

APNEA COMMISSION

CMAS

POOL DIVER COURSES

STANDARDS & OUTLINES

VERSION 2017/02



DISCOVERY POOL DIVER

Definition:	: Discovery pool diver is a trained free diver who has completed the theoretical and practical training of CMAS Discovery pool diver course and he is certified by a CMAS active Pool Instructor.
Entry	: Minimum age 12 years old
Requirements	: Valid Medical certificate
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Documents	: ID card or passport
	: Medical certification issued during the last 12 months
	: Liability release form
	: Parental consent letter if less than 18 years old
Duration	: Theory : 2 x 1-hour lessons
	: Practice :2 x 1-hour diving course
Education	: Theory : History of Free Diving
	: Basic Diving Physics
	: Basic Physiology – Equalization –Black Out– Loss of motor control
	: Basic Breathing Techniques
	: Free Diving Equipment
	: Diving Techniques
	: Dangers and safety precautions
	: Buddy practice



DISCOVERY POOL DIVER

Education	: Practice : Static apnea : Swimming : Equalization technic : Breathing : Fin Technique : Buoyancy : Dynamic apnea : Duck dive : Skill exercises	ques
Performances	: Static apnea	60 sec
	: Dynamic apnea	25 m
Diving sessions	: Two (2) sessions at least. Two (2) sessions per day are
	permitted with an interval of at lea	ast 2 hours.
Exams	: Theory : 20 questions in theo	ory topics. The
	candidate answers	and the instructor must
	check the mistakes	and give further instructions
		amined and he/she must
	Static apnea	ollowing performances: : 60 sec
	Dynamic apnea	: 25 m
	Otherwise he/she is	



DISCOVERY POOL DIVER

Course organizing	: The course is organized and conducted by an active		
	CMAS 1* Star Pool Instructor, or higher, with current CPR		
	and First Aid Certificate who has the responsibility for the		
	completion of the course and the certification of his/her students.		

Instructor to students	: 1 Instructor to	6 students	
ratio	: 1 Instructor ar	nd 1 assistant to	o 8 students

Number of participants : maximum 8 students

The course takes place at a swimming pool or confined waters.

Exceptions and changes at the demands and performances of every level could be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors.



Definition:	: 1* Star pool diver is a trained free diver who has
	complete the theoretical and practical training of CMAS
	1* Star pool diver course and he/she is certified by a CMAS active Pool Instructor.
Entry	: Minimum age 14 years old
Requirements	: Medical certificate
Documents	: ID card or passport
	: Medical certification issued during the last 12 months.
	: Liability release form
	: Parental consent letter if less than 18 years old
Duration	: Theory : 4 x 1-hour lessons
	: Practice : 4 x 2-hour diving courses
Education	: Theory : Diving Physics
	: Physiology – BO – LMC
	: Relaxation - Meditation
	: First aid in diving accident
	: Respiration - Breathing in free diving
	: Physical condition
	: Environmental awareness
	: Equalization techniques
	: Reaction in dangerous situations
	: Buddy practice



Education	: Practice	: Equalization : Relaxation - Brea : Propulsion - Buoy : Rescue of a BO o : Apnea entry tech : Diving and move : Static Apnea : Dynamic Apnea : Skill exercises	vancy diver niques
Performances	: Static apne	a	2:00 min
	: Dynamic aj	pnea	50 m
Diving sessions	: Four (4) se	ssions at least. Two	o (2) sessions per day are
	permitted w	vith an interval of at	least 2 hours.
Exams	: Theory		neory topics. The candidate
			ectly at least in 14
		questions (70%) (otherwise he/she is not
	: Practice	: The candidate is	examined and he/she must
		safely perform the	e following performances:
		Static apnea	: 2:00 min
		Dynamic apnea	: 50 m
		Otherwise he/she	is not certified.



Course organizing : The course is organized and conducted by an active CMAS 1* Star Pool Instructor or higher with current CPR and First Aid Certificate who has the responsibility for the completion of the course and the certification of his/her students.

Instructor to students: 1 Instructor to 6 studentsratio: 1 Instructor and 1 assistant to 8 students

Number of participants : Maximum 8 students

The course takes place at a swimming pool or confined waters.

Exceptions and changes at the demands and performances of every level could be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors



Definition:	: 2* Star pool di	ver is a trained free diver who has	
	completed the theoretical and practical training of CMAS		
		liver course and he is certified by a CMAS active	
Entry	: Minimum age	16 years old	
Requirements	: Medical certifi		
Requirements			
	: 1* Star pool di	ver certificate.	
. ,			
Documents	: ID card or pas		
	: Medical certifie	cation issued during the last 12 months	
	: 1* Star pool di	ver certificate.	
	: Liability releas	e form	
	: Parental conse	ent letter if less than 18 years old	
Duration	: Theory : 8	3 x 1-hour lessons	
	: Practice : 6	x 2-hour diving courses	
Education	: Theory : C	MAS and National Federation structure	
	: A	dvanced Physiology – BO – LMC	
		Advanced Relaxation - Meditation	
	:F	irst aid in diving accident	
		Advanced Breathing Techniques	
		Respiration - Stretching	
		Preparation of physical condition	
		Apnea diet	
		Advanced Equalization techniques	
		ctions of an Indoor Apnea Diver	
		CPR Training	
	: E	Buddy practice	



Education	: Practice : Physical methods o : Advanced Relaxatio : Advanced Free Divi : Rescue and First Ai : Rescue of a BO div : Perfect buoyancy – : Static Apnea : Dynamic Apnea : Skill exercises	on - Breathing ing techniques id er
Performances	: Static apnea	3:00min
	: Dynamic apnea	75m
Diving sessions	: Six (6) sessions at least. Two (2	 sessions per day are
	permitted with an interval of at I	east 2 hours.
Exams	: Theory : 20 questions in theo	ory topics. The candidate
	must answer correct	tly at least in 14 questions
	(70%) otherwise he/	she is not certified.
	: Practice : The candidate is ex	amined and he/she must
	perform the followin	g performances:
	Static apnea	3:00min
	Dynamic apnea	75m
	Otherwise he/she is	not certified.



Course organizing : The course is organized and conducted by an active CMAS 1* Star Pool Instructor, or higher, with current CPR and First Aid (BLS) Certificate who has the responsibility for the completion of the course and the certification of his/her students.

Instructor to students	: 1 Instructor to 4 students
ratio	: 1 Instructor and 1 assistant to 6 students

Number of participants: Maximum 6 students

The course take place at a swimming pool or confined waters.

Exceptions and changes at the demands and performances of every level could be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors.



APNEA COMMISSION

CMAS POOL INSTRUCTOR

COURSES

STANDARDS & OUTLINES

VERSION 2017 /02



Definition:	: 1* Star Pool Instructor is the trained free diver who has			
	completed the theoretical and practical training of CMAS			
	1 [*] Star Pool Instructor course, he/she must be certified			
	for First Aid and CPR training (BLS) or else remain inactive			
	until he/she got the certification documents for First Aid			
	and CPR (BLS) and send them to CMAS for approval.			
Abilities:	: 1* Star Pool Instructor is the certified free diver who has			
	the ability to:			
	Organize Discovery pool diver and 1*,2* Pool diver courses			
	 Provides safety to his/her students 			
	Certifies his/her students			
Entry	: Minimum age 18 years old			
Requirements	: Medical certificate			
	: 2* Star Pool Diver certificate.			
Documents	: ID card or passport			
	: Medical certification issued during the last 12 months			
	: 2* Star Pool Diver certificate.			
	: Liability release form			
Duration	: Theory : 10 x 1-hour lessons			
	: Practice : 10 x 1-hour diving courses			
Diving sessions	: Six (6) sessions at least. Two (2) sessions per day are			
J	permitted with an interval of at least one(1) hour.			



Performances	: Static apne	a	3:30 min
	: Dynamic apnea		75 m
Education	: Theory	: CMAS and National	Federation structure
		: The principles of tea	aching.
		: The learning proces	S.
		: Pedagogy – method	lology
		: Training program of	Pool diver courses
		: Organizing the abov	e levels of courses
		: Advanced Breathing	J Techniques (teaching
		methods)	
		: The use of the video	o in courses-classroom
		: Certification procedu	ures.
		: Lectures in theory le	essons
		: Skills analyzing – so	cope of skills
			, Evaluation of students
		skills	
		: CPR First Aid Traini	•
		: Competitions – reco	ords
		71	



Education	: Practice	 : Organizing the Pool courses: Discovery Pool Diver and 1*, 2* Pool Diver : The importance of briefing and debriefing. : Advanced Relaxation – Breathing (teaching methods) : Rescue and First Aid-CPR (practice and teaching methods) : The use of the video in training : Demonstration of skills : Control of the students
Exams	1) Theory	 Lecture (10-15min) at a defined theme 40 questions from all theory topics and system standards and requirements. The candidate must answer correctly at least in 32 questions (80%) otherwise he/she is not certified.
	2) Practice	 Static apnea 3:30 min Dynamic apnea 75 m Otherwise he/she is not certified.



Exams 3) •400 m swimming with equipment in time less than 6 minutes.
•4 x 50 m dynamic apnea with 60 sec interval
4) •Organization and implementation of a day schedule of a Pool course
• Prevention and solving problems
• Evaluation of students
5) Reaction at a case of a BO diver, pulling and placing diver out of the water, place him on land and CPR for 4 min.

The candidate must fulfill all the above five (5) items with 80% success. If he/she fails at one item he/she can reevaluated only on this one later. If he/she fails at two or more, he/she must repeat the whole 1* Pool Instructor course.

Course organizing : The course is organized and conducted by an active 2* Star CMAS Pool Instructor, with current Instructor CPR and First Aid (BLS) certificate who has the responsibility for the completion of the course and the certification of his/her students. Experienced 1* Star CMAS Pool instructors (with over 50 certifications) may participate as assistants in that course.



 Instructor to students
 : 1 Instructor to 6 students

 ratio
 : 1 Instructor and 1 assistant to 8 students

Number of participants : Maximum students number depends on the number of the assistants. Every extra assistant increases the number of the students by two (2).

The course take place at a swimming pool or confined waters.

Exceptions and changes at the demands and performances of every level can be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors



Definition:	: 2* Star Pool Instructor is the trained free diver who has been certified with 1* Star Pool Instructor by CMAS and he/she is active. He/she must be certified as instructor for First Aid-CPR (BLS). He/she must has certify more than 100 students from all Pool courses, prior the 2* Star Pool Instructor course. He/she must has succeed at the 2* Star Pool Instructor course requirements		
Abilities:	: 2* Star Pool Instructor is the certified free diver who has		
	the ability to:		
	 Organize all Pool diver courses 		
	Organize Pool Instructor courses		
	 Provides safety to his/her students 		
	 Certifies all levels of Pool divers and Pool Instructors. 		
Entry	: Minimum age 21 years old		
Requirements	: Medical certificate		
·	: 1*Star Pool instructor certificate.		
	: First Aid-CPR (BLS) instructor certificate		
	: To be active		
Documents	: ID card or passport		
	: Medical certification issued in the last 12 months		
	: 1*Star Pool Instructor certificate.		
	: List of his/her courses and his/her students.		
	: First Aid-CPR (BLS) instructor certificate		
	: Activation document		
	: Liability release form		



Duration	: Theory	S	
	: Practice	: 10 x 1-hour diving	courses
Diving sessions	: Six(6) sessions at least.		
Performances	: Static apne	ea	3:30 min
	: Dynamic a	pnea	75 m
Education	: Theory	: CMAS and Nationa	al Federation structure
		: Training programs of instructor Levels	
		: Organizing of the in	
		: Pedagogy – metho	
	: Training of the trainers methodology : The use of the CMAS training system. : Analyzing – Assessment – Evaluation of		
		instructors	
		: Rescue-CPR Train	ing for instructors
		U	



: Practice	: Organizing the course for 1* Pool instructor	
	: Control of divers	
	: Organizing a Pool event	
	: Rescue, First Aid -CPR for instructors	
1) Theory	The candidate must be able to complete a	
	scope analysis of a part of the program of	
	Instructor courses	
	 The candidate must complete a propose 	
	for the Instructor manual about	
	a given part of a course.	
2) Practice	Static apnea 3:30 min	
	• Dynamic apnea 75 m	
	 400m swimming with equipment in time 	
	less than 6 minutes.	
	• 4 x 50 dynamic apnea with 60 sec interval	
	Organization and implementation of a day	
	schedule of an Instructor Pool course	
	 Prevention and solving problems 	
	Evaluation of students	
3) Safety	Reaction at a case of a BO diver ,Pulling and	
	placing diver out of the water, place him on land	
	and CPR for 4 min.	
	1) Theory 2) Practice	

The candidate must fulfill all the above items with 80% success. If he/she fails at one item he/she can reevaluated only on this one later.

If he/she fails at two or more items he/she is not certified



Course organizing : The course is organized and conducted by an active 2*Star CMAS Pool Instructor with current Instructor CPR and First Aid (BLS) certificate who has the responsibility for the conduction of the course and the certification of his/her students. Experienced 1* Star CMAS Pool instructors may participate as assistants in that course.(Experienced is an Instructor who has completed the procedures for over 50 certifications)

Instructor to students : 1 Instructor to 6 students ratio

Number of participants : Maximum 6 students per instructor.

The course take place at a swimming pool or confined waters.

Exceptions and changes at the demands and performances of every level can be done only after reasoned request by local federation. The request will be valid after the approval of CMAS apnea commission and the final decision from the Board of directors.



APNEA COMMISSION

CMAS

STANDARDS GLOSSARY

VERSION 2017/02

CA-195



CMAS STANDARDS GLOSSARY

Pool Diver: a trained and certified free diver who is able to act in a pool

Apnea diver: a trained and certified free diver who is able to act at open water

Apnea Instructor: a fully trained high level apnea diver who has proven at the instructor course the ability to teach and provide safety to his students.

Certificate : card and/or diploma from CMAS

BO : Loss of Consciousness due to low oxygen levels, is a situation where an apnea diver necessitates external assistance in order to stay afloat or stand.

LMC : loss of motor control due to low levels of oxygen at tissues and brain (something commonly referred to as "samba") where the diver possibly needs help.

BO diver : a diver who has lost his/her consciousness and needs help.

Dynamic Apnea : Dynamic apnea is an event where the athlete aims at covering the maximal horizontal distance by keeping the body below the surface of the water in apnea with or without fins.

The event can be conducted in a swimming-pool or in open water and with the use of fins (bifins and monofin as separate competitions) or without. When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In bi-fins competition the swimming style is that of alternating kick is essential (no dolphin kick is allowed except in a 3 meter zone at the start and turning both outdoors and indoors).

Speed/Endurance Apnea : is a skill where the athlete aims at covering a fixed distance at the minimum possible time. The event is conducted in a swimming-pool and is swum in fractions of a pool length alternating apnea swimming with passive recovery at the pool's ends.

The event is swum with the use of fins (bi-fins and monofin as separate competitions).

If the fins is used the fins must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In Bi-Fins competition it is not only the material but also the style of kicking the fins (no dolphin kick is allowed except in 3 meters zone at the start and turning in outdoors and start and turning zones in indoors).

The typical distances of speed-endurance apnea are Speed 2x50m and Endurance 8x50m and 16x50m.

Jump Blue Apnea: The Jump Blue is an event where the athlete must cover the maximum distance in apnea around a square of 15 (fifteen) meters side situated in a depth of 10 (ten) meters.

The event takes place in open water (sea or lake) and the use of fins (bi-fins or monofin) is mandatory. The fins must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

Static Apnea: Static Apnea is an event where the athlete aims at performing a maximum duration apnea minimally over a time declared beforehand and if possible going beyond this time.

The event is conducted in a swimming-pool.



Constant weight Apnea: The Constant Weight Apnea is an event where the athlete must cover the vertical distance in apnea down to the declared depth without any change in his weight during the whole attempt with or without fins.

The event takes place in open water (sea or lake) and the use of fins (bi-fins and monofin as separate competitions) or without fins depends on the type of the competition. When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In bi-fins competition it is not only the material but also the style of kicking the fins is essential (no dolphin kick is allowed except in 3 meters zone at the start and turning in outdoors and start and turning zones in indoors).

Variable weight Apnea: The Variable Weight Apnea is an event where the athlete must cover the vertical distance in apnea down to the declared depth with a guided ballast device and return back with his own power.

The event takes place in open water (sea or lake) and use of fins (bi-fins and monofin as separate competitions) or without fins depends on the type of the competition. When fins are used, they must be powered only by the muscular power of the athlete, without use of any mechanism, even if the latter is activated by the muscles.

In Bi-Fins competition it is not only the material but also the style of kicking the fins (no dolphin kick is allowed except in 3 meters zone at the start and turning in outdoors and start and turning zones in indoors).

FIM Apnea: The Free Immersion Apnea is an event where the athlete must cover the maximum vertical distance in apnea to a declared depth without using ballast or fins.

The event takes place in open water (sea or lake) and the athlete is allowed to pull on the guiding rope. The use of any mechanism even if the latter is activated by the muscles of the athlete is prohibited.

CPR : cardiopulmonary resuscitation

BLS: basic life support