

Level 2 Freediver

Course Standards and Overview

INTRODUCTION

This is an intermediate level certification for individuals wishing to learn and expand their knowledge, skills and safety practices in breath-hold diving. Freediving specific skills and techniques taught in this level allow participants to work with and exploit their natural breath hold diving abilities allowing them to dive no deeper than 40m/ 132' along with extended static breath hold over 2:15 minutes.

COURSE OBJECTIVES

The objective of this course is to educate individuals in proper safety procedures, physics, physiology appropriate to this level. The course will also teach the mechanics and implications of breath hold diving as well as train them in the necessary skills and techniques to be able to safely work with their natural aquatic potential to no deeper than 40m/132'.

PROGRAM PRE-REQUISITES

1. Minimum age of 18 years or 16 years with parental consent
2. F.I.I. Level 1 Freediver certified or equivalent

REQUIRED STUDENT EQUIPMENT

1. Mask / freediving fins / snorkel / wetsuit / weights and belt / freediving computer

SUPPORT MATERIAL

STUDENT MATERIALS

1. F.I.I. Level 2 Freediver Manual

Copyright © 2014 F.I.I.

2. F.I.I. Level 2 Freediver Workbook
3. F.I.I. Level 2 Freediver Academic Review
4. F.I.I. Medical Statement
5. F.I.I. Student Information Form
6. F.I.I. Complete and Unconditional Liability Release Form

INSTRUCTOR MATERIALS

1. F.I.I. Instructor Manual
2. F.I.I. Level 2 Instructor Teaching Scripts
3. F.I.I. Level 2 Freediver Skill Guideline
4. F.I.I. Level 2 Final Tests and Test Form
5. F.I.I. Course Completion Form

QUALIFICATION OF GRADUATES

1. Upon successful completion of this course, graduates may engage in freediving activities with a buddy and according to the F.I.I. safety and problem management procedures in depths no greater than 40m/132'.
2. Upon successful completion of this course, graduates are qualified to enroll in the F.I.I. Level 3 Freediver, F.I.I. Instructor Assistant and Specialty Freediving Programs (if applicable).

WHO MAY TEACH THE F.I.I. LEVEL 2 FREEDIVER

This course may only be taught by a F.I.I. Level 2 Instructor.

STUDENT – INSTRUCTOR RATIOS

Classroom – unlimited, as long as required quality, comprehensive and complete training can be guaranteed

Confined Water - Maximum of 10 students to 1 Instructor

Open Water - Maximum of 8 students to 1 Instructor

Copyright © 2014 F.I.I.

DEPTH RESTRICTIONS

1. Maximum open water depth of 40m/132'

RECOMMENDED COURSE MINIMUMS

Classroom Time	7 Hours (3 x 2.5 Hours)
Confined Water Time	2.5 Hours (1 x 2.5 Hours)
Open Water Time	4.5 Hours (3 x 1.5 Hours)

Knowledge Development Overview

The following topics must be covered during this course. The F.I.I. Level 2 Freediver manual is mandatory for use during this course. Instructors are allowed to use additional texts or materials that they feel help present these topics.

A. Introduction

- Course Overview
- Prerequisites
- Equipment Requisites
- Safety Practices

B. Safety and Problem Management

- Freediving Supervision
- Safety Procedures - review
- Self-Rescue Techniques
- Evaluation and Progress
- Pressure Related Injuries
- Pressure Related Physiological Stresses
- Freediving Blackout

C. Breathing Techniques

- Respiratory Muscles

Copyright © 2014 F.I.I.

- Breathe Up
- Recovery Breathing
- Breathing Exercises

D. Physics in Freediving

- Pressure and Volume
- Frenzel's Maneuver
- Partial Pressure
- Buoyancy and Streamlining
- Segments of a freedive and related technique

E. Physiology for Level 2 Freediver

- Breathing Process
- Lung Volumes
- Circulatory System
- What Makes Us Breathe
- Mammalian Diving Reflex

Confined Water

To be certified as a F.I.I. Level 2 Freediver a student must demonstrate following skills and techniques to the satisfaction of F.I.I. Instructor:

A. Negative Pressure Dives

- Proper safety supervision and execution
- Recovery breathing
- Reverse packing on the surface

B. Static Apnea

- Proper warm-up
- Proper breathing with purging and recovery breathing
- Minimum of 3 static apneas with proper supervision
- Minimum of 3 static apneas while providing proper supervision
- Complete a minimum breath-hold or supervision of breath hold of 2:15

Open Water Skills

To be certified as a F.I.I. Level 2 Freediver a student must demonstrate the following skills and techniques to the satisfaction of F.I.I. Instructor:

A. Prepare freediving equipment without assistance of the Instructor

B. Successfully complete a water entry appropriate for the environment

C. Mask Skill

- Ascend with fully flooded mask from 10m/33'

D. Weight Belt Skill

- Removal and ascend while holding it in a hand from 20m/66'

E. Buoyancy control

- Adjusting neutral buoyancy to 10m/33'

F. Breathing Technique

- Proper breathe up technique with purging

G. Proper Descent Procedure

- Water entry – single legged or double legged
- Free Immersion – warm up
- Satisfactory body positioning for streamlining
- Proper arms positioning
- Correct head positioning for descent
- Equalization techniques
- Maintaining line proximity
- Determination and use of kick cycles to neutral buoyancy
- Determination and use of kick cycles to sink phase
- Sink phase body positioning and depth determination
- Descent and ascent without visual reference

H. Proper Ascent Procedure

- Arms up method unless physically impossible for the student
- Arms repositioning at around 10m/33'
- Maintaining line proximity
- Pre- surfacing exhalation
- Surface recovery – hook breathing

I. Safety and Problem Management

- Proper buddy supervision
 - on the surface
 - at depth
- Rescue scenario simulated by an instructor

Graduation Requirements

To successfully complete this course and receive F.I.I. Level 2 Freediver certification,

A student must:

1. Attend all academic, confined water and open water sessions.
2. Successfully demonstrate all required confined and open water skills.
3. Demonstrate safe and responsible practices.
4. Achieve a minimum of 80% in final written exam.

An instructor must:

1. Submit a completed F.I.I. Course Completion Form to F.I.I. within 7 days of finishing the course for processing.

F.I.I. Level 2 Freediver - POOL ONLY certification will be awarded if the Certification Requirements have been fulfilled and all practical training was conducted in confined water environment.

For F.I.I. L2 - Pool ONLY certified student to receive F.I.I. Level 2 Freediver certification

A student must:

1. Re-take and achieve minimum of 80% in final written exam before proceeding with practical training.
2. Attend open water session and successfully demonstrate all required open water skills.
3. Demonstrate safe and responsible practices.

An instructor must:

1. Submit the completed F.I.I. Course Completion Form to F.I.I. within 7 days of finishing the course for processing.