

Waterman Survival - Extended

Course Standards and Overview

INTRODUCTION

This certification course is for individuals seeking to gain and improve fundamental skills, knowledge and safety practices to better their chances in breath-hold involved emergency situations during in water activities such as surfing, white water kayaking, rafting etc. Specific skills and knowledge gathered in this course will allow participants to safely engage in basic breath hold activities no deeper than 20m/66' and complete static breath-holds no longer than 3:00 minutes.

COURSE OBJECTIVES

Objective of this course is to familiarize students with basic psycho-physiological responses to involuntary breath-holds and training exercises designed to increase their in-water comfort and survivability in the real breath-hold related emergency situations. Students will also learn about freediving equipment and its proper use, fundamentals of freediving safety and techniques that will allow them to work safely no deeper than 20m/66'.

PROGRAM PRE-REQUISITES

1. Minimum age of 18 years or 16 years with parental consent
2. Competent swimming skills

REQUIRED STUDENT EQUIPMENT

1. Mask / snorkeling or freediving fins / snorkel / wetsuit / weights and belt

SUPPORT MATERIAL

STUDENT MATERIALS

1. F.I.I. Waterman Survival - EXTENDED Manual
2. F.I.I. Waterman Survival - EXTENDED Workbook
3. F.I.I. Waterman Survival - EXTENDED 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. Waterman Survival - EXTENDED Teaching Scripts
3. F.I.I. Waterman Survival - EXTENDED Skill Guideline
4. F.I.I. Waterman Survival - EXTENDED 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 equally or higher qualified buddy and according to the F.I.I. safety and problem management procedures to depths no greater than 20m/66'.
2. Upon successful completion of this course, graduates are qualified to enroll in the F.I.I. Level 2 Freediver, F.I.I. Instructor Assistant and F.I.I. Level 1 Instructor (if applicable)

WHO MAY TEACH A F.I.I. WATERMAN SURVIVAL - EXTENDED

This course may only be taught by a F.I.I. Specialty Instructor - Waterman Survival

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

DEPTH RESTRICTIONS

1. Maximum open water depth of 20m/66'

RECOMMENDED COURSE MINIMUMS

Classroom Time	4 Hours (2 x 2 Hours)
Confined Water Time	3 Hours (2 x 1.5 Hours)
Open Water Time	3 Hours (2 x 1.5 Hours)

Knowledge Development Overview

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

A. Introduction

- Course Overview
- Prerequisites
- Equipment Requisites
- Safety Practices

B. History of freediving

- Origin of Freediving
- Mammalian Diving Reflex

C. Safety and Problem Management

- Hypoxia
- Freediving Supervision
- Near-Blackout (LMC) and Blackout
- Safety Procedures
- Buddy Separation

D. Equipment

- Mask
- Fins
- Snorkel
- Exposure protection
- Weights & Buoyancy Systems
- Lines, Flags, Floats and Accessories

E. Breathing Techniques

- Respiratory System
- Physiological Process of Breathing
- Correct Breathing

F. In-Water Environment

- Environmental conditions
- Local aquatic animal and plant life

G. Physiology and Physics for Level 1 Freediver

- Depth and Pressure
- Pressure and Volume
- Pressure and Body Airspaces
- Equalization Techniques
- Buoyancy

H. Waterman Survival Knowledge & Training

- Drowning - minimizing the occurrence
- Panic, Hypoxia, Physiological Incapacitation
- Breathing & Breath-hold
- Application of confined water exercises
- Application of open water exercises

Confined Water

To be certified as F.I.I. Waterman Survival - EXTENDED a student must demonstrate the following skills and techniques to the satisfaction of the F.I.I. Instructor.

A. Safety and Problem Management

- LMC assistance on the surface
- BO assistance on the surface and UW
- BO assistance on the surface and UW after buddy separation

- Static apnea problem simulations

B. Static Apnea

- Proper warm-up
- Proper breathing and recovery
- Minimum of 3 static apneas with proper supervision
- Minimum of 3 static apneas while providing proper supervision
- Complete or supervise a minimum breath-hold of 2:15 (max 3:00 min)

C. Surface Water Entry

- Snorkel breathing on the surface / relaxation
- Surface water entry
 - single legged or double legged
- Removing snorkel before or right after the water entry
- Satisfactory body positioning
- Proper kicking technique for given type of fins
 - flutter kick or dolphin kick

D. Gear Skills

- Partial or full mask clear UW
- Clear snorkel with blast technique
- Proper kicking technique on the surface
- Weight belt – adjusting buoyancy

E. Waterman Survival Training

Open Water Skills

To be certified as a F.I.I. Waterman Survival - EXTENDED a student must demonstrate the following skills and techniques to the satisfaction of F.I.I. Instructor.

A. Prepare freediving equipment without the assistance of the Instructor

B. Successfully complete an entry appropriate for the environment

C. Mask skills

- Partial or full mask clear UW

D. Snorkel skills

- Clear snorkel with blast technique
- Remove snorkel before or immediately after beginning of the dive

E. Weight Belt Skills

- Removal and replacement on the surface

F. Fins Skills

- Satisfactory kicking technique for given type of fins

G. Buoyancy control

- Adjusting neutral buoyancy between 6m/20' and 10m/33'

H. Breathing Technique

- Proper relaxed diaphragmatic breathing

I. Proper Descent Procedure

- Water entry – single legged or double legged
- Free Immersion – warm up
- Satisfactory body positioning for streamlining
- Proper arms positioning – one hand on the nose, the other one over head
- Equalization techniques
- Maintaining line proximity
- Realizing and responding to buoyancy changes

J. Proper Ascent Procedure

- Arms up method unless physically impossible for the student
- Arms repositioning close to the surface
- Maintaining line proximity
- Pre- surfacing exhalation

K. Safety and Problem Management

- Proper buddy supervision on the surface
- Rescue scenario simulated by an instructor according to Level 1 complexity

L. Waterman Survival Training

Graduation Requirements

To successfully complete this course and receive F.I.I. Waterman Survival - EXTENDED.*

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

*** Student is eligible for F.I.I. Level 1 Freediver certification as well. Instructor needs to submit the completed F.I.I. Level 1 Freediver Course Completion Form to F.I.I. within 7 days of finishing the Waterman Survival - EXTENDED course for processing.**

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