanced Adventure Diver or equivalent with 40 logged.

### **11.6 Course Structure and Duration**

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.
2. Of the suggested 20 hours, 12 of the suggested hours should be performed in confined and/or open water conditions.
3. Students must complete 4 confined or open water dives. \*
4. Training depth must be between 3 to 18 Metres/9 to 60 Feet; the maximum depth may not exceed 18 Metres/60 Feet.
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.

**\* If open water dives are not conducted, 1 open water site orientation must be conducted. The orientation must include best entry and exit procedures for disabled diver, site considerations – parking, sun exposure, restroom facilities, etc.**

### **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 Required Equipment**

Basic open water scuba equipment as described in section three of this manual.

### **11.9 Required Subject Areas**

The following topics must be covered, by the instructor, during this course:

1. Background Information:
  - a. Instructor Awareness.
  - b. Public Acceptance.
  - c. Lifestyle and personality.
  - d. Social Integration.
2. Common Medical Conditions and Disabilities:
  - a. Amputations.
  - b. Asthma.
  - c. Cerebral Palsy.
  - d. Diabetes.
  - e. Epilepsy.
  - f. Hearing Disorders.
  - g. Muscular Dystrophy.
  - h. h. Motor Neuron.
  - i. Multiple Sclerosis.
  - j. Sight Impairment.
  - k. Spinal Injuries.
  - l. Attention Deficit Disorder (ADD).

- m. Attention Deficit Hyperactivity Disorder (ADHD).
  - n. Traumatic Brain Injury (TBI).
  - o. Post-Traumatic Stress Disorder (PTSD).
  - p. Autistic Spectrum.
3. Common Terms:
- a. Impairment.
  - b. Disability.
  - c. Handicap.
4. Diving Environment:
- a. Confined Water.
  - b. Open Water.
5. Accessibility:
- a. Access to confined water.
  - b. Access to open water.
  - c. Liability and related legal considerations.

### ***11.10 Required Skill Performance and Graduation Requirements***

**In order to complete this course, the required skills should be performed on a pool or boat deck in a confined and/or open water diving environment.**

1. Sight impaired diver; show proficiency at giving and receiving tactile signals.
2. Complete 2 dives as a dive buddy, 1 sight impaired, 1 paraplegic.
3. Complete 2 dives as a student, 1 sight impaired and 1 paraplegic.
4. Complete 1 confined water training session with sight impaired diver (real or simulated).
5. Equipment assembly/disassembly and adjustment.
6. Weight system assembly/adjustment with proper weighting.
7. Suiting up and de-suiting.
8. Pre-dive check of self and buddy.
9. Use of mask, fins and snorkel.
10. Entries; assistance with controlled seated, back roll, giant stride entries.
11. Equipment; suiting up of diver in the water.



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12. Equipment; removal of diver's equipment in the water.
13. Exits; assistance with shallow water and deep water exits.
14. Tired diver tows.
15. Communication; show good communication/understanding skills on surface and at depth.
16. Dive planning; use of tables and PDC, logging of dives.
17. Demonstrate sound judgment in dive site suitability planning.
18. Demonstrate mature and sound judgment concerning dive emergency planning and execution.
19. Complete all open water requirements safely and efficiently.
20. Complete a panicked diver rescue drill (surface).
21. Complete a distressed diver rescue drill (at depth).
22. Be seen to be having fun during the course.

## 12. Scubility Instructor Upgrade Program

### 12.1 *Introduction*

The SDI 'Scubility' upgrade program is for those students who have successfully completed the SDI Scubility Dive Buddy program and have gone on to complete a recognized scuba instructor certification course. SDI feels that having learned the program once the new instructor needs only to be updated on the training aspect of teaching divers with medical conditions and physical disabilities.

### 12.2 *Who May Teach*

An active SDI Scubility Instructor Trainer.

### 12.3 *Qualifications of Graduates*

Upon successful completion of this course, graduates are able to teach the full range of SDI Scubility courses.

### 12.4 *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 Trainer.
2. Instructors have the option of adding 2 more students with the assistance of an active SDI Scubility Instructor for a total of 10 students.

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

1. A maximum of 8 students per instructor trainer are allowed; it is the instructor trainer's discretion to reduce this number as conditions dictate.
2. Instructor trainers have the option of adding 2 more students with the assistance of an active SDI Scubility Instructor for a total of 10 students.

### 12.5 *Student Prerequisites*

1. Minimum age 18.

2. Provide proof of:
  - a. SDI Scubility Dive Buddy certification.
  - b. Current CPR and first aid certification.
  - c. Current SDI Open Water Scuba Diving Instructor.

## **12.6 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 8.

## **12.7 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.

## **12.8 Required Equipment**

Basic open water scuba equipment as described in section three of this manual.

## **12.9 Required Subject Areas**

The SDI Scubility Instructor Guide is available for this course. Instructors may use any additional text or materials that they feel help present these topics.

Instructor Trainers are required to teach the following topics:

1. Training:
  - a. Confined Water.
  - b. Open Water.
  - c. Academic.
  - d. Liability and related legal considerations.
2. Marketing:
  - a. Course structure.
  - b. Target clients.
3. Standards:
  - a. Scubility course requirements and standards.

### ***12.10 Required Skill Performance and Graduation Requirements***

1. Required skills performance:
  - a. Show preparation and planning for:
    - b. Academic lessons.
    - c. Confined water training.
    - d. Open water training.
2. Complete a minimum of one each:
  - a. Academic session for a paraplegic diver.
  - b. Confined water training session with sight impaired or paraplegic diver (real or simulated).
  - c. Open water training session for a sight impaired or paraplegic diver.
3. Be seen having fun and enjoying teaching.