



AIDA COMPETITION SAFETY FREEDIVER COURSE OUTLINE

PREREQUISITES

To enrol in the AIDA Competition Safety Freediver course, an individual must:

- Be 18 years of age or older (16 years with parent or guardian consent)
- Have completed the AIDA ** Freediver course or equivalent for the AIDA Pool Competition Safety Freediver and AIDA Competition Safety Freediver Courses
- Have completed the AIDA *** Freediver course or equivalent for the AIDA Competition Deep Safety Freediver Course
- Have completed the AIDA Medical Form
- Have completed the Liability Release

COURSE PURPOSE

The purpose of the AIDA Competition Safety Freediver Course is to familiarise freedivers with the safety procedures and rules in place during an AIDA competition. Students will develop their knowledge and skills so they can act as a Safety Freediver during AIDA competitions.

To conduct an AIDA AIDA Competition Safety Freediver Course, the following knowledge development, confined water session and open water session are to be included:

KNOWLEDGE DEVELOPMENT

The knowledge development will take place in a classroom-like environment. A minimum of 1 theory session should be taught and this should be a minimum duration of 2 hours. The time to take the exam is NOT included in the minimum theory time mentioned above.

Students should be provided with a hand-out of the current AIDA Regulations for International Freediving Competitions to take away for future reference and to use to prepare for their exam.

You may find it useful to have other reference books handy such as freediving competition DVDs.

The AIDA Competition Safety Freediver exam must be completed by any student certified as an AIDA Competition Safety Freediver. The passing score is 75%. Any missed questions should be explained to the student and the student must sign the bottom of the exam to indicate that this has taken place. If the student does not pass the exam on first sitting, they may resit after 24 hours.

The theory session will include:

General Information on AIDA International Competitions

- Introduction to AIDA International and AIDA International Competitions
- The AIDA International Ranking system
- AIDA competition rules: 1.1, 1.2, 1.19, 1.20, 1.27, 1.28, 1.29, 1.33, 2.2, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 3.12, 3.18, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 4.12, 4.18, 5.5, 5.6, 5.8, 5.9, 5.10, 5.14, 5.18, 5.19, 6.4, 6.6, 6.10, 6.14, 6.15, 6.16.
- Classification of AIDA International Competitions (National with Guests, National Open, International, Invitational Competitions)
- Differences between Competitions and Record Events

Pool Competitions

- General Characteristics of AIDA International Pool Competitions
- Disciplines of AIDA International Pool Competitions.
- AIDA International Rules specific to Pool Competitions
- Safety Systems/Procedures During Pool Competitions

Static Competitions

- Static Competition Setup
- Warm-up Zone
- Transition Zone
- Competition Zone
- Role of the Safety Freediver
- Safety Freediver procedures
- Interaction with the judges

Dynamic / Dynamic No-Fins Competitions

- Dynamic Competition Setup
- Warm-up Zone
- Transition Zone
- Competition Zone
- Role of the Safety Freediver
- Safety Freediver procedures
- Interaction with the judges

Depth Competitions

- General Characteristics of AIDA International Depth Competitions
- Disciplines of AIDA International Depth Competitions – Why Variable Ballast and No-Limits are not competition disciplines.
- AIDA International Rules specific to Depth Competitions
- Safety Systems during Depth Competitions

Constant Weight with Fins / Constant Weight Without fins / Free Immersion Competitions

- Competition Setup
- Warm-up Zone
- Transition Zone
- Competition Zone
- Role of the Safety Freediver
- Safety Freediver procedures
- Counterballast system
- Other safety systems: Safety Scuba divers, - Lift bag on freediver, - Lift bag on line, - Manual (diver to diver)
- Interaction with the judges

CONFINED WATER SESSION

The session should be conducted in a swimming pool of at least 25m in length or similar confined water. The student safety freediver should have access to a floatation device to support them during each scenario.

Static and Dynamic Apnea Session

After this session the student safety freediver will have:

- Demonstrated knowledge of the warm-up, transition and competition zones in a simulated pool competition setup
- Demonstrated proper safety practices during a static apnea attempt
- Demonstrate proper communication with the judge during a static apnea showing the correct tapping procedure
- Conduct a rescue for a black out incident during a competition static apnea performance (demonstrate rescue for black out occurring both during the hold and after surfacing of the diver)
- Demonstrate proper safety practices during a dynamic apnea
- Conduct a rescue for a black out incident during a competition dynamic apnea performance (both during the performance at the bottom of the pool and after surfacing of the diver)
- Tow an inert freediver for a distance of at least 15m on the surface

OPEN WATER DIVE SESSION

These dives should be conducted in open water with a fixed line to be used as a point of reference by the student freediver. This line should be sufficiently buoyed and weighted so that the student freediver could use it to pull either up or down if necessary. The line is recommended to be at least 8mm in diameter.

The maximum depth of the freedives should be limited to not more than 25m, by placing a bottom plate on the line at a maximum of 25m.

A lanyard should be used for all dives, except when the student is acting as a safety freediver.

After this open water session, the student safety freediver will be able to:

- Demonstrate knowledge of the warm-up, transition and competition zones in a simulated depth competition setup
- Assist a competition diver during their entry in the competition zone, conduct an inspection of the diver's safety equipment and assist them with putting on the official competition depth gauge
- Act as safety freediver to the instructor during a CWT dive meeting the instructor at a depth of 15m for Safety Freediver Course and at 20m for Deep Safety Freediver Course and escorting them to the surface

- Demonstrate appropriate safety procedures while conducting a rescue for a diver experiencing a black out at the surface under competition conditions
- Demonstrate appropriate safety procedures while conducting a rescue for a diver experiencing a black out at a depth of 7m under competition conditions
- For the Safety Freediver Course demonstrate appropriate safety procedures while conducting a rescue for a diver experiencing a black out at a depth of 15m under competition conditions
- For the Deep Safety Freediver Course demonstrate appropriate safety procedures while conducting a rescue for a diver experiencing a black out at a depth of 20m under competition conditions
- During the open water session the safety divers will be acting in pairs with one safety diver responsible for conducting the rescues and the buddy responsible for lanyard removal and overlooking the rescue procedure – ensuring the safety diver's and the athlete's safety
- Tow an inert freediver a distance of at least 25m on the surface

EQUIPMENT

Student Equipment – mask, fins, snorkel, appropriate exposure protection, weightbelt, lanyard

Instructor Equipment – mask, fins, snorkel, appropriate exposure protection, weightbelt, stop watch, depth gauge, lanyard, guideline with bottom plate, tags, floatation device, first aid kit, oxygen administration kit (in countries where this is required or permitted by local law)

Optional Equipment – nose clip, goggles, lights, underwater video camera, surface video camera

INSTRUCTOR SUPERVISION

The AIDA Competition Safety Freediver course may be conducted by an Active AIDA Instructor and AIDA Judge with current CPR and First Aid training (completed within the last two years). The instructor should carry liability insurance for teaching freediving in countries where this is required by local law.

The maximum student diver-to-instructor ratio for open water training dives is four students per instructor (4:1). This may rise to six students per instructor (6:1) when the instructor is assisted by another freediver qualified to at least AIDA **** level. The maximum student diver-to-instructor ratio in confined water is eight students per instructor (8:1).

ADMINISTRATION AND PAPERWORK

Before commencing any in-water training, each student freediver must complete the following documents, for students aged under 18 years, both must be co-signed by a parent or guardian:

- AIDA Medical Statement – this must be completed in full with students marking YES or NO to each of the medical conditions listed. If the student answers YES to any condition, they must seek medical approval before taking part in any in-water activity. The physician must sign the form to indicate this approval. Whether or not the student then is then accepted onto the course is left at the discretion of the instructor.
- AIDA Liability Release or local equivalent

The AIDA Instructor should hold these documents on file for a minimum of seven years or longer if required by local legislation.

CERTIFICATION PROCEDURES

AIDA** Freedivers who complete all the performance requirements outlined in the text above may be certified as AIDA Competition Safety Freediver. Freedivers who meet all the performance requirements other than those listed under "Open Water Session" may be certified as AIDA Pool Competition Safety Freediver. AIDA*** Freedivers who complete all the performance requirements outlined in the text above may be certified as AIDA Competition Deep Safety Freediver.

The certifying instructor must submit an AIDA Certification Request via the Excel Spreadsheet in the Instructor Manual to: pim.vermeulen@aida-international.org. This should be accompanied by payment of the certification fee by Paypal or Bank Transfer. Students will receive their full certification from AIDA within 2 months.

KEY STANDARDS

Prerequisite certifications: AIDA ** Freediver (or equivalent) for the AIDA Pool Competition Safety and AIDA Competition Safety Freediver Courses and AIDA *** Freediver (or equivalent) for the AIDA Competition Deep Safety Freediver Course

Minimum Age: 18 or older (16 with parent/guardian signature)

Minimum theory sessions: 1 of at least 2 hours

Minimum confined water sessions: 1

Minimum Open Water training sessions : 1

The course should be run over at least 1 day

Student to Instructor Training: 8:1 (confined water) 4:1 (open water)) 6:1 (open water with an assistant of certified to least AIDA **** Freediver)

Minimum Instructor Rating: AIDA Instructor and AIDA Judge, Active with current First Aid and CPR Training (within 2 years)