

# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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## CMAS

# UNDERWATER PHOTOGRAPHY

## Standards

## Training

## Version 2000/00

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## STANDARDS & TRAINING PROGRAMME

### Standards and Objectives

Underwater photography is an artistic or realistic presentation of the underwater environment. The objective of this course is to promote underwater photography with a high level of safety and photo techniques.

### CMAS guidelines

These are the minimum requirements for the CMAS Underwater Photographer and Underwater Photo-Instructor course, which cannot be reduced for any reason. National Associations or Federations may have their specific regulations in addition to CMAS regulations to suit their national requirements such as laws and safety regulations. These specific regulations should be submitted to CMAS.

The following instructions have to be taken into account in the training courses:

- 1 A High level of buoyancy control and underwater motion techniques specific to Underwater Photographer.
- 2 Photo techniques are separated into the following categories: close-up, wide-angle, fish and creative photography.
- 3 The introduction of basic marine biology and the underwater ecosystem.
- 4 Safety guidelines and safety recommendations which are especially applicable to underwater photography.

## CMAS level I Underwater Photographer

### 1. Objectives

The CMAS level I photographer is able to control and understand basic settings of his/her underwater camera and the artificial lights of his/her strobe to obtain a technically correct photograph.

### 2. Entry requirements

Minimum age 14 years old

Minimum diver level : CMAS one star diver certificate or similar with at least 15 logged dives.

### 3. Course content

#### 3.1 Training

The CMAS level I Underwater Photographer course consists of theoretical and practical exercises. The training level of theory and practice are described in the CMAS training programmes for underwater photography. The underwater practice can be started in a swimming pool but should be completed with at least 2 dives in open water. The specific diving techniques to protect the underwater environment are to be taught also.

#### 3.2 Recommendations:

CMAS recommends that Underwater Photographers attend various diving speciality courses for a better understanding of photography's link to the specific underwater environment.

#### 3.3 Examination:

Examinations are optional for the CMAS level I Underwater Photographer. The participant has to practice all the prescribed exercises of the CMAS training programme.

### 4. Certification:

After fulfilling the requirements of this course, the participants will receive the CMAS level I Underwater Photographer Certificate which can be issued by a CMAS level I or higher Underwater Photo-Instructor.

## CMAS level II Underwater Photographer

### 1. Objectives

The CMAS level II Underwater Photographer should be able to understand the ideal composition and control of exposure and the balancing of natural and artificial lights for the following categories: wide angle, close-up and fish.

### 2. Entry requirements

Minimum age 16 years old

Minimum diver level : CMAS two star diver certificate or similar with at least 30 logged dives. CMAS level I

Minimum Photographer level : Underwater Photographer level I or equivalent level can be accepted by the CMAS Underwater Photo-Instructor.

### 3. Course content

#### 3.1 Training:

The training level of theory and practice are described in the CMAS training programmes for underwater photography. The underwater practice can be started in a swimming pool but should be completed with at least 5 dives in open water. The specific diving techniques to protect the underwater environment are to be taught also.

#### 3.2 Recommendations:

CMAS recommends that Underwater Photographers attend various diving speciality courses for a better understanding of photography's link to the specific underwater environment.

#### 3.3 Examination:

Participants have to pass a practical and a theoretical examination satisfactorily. These two examinations may be taken separately within 12 months.

### 4. Certification:

After satisfactory graduation of this course, the participants will receive the CMAS level II Underwater Photographer Certificate which can be issued by a CMAS level II or higher Underwater Photo-Instructor.

# CMAS level III Underwater Photographer

## 1. Objectives

The CMAS level III Underwater Photographer should be able to understand artistic composition rules, image philosophy and know advanced underwater photographic techniques.

## 2. Entry requirements:

*Minimum age* 18 years old

*Minimum diver level* CMAS two star diver certificate or similar with at least 60 logged dives.

*Minimum photographer level* CMAS level II Underwater Photographer.

Presentation of 20 slides of their own including wide-angle, close-up and fish that are well composed and technically correct.

## 3. Course content

### 3.1 Training

The training level of theory and practice are described in the CMAS training programmes for underwater photography. The underwater practice can be started in a swimming pool but should be completed with at least 10 dives in open water. The specific diving techniques to protect the underwater environment are to be taught also.

### 3.2 Recommendations

CMAS recommends the attendance of various kinds of speciality courses or training including E6-processing, slide-projection and marine biology. CMAS recommends participation in national or international photographic competitions and/or publications in magazines with their own photographs.

### 3.3 Examination

Participants have to pass a practical and a theoretical examination successfully. These Two examinations may be held separately within 12 months. The categories will include close-up, wide-angle, fish and creative photography.

## 4. Certification

After satisfactory graduation of this course, the participants will receive the CMAS level III Underwater Photographer Certificate which can be issued by a combination of two CMAS level III Underwater Photo-Instructors.



# CMAS level I Underwater Photo Instructor

## 1. Objectives

The CMAS level I Underwater Photo-Instructor is allowed to teach, plan and carry out a CMAS level I Underwater Photographer classes.

## 2. Entry requirements:

*Minimum age* 18 years old

*Minimum diver level* CMAS two star diver certificate with at least 80 logged dives

*Minimum photographic level* CMAS level II Underwater

Photographer A presentation of 20 slides of their own including wide-angle, close-up and fish which are well composed and technically correct.

## 3. Course content

### 3.1 Training

The training course have to include the following subjects:

- Teaching techniques in general
- How to prepare and use teaching material and teaching aids
- How to evaluate the students photos
- Understanding the various kinds of camera systems available on the market.
- Knowledge of CMAS and National Associations or Federations regulations specific to underwater photography

### 3.2 Recommendations

CMAS recommends the knowledge of film processing.

### 3.3 Examination

Candidates have to successfully pass the level I Underwater Photo-Instructor course with confidence and knowledge on how to teach all the techniques mentioned.

## 4. Certification

After satisfactory graduation of this course run by a combination of two CMAS level II Underwater Photo-Instructors or one CMAS level III Underwater Photo-Instructor, the candidate will receive the CMAS level I Underwater Photo-Instructor Certificate. This Certification is valid for 5 years. It can be renewed with agreement of their National Association or Federation providing that the Underwater Photo-Instructor stays in active status.

## CMAS level II Underwater Photo Instructor

### 1. Objectives:

The CMAS level II Underwater Photo-Instructor is allowed to teach, plan and carry out, CMAS level I and II Underwater Photographer Classes and CMAS level I Underwater Photo-Instructor courses.

### 2. Entry requirements:

<i>Minimum age</i>	20 years old
<i>Minimum diver level</i>	CMAS two star diver certificat
<i>Minimum photographic level</i>	CMAS level I Underwater Photo-Instructor

Presentation of 20 slides of their own ( wide angle, close-up, marine life, creative )

### 3. Course content

#### 3.1 Training:

The training course should include the following subjects:

- Teaching techniques in general
- Preparation and use of teaching material and teaching aids
- Correct analysis of level I and II students underwater photos
- Organisation of CMAS level I Underwater Photo-Instructor courses
- Knowledge of the various kinds of camera and flash systems available on the market.
- Knowledge of the E6 film processing
- Knowledge of CMAS and National Associations or Federations regulations specific to underwater photography

#### 3.2 Recommendations:

CMAS recommends that the CMAS level II Underwater Photo-Instructor participates in National or International underwater photo events ( training sessions, competitions, etc. ) and to pass the level III of photographer.

#### 3.3 Examination:

Candidates have to successfully finish the CMAS level II Underwater Photo-Instructor course with confidence and knowledge on how to teach all the techniques mentioned.

### 4. Certification

After satisfactory graduation of this training course run by a combination of one CMAS level III helped by one CMAS level II Underwater Photo-Instructors, the candidate will receive the CMAS level II Underwater Photo-Instructor Certificate providing that their national Association or Federation photo responsible approves it. This Certification is valid for 5 years. It can be renewed with agreement of their National Association or Federation providing that the Underwater Photo-Instructor intends to remain active.

## CMAS level II Underwater Photo Instructor

### 1. Objectives:

The CMAS level III Underwater Photo-Instructor is allowed to teach, plan and carry out National and International CMAS level I, II and III Underwater Photographer and all CMAS level I, II, and III Underwater Photo-Instructor training courses

### 2. Entry requirements:

<i>Minimum age</i>	25 years old.
<i>Minimum diver level</i>	CMAS one star diver Instructor
<i>Minimum photographic level</i>	CMAS level II Underwater Photo-Instructor and CMAS level III Underwater Photographer

Presentation of a memorandum, book or equivalent concerning underwater photography.

### 3. 3-Course content

#### 3.1 Training:

The training course should include the following subjects:

- Revision of teaching techniques
- Revision on preparation and use of teaching material and teaching aids
- Analysis of levels II and III students underwater photos
- Organisation of CMAS level II and III Underwater Photo-Instructor course
- Practice E6 film processing
- Knowledge of all CMAS and National Associations or Federations regulations specific to audio-visual commission

#### 3.2 Recommendations:

CMAS recommends that the CMAS level III Underwater Photo-Instructor assume a leading role in the organisation of National and International Underwater photo events ( training sessions, competitions, etc. ). his duties include the following:

- a.-Promote underwater photography nationally and internationally
- b.-Develop training aids and techniques
- c.-Plan and teach CMAS Underwater Photo-Instructors training courses
- d.-Be active and keep an open communication with CMAS

#### 3.3 Examination:

Candidates have to successfully finish the CMAS level III Underwater Photo-Instructor course with confidence and knowledge on how to teach all the techniques mentioned.

### 4. Certification:

After satisfactory graduation of this training course patronised by the CMAS audio-visual commission and run by a combination of two designated CMAS level III Underwater Photo-Instructor. The candidate will receive the CMAS level III Underwater Photo-Instructor Certificate providing that their national Association or Federation approves it. This Certification is valid for 5 years. It can be renewed with agreement of their National Association or Federation providing that the Underwater Photo-Instructor intend to remain active and assume his duties.



# TRAINING

## CMAS level I underwater photographer

### ORGANISATION OF THE TRAINING

The training of CMAS level I Underwater Photographer is based on a minimum of 6 days course which can be divided. An example of typical training programme is given in **APPENDIX A** ( p 16 ) to this document. It can be adapted by the responsible trainer to the local training conditions ( ex: swimming pool, open water ) as long as the CMAS standards & training requirements for Underwater Photography Speciality Course are covered. The candidate should do a minimum of 2 photographic dives in open water of which the respect of the environment will be checked specifically.

### COURSE CONTENTS

#### THEORETICAL COURSES

- **Safety in diving specific to underwater photography:**  
Safety rules and their relevance during photographic dives. Knowledge of problems associated with time and depth.
- **Underwater environment protection:**  
Knowledge of the underwater environment, associated risks and respect of the environment.
- **Photography equipment:**  
Description, preparation, maintenance and use of the different pieces of photographic equipment
- **The flash :**  
Guide number, definition and application underwater.
- **Basic photography:**  
Diaphragm, speed, distance, sensitivity and type of film, photo with flash, without flash. ( natural light )
- **Physical aspects underwater:**  
Colour, distances, focal, ....
- **Close-up photography:**  
Additional lens, tubes and macro lens, depth of field.
- **Discovery of image composition:**  
Understanding of the main rules of image composition for wide angle photography ( framing, .... ).

#### TECHNICAL AND PRACTICAL COURSES

- **Photo of diver**
  - ◆ Flash power checking ( Experimental determination of the strobe guide-number ).
  - ◆ Photo of diver with artificial light ( Estimation of distance underwater, flash position and buoyancy ).
- **Static marine life:**  
Lens aperture in relation to the distance to the subject. Discovery of the various angle to shoot: toward surface, bottom.
- **Close-up photography**  
Relation between depth of field and close-up ratio, choice of the strobe position: front, side, top lighting.
- **Marine life in motion:**  
Approach to Marine life framing of moving subjects, application of photographic knowledge previously acquired.
- **Wide angle photography:**  
Basic rules of image composition, relation between lens aperture and shutter speed and the impact of natural light.  
Take some photos in natural light.

### EVALUATION

The candidate is evaluated throughout the course ( overall picture quality and the environmental care ).

# TRAINING

## CMAS level II underwater photographer

### ORGANISATION OF THE TRAINING

The training of CMAS level II Underwater Photographer is based on a minimum of 6 days course which can be divided. An example of typical training programme is given in APPENDIX A ( p 17 ) to this document. It can be adapted by the responsible trainer to the local training conditions ( ex: swimming pool, open water ) as long as the CMAS standards & training requirements for Underwater Photography Speciality Course are covered. The candidate should do minimum 5 photographic dives in open water of which the respect of the environment will be checked specifically.

### COURSE CONTENTS

#### THEORETICAL COURSES

- **Safety in diving specific to underwater photography:**  
Safety rules and their relevance during photographic dives. Knowledge of problems associated with time and depth.
- **Underwater environment protection:**  
Knowledge of the underwater environment, associated risks and respect of the environment.
- **Photography equipment:**  
Description, preparation, maintenance and uses of the different pieces of photographic equipment
- **Flash multi power:**  
Guide-number applied to multi-power strobe with one or two flash
- **Learning image composition:**  
Learning the artistic composition and organisation of the visual elements of a picture.
- **Optics and depth of field:**  
Presentation of the different focal lengths, the depth of field and application to « Hyperfocal ».
- **Natural light:**  
Use of the light meter, interest in use of the natural light ( without flash )
- **Balancing natural and artificial light:**  
Combination of artificial and natural light in a picture.
- **Underwater lighting:**  
Lighting coverage depending on the lens and the use of one or two flash.

#### TECHNICAL AND PRACTICAL COURSES

- **Photo of diver**
  - ◆ Experimental determination of the strobe guide-number at different power setting.
  - ◆ Photo of diver with blue background.
- **Natural light**
- **Static Marine life**
- **Close-up Photography**
- **Marine life in motion**
- **Wide Angle photography**

### EVALUATION

- **Theoretical exam :**  
Questions to check the understanding of theoretical courses
- **Practical examination :**  
At the end of the Course, The candidate is evaluated on the quality of 15 slides taken during the Course ( 5 wide angle, 5 close-up and 5 fish pictures). The evaluation is based on the ability of the candidate to master the balancing of natural and artificial light and image composition of the picture.  
During practical dives, the environmental care of the photographer is assessed.

# TRAINING

## CMAS level III underwater photographer

### ORGANISATION OF THE TRAINING

The training of CMAS level III Underwater Photographer is based on a minimum of 6 days course which can be divided. An example of typical training programme is given in **APPENDIX A** ( p18 ) to this document. It can be adapted by the responsible trainer to the local training conditions ( ex: swimming pool, open water ) as long as the CMAS standards & training requirements for Underwater Photography Speciality Course are covered. The candidate should do minimum 10 photographic dives in open water of which the respect of the environment will be checked specifically.

### COURSE CONTENTS

#### THEORETICAL COURSES

- **Safety in diving specific to underwater photography:**  
Safety rules and their relevance during photographic dives. Knowledge of problems associated with time and depth.
- **Underwater environment protection:**  
Knowledge of the underwater environment, associated risks and respect of the environment.
- **Photography equipment:**  
Description, preparation, maintenance and use of the different pieces of photographic equipment
- **Flash multi power.**  
Guide-number applied to multi-power strobe with one or two flash
- **Advanced image composition**  
Advanced knowledge of the artistic composition and organisation of the visual elements of a picture.
- **Optic and depth of field:**  
Presentation of the different focal lengths, the depth of field and application to « Hyperfocal ».
- **Colour language:**  
Learning the symbolic and aesthetic meaning of colour.
- **Underwater lighting:**  
Colour temperature, different type of lighting sources
- **Creative photography & advanced photography techniques:**  
Double exposure, half-half, colour filter, slave strobe, computer, .etc.

#### TECHNICAL AND PRACTICAL COURSES

- **Close-up photography with a wide angle lens:**
  - ◆ -Determination of the flash guide number for different power settings with one or two strobes.
  - ◆ -Wide angle photography with a very close subject.
- **Graphism & Chromatism.**  
**The Blue :** ( Blue should be understood as the dominant aquatic colour of the diving place, it can varies to green ) *The particular meaning of blue in underwater pictures*
- **Critical analysis and reframing of images:**  
*Critic analyses of an image and reframing of a picture*
- **Marine life photography.**
- **Creative techniques: ( with and without accessories )**  
*Double exposure, effects, etc. )*

### EVALUATION

- **Theoretical exam :**
  - ◆ Questions on advanced shooting techniques ( 1 question for each theme: wide angle, marine life, light and creative techniques )
  - ◆ Questions on the choice of the image composition done by the candidate.
- **Practical examination :**
  - ◆ At the end of the Course, the candidate is evaluated on the quality of 15 slides taken during the Course ( 3 creative, 6 wide angle, 3 close-up and 3 fish pictures).
  - ◆ During practical dives, the environmental care of the photographer is assessed.

## **TRAINING**

### **CMAS level I underwater photo Instructor**

#### **ORGANISATION OF THE TRAINING**

The training of CMAS level I Underwater Photo-Instructor is based on a minimum of 6 days course which can be divided.

#### **COURSE CONTENTS**

##### **THEORETICAL AND PRACTICAL COURSES**

- Picture analysis: theory and practical applications
- Picture analysis on light box
- Various underwater camera systems & artificial lights
- Theory of film processing E6 and paper ( Practical E6 processing should be done if possible )
- Teaching techniques
- Presentation skills in front of an audience
- Structure of a lecture.
- Audio-visual tools
- Knowledge of CMAS and national rules specific to underwater photography
- Plan and carry out a CMAS level I Underwater Photo-Instructor course

#### **EVALUATION**

- Presentation of a CMAS level I Underwater Photo-Instructor theoretical course prepared before the training session.
- Presentation of a technical and practical course level I prepare during the training session.
- Image analysis of slides projected with a level I of photography.

## **TRAINING**

### **CMAS level I underwater photo Instructor**

#### **ORGANISATION OF THE TRAINING**

The training of CMAS level II Underwater Photo-Instructor is based on a minimum of 6 days course which can be divided.

#### **COURSE CONTENTS**

##### **THEORETICAL AND PRACTICAL COURSES**

- Learning to train all levels.
- Picture analysis: theory and practical applications ( level I and II ).
- Revision on skill presentation in front of a class, on how to structure a course and use of audio-visual aids.
- Theory and practice of E6 film processing.
- Training and organising classes for level I and II Underwater Photographers.
- Training and organising courses for level I Underwater Photo-Instructors.
- The various kinds of camera and flash systems available on the market.
- CMAS and National Association or Federation regulations specific to underwater photography

#### **EVALUATION**

- Presentation of a theoretical course level II, prepared before the training course
- Presentation of a technical and practical course level II, prepared during the course and illustrated with slides taken on site.
- Picture analysis, during slides projections and on a light table, of level I and II Underwater Photographers.
- Organisation, presentation and running of training courses to be given to level I Underwater Photo-Instructor
- Running of the organisation of the training course during one day.



# TRAINING

## CMAS level III underwater photo Instructor

### ORGANISATION OF THE TRAINING

The training of CMAS level III Underwater Photo-Instructor is based on a minimum of 6 consecutive days course. The person in charge of the training course must give prior advice to the CMAS Audio-visual commission of the event place, date and name of the 2 CMAS level III Underwater Photo-Instructors in charge. These 2 CMAS level III Underwater Photo-Instructors approved by the CMAS Audio-visual commission must send back a report after the training session. This report will help validating the course by the audio-visual commission of CMAS. The validity of the training session is necessary for these certificates to be awarded.

### COURSE CONTENTS

#### THEORETICAL AND PRACTICAL COURSES

- Learning to train of all levels.
- Picture analysis : theory and practical applications ( levels I, II, III ).
- Training and organising classes for levels I, II, III Underwater Photographers.
- Training and organising courses for levels I, II, III Underwater Photo-Instructors.
- CMAS and National Association or Federation regulations specific to audio-visual commission

### EVALUATION

- Presentation of the written project (The purpose of this work done before the training session is to study some aspect of photography that could be beneficial to underwater photography or to write or update training courses documentation )
- Presentation of a theoretical level III course, prepared before the training course.
- Presentation of a technical & practical level III course, prepared during the training course and illustrated by slides taken on site.
- Picture analysis, during slides projections and on a light table, of level II and III Underwater Photographers.
- Organisation, presentation and running of training courses to be given to level II Underwater Photo-Instructors
- Lead the E6 processing lab for at least one day.
- Lead the organisation of the training session for one day .



## Appendix A TRAINING PROGRAMME CMAS level I underwater photographer For beginner Photographer

**Objectives:** At the end of the training, the underwater photographer should be able to set and understand the basic setting of his/her camera and artificial light of his/her flash to obtain a technically correct photograph.

THEORETICAL COURSES & Technical courses		PRACTICE DIVES	TRAINING SHEETS
Safety in diving specific to underwater photography ( all Levels )	before dive 1		
Underwater environment protection ( all Levels )			
Photography equipment ( all Levels )			
The flash ( Level I )			
Basic photography ( Level I )			
Physical aspects underwater ( Level I )			
<i>Diver photography with strobe calibration</i>			1 Calibration of the strobe
<i>Diver photography with strobe lighting</i>	before dive 2	2 Diver photography with strobe lighting	
		3 Diver photography with strobe lighting	
<i>Static Marine life</i>	before dive 4	4 Photo of static marine life with strobe lighting	<b>STATIC MARINE LIFE</b>
<b>Close-up photography ( Level I )</b>	before dive 6	5 Photo of static marine life with strobe lighting	<b>CLOSE-UP PHOTOGRAPHY</b>
<i>Close-up photography</i>		6 Photo close-up 1:3 or equivalent	
		7 Photo close-up 1:1 or equivalent	
<i>Marine life in motion</i>	before dive 8	8 Photo of Marine life in motion with strobe lighting	<b>MARINE LIFE IN MOTION</b>
<b>Discovery of image composition ( Level I )</b>	before dive 10	9 Photo of marine life in motion with strobe lighting	<b>WIDE ANGLE PHOTOGRAPHY</b>
<i>Wide Angle photography</i>		10 Wide angle photography with close subject	
		11 Wide angle photography with image composition	

**Remarks:**

- This basic 6 days training programme is a base which can be adapted to the local conditions by the responsible local trainer as long as the CMAS standards & training requirements for underwater Photography Speciality Course are covered.
- The exercise methods of each Training sheet can be adapted for each photographer in accordance with their equipment and photography level, the results of their previous exercises and local conditions of the training ( swimming pool, open water ).
- The technical courses should particularly explain the exercises to be done during dives corresponding to the Training sheets.

## Appendix A TRAINING PROGRAMME CMAS level II underwater photographer

Advanced photography training for CMAS Level I Underwater Photographer who practices regularly

**Objectives:** At the end of the training, the CMAS Level II Underwater Photographer, should be able to understand the ideal composition and control of exposure and balancing natural and artificial lights for the following categories: wide angle, close-up and fish.

THEORETICAL COURSES & Technical courses		PRACTICE DIVES	TRAINING SHEETS
Safety in diving link to underwater photography ( all Levels )	before dive 1		
Underwater environment protection ( all Levels )			
Photography equipment ( all Levels )			
Flash multi power ( L II , III )			
Learning image composition ( L II )			
Diver photography with determination of strobe guide-number at different power setting		1 Photo to determine strobe guide-number at different power setting	DIVER PHOTOGRAPHY
Diver photography with blue background	before dive 2	2 Diver photography with blue background	
Optics and depth of field ( L II , III ) Natural light ( L II )	before dive 3		
Natural light		3 Photo with natural light	NATURAL LIGHT
Static marine life	before dive 4	4 Photo of static marine life with blue background	STATIC MARINE LIFE
Balancing natural and artificial light ( L II )	before dive 5	5 Photo of static marine life balancing natural and artificial light	
Close-up photography	before dive 6	6 Photo close-up 1:3 or equivalent ( Black and blue background )	CLOSE-UP PHOTOGRAPHY
Underwater lighting ( L II )		7 Photo close-up 1:1 or equivalent ( Black and blue background )	
Marine life in motion	before dive 8	8 Photo of Marine life in motion with standard lens	MARINE LIFE IN MOTION
		9 Photo of marine life in motion with wide angle lens	
Wide angle photography	before dive 10	10 Wide angle photography in balancing natural and artificial light	WIDE ANGLE PHOTOGRAPHY
		11 Wide angle photography with image composition in balancing natural and artificial light	

### Remarks:

- This basic 6 days training programme is a base which can be adapted to the local conditions by the responsible local trainer as long as the CMAS standards & training requirements for underwater Photography Speciality Course are covered.
- The exercise methods of each Training sheet can be adapted for each photographer in accordance with their equipment and photography level, the results of their previous exercises and local conditions of the training ( swimming pool, open water ).
- The technical courses should particularly explain the exercises to be done during dives corresponding to the Training sheets.

## Appendix A TRAINING PROGRAMME CMAS level III underwater photographer For beginner Photographer

Advanced underwater photography techniques for experience CMAS Level II Underwater Photographer

**Objectives:** At the end of the training, the underwater photographer, should be able to understand artistic composition rules, image philosophy and advanced underwater photographic techniques.

THEORETICAL COURSES & Technical courses		PRACTICE DIVES	TRAINING SHEETS
Safety in diving link to underwater photography ( all Levels )	before dive 1		
Underwater environment protection ( all Levels )			
Photography equipment ( all Levels )			
Flash multi power guide number ( L II , III )			
Advanced image composition ( Level III )			
<i>Determination of one or two strobe guide-number at different power setting with wide angle lens</i>		1 Photo to check the strobe(s) guide-number(s) at different power setting	<b>CLOSE-UP PHOTOGRAPHY WITH A WIDE ANGLE</b>
<i>Wide angle photography with a very close subject</i>	before dive 2	2 Photo of very close subject with wide angle lens	
Optics and depth of field ( L II , III )		3 Photo of very close subject with wide angle lens	
Graphism & Chromatism	before dive 4	4 Graphism & Chromatism apply to close-up photography	<b>GRAPHISM &amp; CHROMATISM</b>
Colour language ( L III )		5 Graphism & Chromatism apply to wide angle photography	
<i>The Blue</i>	before dive 6	6 Photo with natural light and photo with artificial light and blue background	<b>THE BLUE</b>
Underwater lighting ( L III )		7 Dive replace by work on critical analyses and reframing of images.	
Critical analysis and reframing of images ( L III )			
<i>Marine life photography</i>	before dive 8	8 Marine life photography	<b>MARINE LIFE PHOTOGRAPHY</b>
<b>The creative photography &amp; advanced photography techniques ( L III )</b>	before dive 10	9 Marine life photography	
<i>Creative techniques</i>		10 Photo with creative techniques ( double exposure, effects )	<b>CREATIVE TECHNIQUES</b>
		11 Photo with creative techniques ( double exposure, effects )	



**Remarks:**



- This basic 6 days training programme is a base which can be adapted to the local conditions by the responsible local trainer as long as the CMAS standards & training requirements for underwater Photography Speciality Course are covered.
- The exercise methods of each Training sheet can be adapted for each photographer in accordance with their equipment and photography level, the results of their previous exercises and local conditions of the training ( swimming pool, open water ).
- The technical courses should particularly explain the exercises to be done during dives corresponding to the Training sheets

## Appendix B NUMBERING SYSTEM of the certificates

**XXX/Y00/ZZ/88/999999**  
Where

- XXX** = Country's Olympic acronym
- Y** = F for Federation  
= C for CDC
- 00** = Federation or CDC Number given by CMAS
- ZZ** = Card holder's *DIVING CERTIFICATE* Level
- 88** = Year issued
- 999999** = SEQUENTIAL NUMBER 6 positions ( 0 mandatory )  
To initialise to 000001 on January 1<sup>st</sup> of each year

 <i>confédération mondiale des activités subaquatiques</i> <i>world underwater federation</i> <i>confederación mundial de actividades subacuáticas</i>		<p><b>BREVET INTERNATIONAL</b>  <b>INTERNATIONAL CERTIFICATE</b>  <b>CERTIFICACION INTERNACIONAL</b></p> <p><b>NIVEAU</b>  <b>LEVEL</b>  <b>NIVEL</b></p> <p><b>PHOTOGRAPHE</b>  <b>PHOTOGRAFER</b>  <b>FOTOGRAFO</b></p> <p><b>III</b></p>
Logo Commission	Nom Fédé, OCC etc	Logo Fédé OCC
Nom: <input style="width: 100%;" type="text"/> Prénom: <input style="width: 100%;" type="text"/> Pays ( du titulaire ) : <input style="width: 100%;" type="text"/> Date d'émission: <input style="width: 50%;" type="text"/> / <input style="width: 10%;" type="text"/> / <input style="width: 10%;" type="text"/> Numéro: <input style="width: 100%;" type="text"/> AAA/F00/	Signature du Moniteur Nom et Niveau du Moniteur	<input style="width: 100%; height: 40px;" type="text"/>

 <i>confédération mondiale des activités subaquatiques</i> <i>world underwater federation</i> <i>confederación mundial de actividades subacuáticas</i>		<p><b>BREVET INTERNATIONAL</b>  <b>INTERNATIONAL CERTIFICATE</b>  <b>CERTIFICACION INTERNACIONAL</b></p> <p><b>NIVEAU</b>  <b>LEVEL</b>  <b>NIVEL</b></p> <p><b>INSTRUCTEUR PHOTOGRAPHE</b>  <b>PHOTO INSTRUCTOR</b>  <b>FOTO INSTRUCTOR</b></p> <p><b>I</b></p>
Logo Commission	Nom Fédé, OCC etc	Logo Fédé OCC
Nom: <input style="width: 100%;" type="text"/> Prénom: <input style="width: 100%;" type="text"/> Pays ( du titulaire ) : <input style="width: 100%;" type="text"/> Date d'émission: <input style="width: 50%;" type="text"/> / <input style="width: 10%;" type="text"/> / <input style="width: 10%;" type="text"/> <b>Validité 5 ans</b> Numéro: <input style="width: 100%;" type="text"/> AAA/F00/	Signature du Moniteur Nom et Niveau du Moniteur	<input style="width: 100%; height: 40px;" type="text"/>