

## 3. Snorkeling Course

### 3.1 Introduction

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

### 3.2 Qualifications of Graduates

Upon successful completion of this course, graduates may:

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

### 3.3 Who May Teach

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

### 3.4 Student to Instructor Ratio

#### Academic

1. Unlimited, so long as adequate 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 16 students per instructor/ assistant instructor
2. Instructor / Assistant instructor have the option of adding 2 more students with the assistance of an active divemaster, for a total of 18 students

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

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

### 3.5 Student Prerequisites

1. Minimum age 18, 4 with parental consent

### 3.6 Course Structure and Duration

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

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

#### Course Structure

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

#### Duration

1. The suggested number of training hours is 4

### 3.7 Administrative Requirements

#### Administrative Tasks:

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

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

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

#### Or

1. Issue the SDI Snorkel card through the facility

### 3.8 Required Equipment

Basic snorkeling equipment; mask, snorkel and fins

### 3.9 Required Subject Areas

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

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

5. Accessories
  - a. Dive flag
  - b. Rescue signal
  - c. Knife or cutting device
6. Planning Your Dive
  - a. Diver fitness and overexertion
  - b. Buddy system
  - c. First aid

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

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

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

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

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