

Confédération Mondiale des Activités Subaquatiques
World Underwater Federation



Apnoea

Standards

Level I

1. **Entry requirements**
 - a. Minimum age: 14
 - b. Medical certificate: issued in the last twelve months

2. **Theory lessons**
 - a. Number of lessons: Five 1-hour lessons
 - b. Contents
 - Equipment
 - Basic Physiology
 - Compensation
 - Basic Physics Laws
 - Safe diving practices
 - Do's-Don'ts
 - Breathing technique
 - Environmental awareness
 - Knowledge of the local environment
 - Introducing diving exercises

3. **Practical lessons**
 - a. Number of lessons: Twenty 1-hour lessons
 - b. Contents
 - Free-style swimming
 - Propulsion
 - Breathing
 - Compensation
 - Mask clearing
 - Water entry – basic technique

4. **Security**
 Buddy diving
 Surveillance
 Alert

5. **Skill assessment**
 Agreement of the instructor is required to present the skill assessment

Swimming pool or open water	Open water		
Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
25 m	5 m	8 m	4

For each skill, the qualities of

Propulsion
 Breathing
 Buoyancy
 Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Level II

1. **Entry requirements**
 - a. Level 1 certificate
 - b. Number of logged dives: 10 logged dives since obtaining level 1
 - c. Minimum age: 16
 - d. Medical certificate: issued in the last twelve months

2. **Theory lessons**
 - a. Number of lessons: Five 1-hour lessons
 - b. Contents

3. **Practical lessons**
 - a. Number of lessons: Twenty 1-hour lessons
 - b. Contents
 - Propulsion
 - Respiration
 - Compensation
 - Relaxation
 - Water entry

4. **Security**
 Same as level I
 + Knowledge of the pre-syncope symptoms
 Recovery

5. **Skill assessment**
 Agreement of the instructor is required to present the skill assessment

Swimming pool		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
1'30"	40 m	20 m	15 m	4

For each skill, the qualities of

Propulsion
 Breathing
 Buoyancy
 Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Level III

1. Entry requirements

- a. Level 2 certificate
- b. Number of logged dives: 20 logged dives since obtaining level 1
- c. Minimum age: 18
- d. Medical certificate: issued in the last twelve months

2. Theory lessons

- a. Number of lessons: Ten 1-hour lessons
- b. Contents
 - Physic and mental training
 - Knowledge of relax – concentration techniques
 - Physiology
 - Physio-pathology
 - Do's-Don'ts
 - Help/rescue techniques, first-aid
 - Environmental awareness
 - Introducing diving exercises

3. Practical lessons

- a. Number of lessons: Twenty 1-hour lessons
- b. Contents
 - Improvement of the previous skills
 - Knowledge and control of the effects due to depth
 - Effort management

4. Security

Same as level II
 Reanimation
 Recovery at – 15 meters + towing 25 meters minimum, installing on boat

5. Skill assessment

Agreement of the instructor is required to present the skill assessment

Swimming pool or open waters		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
2'	60 m	25 m	25 m	6

For each skill, the qualities of

Propulsion
 Breathing
 Buoyancy
 Compensation

have to be checked and may be eliminatory even if the skill is succeeded.

Summary of the skill assessment

Level	Swimming pool or open waters		Open water		
	Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
I		25 m	5 m	8 m	4
II	1'30"	40 m	20 m	15 m	4
III	2'	60 m	25 m	25 m	6

IV. Instructor level

1. Entry requirements

- a. Level III certificate
- b. Minimum age 18
- c. To be a member of the national federation of the country
- d. To have a valid medical certificate

2. Theory lessons

- a. Training to first aid (15 hours) (The candidates having a certification recognised by the national federation are exempted)
- b. Local legislation
- c. Physiology and free diving (5 hours)
- d. Structures of the national federation (1 hour)
- e. Structures of C.M.A.S. CMAS (1 hour)
- f. Knowledge of the environment (5 hours)
 - marine animal-life and flora
 - currents , tides
 - ecology
- g. Security organisation of the practical lessons (5 hours)
- h. Pedagogy and organisation (30 hours).

3. Practical lessons

- a. Practical exercises for Help/Rescue and First Aid techniques (5 hours)
- b. Pedagogy and practical organisation
 - 10 theory or practical lessons under the control of as instructor
 - Methodology and conception of a full training course.Skill assessment

4. Skill assessment

- a. **Theory**
 - First Aid (general and specific)
 - Physiology
 - Rescue organisation
 - Knowledge of the environment
 - Structures of the national federation and structures of C.M.A.S.
- b. **Pedagogy**
 - Organisation (theoretical) of a full training course
 - Running of a theoretical and practical course
- c. **Physical aptitudes**
 - Rescue in real situation (from recovery to evacuation)
 - Level III skill assessment

Swimming pool or open waters		Open water		
Static diving	Horizontal diving (Full equipment)	Breath diving -5 m	Constant weight Vertical diving	Number of Logged dives
2'	60 m	25 m	25 m	6