

part 5

**SDI Scubility  
Standards**

SDI Scubility  
Standards



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## SDI Standards and Procedures

### Part 5: SDI Scubility Standards

Revision History		
Revision Number	Date	Changes
12	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
0121	01/01/2021	1. Corrected prerequisite certification on line 9 6.10 DB2 & DB3 wording updated

## 1. Scubility 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	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 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. They are:

1. *SDI Liability Release and Express Assumption of Risk Form*
2. *SDI Medical Release Form*  
If a student writes a “yes” to any question in the medical release form under the section marked “Have you ever had a history of or do you currently have” then the student must provide written permission from a licensed physician before participating in confined or open water training or 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. Diver registration form, upon completion of the specified program
4. Student training record form, must be kept for 7 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, Course Director 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, Course Director or instructor trainer. The 2<sup>nd</sup> 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 in-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 approximately 3 metres / 10 feet of 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 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 suitable for level of disability
7. Equipment adequate for the conditions
8. Thermal protection appropriate for the conditions and disability
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 / snorkel / fins or webbed gloves
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)
7. Exposure suit adequate for the training conditions and disability
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 a divemaster, assistant instructor, or an instructor is:

1. Mask / fins / 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)
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 facility, supplies and time are provided to ensure comprehensive and complete training of the 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

1. 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

### 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 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 during this course:

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

1. An active SDI Scubility Instructor

### 4.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of the 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 are allowed
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 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 required, second dive 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 may:

1. Issue an SDI Experience card; optional

## 4.8 Required Equipment

Basic open water scuba equipment as described earlier in section 2 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 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 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 skills 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

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

### 5.3 Who May Teach

1. An active SDI Scubility Instructor

### 5.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, 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 active 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 active 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 required, second dive 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 may:

1. Issue an SDI Experience card; optional

## 5.8 Required Equipment

1. 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 during this course:

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 exits
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 Open Water Scuba Diver Course

### 6.1 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.

### 6.2 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

### 6.3 Who May Teach

1. An active SDI Instructor who is certified to teach the SDI Scubility program

### 6.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, 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 Diver Master 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 Dive Masters or Assistant Instructors

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

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

## 6.5 Student Prerequisites

1. Minimum age of 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

## 6.6 Course Structure and Duration

### Open Water Execution

1. Students must complete 4 open water dives and remain underwater for 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

## 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 or registering the students online through member's area of the SDI website

**Required Equipment:**

1. Basic open water scuba equipment as described in section 2 of this manual.

Equipment modified to suit the student's individual needs is acceptable as long as it meets the basic requirements.

**6.8 Required Subject Areas****The following material is available:**

1. SDI Log Book
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. 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. 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

## 6.9 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; distance 12 metres
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- dependant on disability
  - c. Controlled descents; minimal assistance- dependant 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

## 6.10 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.

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

### **7.1 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.

### **7.2 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)

### **7.3 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.

### **7.4 Student to Instructor Ratio**

#### **Academic**

1. Unlimited, so long as adequate facility, 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 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 Scubility trained Divemasters or Assistant Instructors

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

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

**7.5 Student Prerequisites**

**To participate in the SDI Scubility Inactive Diver course, the individual must:**

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

**7.6 Course Structure and Duration****Water execution**

1. Training depth must not exceed 6 metres / 18 feet
2. One dive required; second dive optional
3. All dives 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

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

## 7.8 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.

## 7.9 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

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

### **8.1 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.

### **8.2 Who May Teach**

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

### **8.3 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

## 9. Scubility Dive Buddy Program

### 9.1 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.

### 9.2 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 functions as a Scubility Assistant. SDI Open Water Scuba Diving Instructor are eligible to enroll in the upgrade course to become a Scubility Instructor

### 9.3 Who May Teach

1. An active SDI Scubility Instructor

### 9.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate facility, 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

## 9.5 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**

- c. Advanced Adventure Diver or equivalent with 40 logged dives

## 9.6 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 disable diver, site considerations – parking, sun exposure, restroom facilities, etc.**

## 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*

**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



## 9.8 Required Equipment

1. Basic open water scuba equipment as described in section 2 of this manual.

## 9.9 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. 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.

## **9.10 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 open water dives as a dive buddy, 1 sight impaired, 1 paraplegic
3. Complete 2 open water 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
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

# 10. Scubility Instructor Upgrade Program

## 10.1 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.

## 10.2 Who May Teach

1. An active SDI Scubility Instructor Trainer

## 10.3 Qualifications of Graduates

Upon successful completion of this course, graduates may:

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

## 10.4 Student to Instructor Ratio

### Academic

1. Unlimited, so long as adequate facility, 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

## 10.5 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

## 10.6 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

## 10.7 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. Submit the *SDI Medical Statement* Form signed by a licensed physician

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

1. Issue the appropriate SDI certification by submitting the appropriate SDI Dive Leader Registration form and other required paperwork to SDI Headquarters

## 10.8 Required Equipment

1. Basic open water scuba equipment for diving leaders as described in section 2 of this manual

## 10.9 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

## 10.10 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 one:
  - 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