

# APNEA COMMISSION CMAS APNEA DIVER COURSES STANDARDS & OUTLINES VERSION 2021/01 CA 212



Definition:	: Discovery Apnea diver is a trained free diver who has		
	completed the theoretical and practical training of CMAS		
	Discovery Apnea diver and he is certified by a CMAS active Apnea Instructor.		
Entry	: Minimum age 12 years old		
Requirements	: Valid 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 : 2 x 1-hour lessons		
	: Practice : 2 x 1-hour diving course		
Education	: Theory : History of Free Diving		
	: Basic Diving Physics		
	: Basic Physiology – Equalization – BO – LMC		
	: Basic Breathing Techniques		
	: Free Diving Equipment		
	: Diving Techniques		
	: Sea Environment		
	: Dangers and safety precautions		
	: Buddy practice		



Education	: Practice : Static apnea : Swimming : Equalization technic : Breathing : Fin Technique : Buoyancy : Dynamic apnea : Duck dive	ques
	: Skill exercises	
Performances	: Static apnea : Dynamic apnea : Diving	60 sec 15 m 2 m
Diving sessions	: Two (2) sessions at least. Two (2 permitted with an interval of at lea	
Exams	check the mistakes : Practice : The candidate is ex	and the instructor must and give further instructions amined and he/she must ollowing performances: : 60 sec : 15 m : 2 m



Course organizing	: The course is organized and conducted by an active		
	1* Star CMAS Apnea 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 and 1 assistant to 8 students

Number of participants: maximum 8 students

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

The condition of the sea at confined water sessions must be safe and controlled.

The Instructor must place at the diving site two (2) diving buoys clearly shown, if at sea.

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 <sup>*</sup> Star Apnea diver is a trained free diver who has completed the theoretical and practical training of CMAS			
	1 <sup>*</sup> Star Apnea diver course and he is certified by a CMAS activ Apnea Instructor.			
Entry	: Minimum age 14 years old			
Requirements	: Valid Medical certificate			
Documents	: ID card or	passport		
	: Medical ce	ertification issued during the last 12 months		
	: Liability re	lease form		
	: Parental c	onsent letter if less than 18 years old		
Duration	: Theory	: 8 x 1-hour lessons		
	: Practice	:4 x 2-hour diving course		
Education	: Theory	: History of Free Diving		
		: Basic Diving Physics		
	: Basic Physiology – Equalization – BO – LMC			
: Basic Breathing Techniques				
	: Free Diving Equipment			
		: Diving Techniques		
		: Sea Environment		
		: Dangers and safety precautions		
		: Buddy practice		



Education	: Practice	<ul> <li>Static apnea</li> <li>Swimming</li> <li>Equalization technique</li> <li>Breathing as a freedie</li> <li>Fin Technique</li> <li>Buoyancy</li> <li>Dynamic apnea</li> <li>Duck dive</li> <li>Free diving sessions</li> <li>Constant weight dive</li> <li>Skill exercises</li> </ul>	iver
Performances	: Static apne : Dynamic a : Constant w	pnea	1:30 sec 25 m 10 m
Diving sessions		ssions at least. Two (2) rith an interval of at leas	
Exams	: Theory : Practice	14 questions (70%) of certified.	ver correctly at least in otherwise he/she is not amined and he/she must llowing performances: : 1:30 sec : 25 m : 10 m



Course organizing	: The course is organized and conducted by an active		
	1* Star CMAS Apnea 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 and 1 assistant to 8 students

Number of participants : maximum 8 students

The condition of the sea at open water sessions must be calm and the visibility at least 10mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15°celsious, the limits can be decreased by 20%.

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



#### **2\*STAR APNEA DIVER**

Definition:	: 2 <sup>*</sup> Star Apnea diver is a trained free diver who has			
	complete the theoretical and practical training of CMAS			
	2 <sup>*</sup> Star Apnea diver course and he/she is certified by a CMAS active Apnea Instructor.			
Entry	: Minimum age 14 years old			
Requirements	: Medical certificate			
	: 1 <sup>*</sup> Star Apnea Diver certificate or else if the diver is			
	experienced the Instructor must check if the abilities of			
	the 1 <sup>*</sup> Star Apnea Diver are fulfilled.			
Documents	: ID card or passport			
	: Medical certification issued during the last 12 months			
	: 1 <sup>*</sup> Star Apnea Diver certificate or Instructors permission			
	document.			
	: Liability release form			
	: Parental consent letter if less than 18 years old			
Duration	: Theory : 8 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			
	: Local legislation about diving			
	: Equalization techniques			
	: Reaction in dangerous situations			
	: Buddy practice			
	: Tides and currents			



Education	: Practice	<ul> <li>Equalization</li> <li>Relaxation - Breath</li> <li>Propulsion - Buoya</li> <li>Diving schedule</li> <li>Rescue of a BO district and the second seco</li></ul>	ancy iver niques nent techniques
Performances	: Static apne : Dynamic a : Constant w	pnea	2:30 min 50 m 20 m
Diving sessions		ssions at least. Two ⁄ith an interval of at l	(2) sessions per day are east 2 hours.
Exams : Theory		must answer corre questions (70%) o certified.	therwise he/she is not
	: Practice		examined and he/she must following performances: : 2:30 min : 50 m : 20 m s not certified.



Course organizing : The course is organized and conducted by an active 1<sup>\*</sup> Star CMAS Apnea 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 condition of the sea at open water sessions must be calm and the visibility at least 12mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.

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:	: 3 <sup>*</sup> Star Apnea diver is a trained free diver who has		
	completed the theoretical and practical training of CMAS		
	3 <sup>*</sup> Star Apnea diver course and he is certified by a CMAS active Apnea Instructor.		
Entry	: Minimum age 16 years old		
Requirements	: Medical certificate		
	: 2 <sup>*</sup> Star Apnea Diver certi <mark>f</mark> icate.		
Documents	: ID card or passport		
	: Medical certification issued during the last 12 months		
	: 2 <sup>*</sup> Star Apnea Diver certificate.		
	: Liability release form		
	: Parental consent letter if less than 18 years old		
Duration	: Theory : 14 x 1-hour lessons		
	: Practice : 6 x 2-hour diving courses		
Education	: Theory : CMAS and National Federation structure		
	: Advanced Physiology – BO – LMC		
	: Advanced Relaxation - Meditation		
	: Rescue and First aid in diving accident		
	: Advanced Breathing Techniques		
	: Respiration - Stretching		
	: Preparation of physical condition		
	: Apnea diet		
	: Environmental awareness		
	: Local legislation about diving		
	: Advanced Equalization techniques		
	: Actions of a Rescue Apnea Diver		
	: CPR Training		
	: Buddy practice		
	: Tides and use of Tide charts		



Education	: Practice : Physical method : Advanced Relax : Advanced Free I : Rescue and Firs : Rescue of a BO : Perfect buoyancy : Static Apnea : Dynamic Apnea : Constant weight : Variable weight o : FIM dives : Skill exercises	ation - Breathing Diving techniques t Aid diver y – balance dives	
Performances	: Static apnea	3:30min 75m	
	: Dynamic apnea : Constant weight	30m	
	: Variable weight	oom a	
	: Free Immersion		
Diving sessions	: Six (6) sessions at least. Two	o (2) sessions per day are	
	permitted with an interval of at least 2 hours.		
Exams	: Theory : 20 questions in f	heory topics. The candidate	
	must answer corr	ectly at least in 14 questions	
	(70%) otherwise	he/she is not certified.	
	: Practice : The candidate is	examined and he/she must	
		wing performances:	
	Static apnea	3:30min	
	Dynamic apnea	75m	
	Constant weight	30m	
	Otherwise he/she	is not certified.	



Course organizing : The course is organized and conducted by an active 2<sup>\*</sup> Star CMAS Apnea 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 condition of the sea at open water sessions must be calm and the visibility at least 20mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.

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 diver courses as: discovery, 1\*star, 2\*star and 3\*star apnea diver can be conducted in deep pools taking in consideration the relevant standards and requirements from CMAS and local federations.



# **APNEA COMMISSION**

# **CMAS APNEA SAFETY DIVER**

# COURSE

## **STANDARDS & OUTLINES**

# VERSION 2020 / 01



## **CMAS SAFETY DIVER**

Definition:	: Safety diver is the trained free diver who has completed the theoretical and practical training of CMAS Safety diver course and he is certified with certificate from a CMAS active Safety Instructor.		
Entry	: Minimum age 18 years old		
Requirements	: Valid Medical certificate		
	: Cmas 3* star apnea diver certificate or equivalent		
Documents	: ID card or passport		
	: Medical certification issued during the last 12 months		
	: Liability release form		
Duration	: Theory : 8 x 1-hour lessons		
	: Practice : 8 x 1-hour diving course		
Education	: Theory		
	- CMAS Freediving Competitions		
	- CMAS Safety guidelines and procedures for international		
	Championships (official document)		
	- CMAS Competition Rules		
	- Competition Personnel		
	- Logistics		
	- Recovery Systems		
	- Disciplines at outdoor competitions		
	- Role of judges and officials		
	- Safety freediver role		
	- Role of safeties as team		
	- Risk Management		
	- Emergency Plan and Safety Procedures		
	- Out of water incident management and procedures (Advanced		
	Airways Management, Advanced Care)		
	<ul> <li>In Water incident management and procedures</li> </ul>		
	<ul> <li>Freediving physiology, physiopathology</li> </ul>		
	- Possible incidents at a deep freediving performance		



## **CMAS SAFETY DIVER**

Education	: Practice			
	- Solo rescue of an BO athlete -30m, management of the Blackout			
	on the surface with BTT and rescue breaths			
	- Transport of the athlete on the surface for at least 25m with			
	Oxygen \ BLS support			
	- Team rescue of a BO athlete from -30m, management of the			
	blackout on the surface with BTT and rescue breaths			
	<ul> <li>Demonstrate ability in team cooperation of a surface blackout.</li> </ul>			
Out of Water Safety:	BLS – CPR			
	- Advanced Airways Management support on surface-boat-platform			
	- Simulation of a competition accident.			
	- Emergency and Evacuation plan			
	- Back up plan			
Exams	: Theory 20 questions in theory topics. The			
	candidate has to answer correctly at least in			
	14 questions (70%) otherwise he/she will not			
	Be certified.			
	: Practice : The candidate is examined and he/she must			
	safely perform all the practice skills otherwise			
	he/she will not be certified			



## **CMAS SAFETY DIVER**

Course organizing	: The course is organized and conducted by an active			
	CMAS Safety 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 at sea	: 1 Instructor and 1 assistant to 8 students			

The above described standards are the minimum requirements for a safety diver course.

Exceptions and changes at the demands 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 APNEA INSTRUCTOR**

## COURSES

## **STANDARDS & OUTLINES**



: 1* Star Apnea Instructor is a trained free diver who has			
completed the theoretical and practical training of CMAS			
1 <sup>*</sup> Star Apnea 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.			
: 1* Star Apnea Instructor is a certified free diver who has			
the ability to:			
<ul> <li>Organize discovery Apnea diver, 1* and 2* Apnea diver courses</li> </ul>			
Organize Discovery pool diver and 1* Pool diver courses			
<ul> <li>Provides safety to his/her students</li> </ul>			
Certifies his/her students			
: Minimum age 18 years old			
: Medical certificate			
: 3*Star Apnea Diver certificate.			
: ID card or passport			
: Medical certification issued during the last 12 months			
: 3*Star Apnea Diver certificate.			
: Liability release form			
: Theory : 20 x 1-hour lessons			
: Practice : 10 x 2-hour diving courses			
: Eight (8) sessions at least. Two (2) sessions per day are			
permitted with an interval of at least one(1) hour.			



: Static apne	a	3:30 min
: Dynamic ap	onea	75 m
: Constant w	eight	30 m
	VV	
: Theory	: CMAS and National	Federation structure
	: The principles of tea	iching.
	: The learning process	S.
	: Pedagogy – method	lology
	: Training program of	: Discovery Apnea diver,
	1*,2* Apnea Diver C	Courses as well as
	Discovery pool dive	r and 1* Pool diver
	: Organizing the abov	e levels of courses
	: Advanced Breathing	Techniques (teaching
	methods)	
	: The use of the video	o in courses-classroom
4	: Certification procedu	ires.
	: Lectures in theory le	essons
	: Skills analyzing – sc	ope of skills
	: Analyzing, Criticism,	Evaluation of students
	skills	
	: Dangerous incidents	in free diving – courses
	: CPR Training	
	: Rescue and First aid	d in diving accidents
	: Competitions – reco	rds
	: Local legislation abo	out diving
	: Dynamic ar : Constant w	<ul> <li>The principles of teat</li> <li>The learning process</li> <li>Pedagogy – method</li> <li>Training program of 1*,2* Apnea Diver O Discovery pool dive</li> <li>Organizing the above</li> <li>Advanced Breathing methods)</li> <li>The use of the video</li> <li>Certification procedu</li> <li>Lectures in theory leat</li> <li>Skills analyzing – soo</li> <li>Analyzing, Criticism, skills</li> <li>Dangerous incidents</li> <li>CPR Training</li> <li>Rescue and First aid</li> <li>Competitions – recomposition</li> </ul>



Education	Discovery Apnea Di Diver, Discovery Po : The importance of I : Physical methods of methods) : Advanced Relaxation methods) : Rescue and First A teaching methods)		Equalization (teaching
		: The use of the video : Demonstration of skil	•
		: Perfect buoyancy – b	
		: Control of the studen	
			ng problems at open water
Exams	1) Theory	• Lecture (10-15 min)	on a defined theme
		<ul> <li>40 questions from a system standards a</li> </ul>	
			t answer correctly at
		least 32 questions (	-
		he/she is not certifie	∋d.
	2) Practice	• Static apnea	3:30 min
		<ul> <li>Dynamic apnea</li> </ul>	75 m
		<ul> <li>Constant weight</li> </ul>	30 m
		Otherwise he/she is no	ot certified.



Exams 400 m swimming with equipment in time 3) less than 6 minutes. 3 x 50 m dynamic appea with 40 sec interval 4 x 15 m constant weight dives with 15 sec, 10 sec, 5 sec interval. The candidate must succeed at least at two of the above skills. 4) • Organization and implementation of a day schedule of an open water course Prevention and solving problems at open water courses • Evaluation of students 5) Resurfacing a BO diver from 15 m, towing for 30 m, place on land or boat and CPR for 4 min.

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

Course organizing : The course is organized and conducted by an active 3\* Star CMAS Apnea 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. 2\* Star CMAS Apnea instructors 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 (2\* Star Apnea Instructor) increases the number of the students by two (2).

The condition of the sea at open water sessions must be calm and the visibility at least 20mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15°celsious, the limits can be decreased by 20%.

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 Apnea Instructor is a trained free diver who is				
	an active 1* Star Apnea Instructor CMAS and:				
	He/she is certified instructor for First Aid-CPR (BLS)				
	• He/she has completed at least five (5) Apnea diver courses from				
	1* and 2*Star Apnea Diver levels.				
	• He/she has completed the certification procedures for at least 40				
	students from 1* and 2* Star Apnea Diver level and 10 students				
	from any other levels prior the Instructor course				
Abilities:	: 2* Star Apnea Instructor is the certified free diver who has				
	the ability to:				
	<ul> <li>Organize and certify all Apnea diver and Pool Diver courses</li> </ul>				
	<ul> <li>Provide safety to his/her students</li> </ul>				
	Be an assistant at Instructor courses				
Entry	: Minimum age 18 years old				
Requirements	: Medical certificate				
	: 1*Star Apnea instructor certificate.				
	: To be active CMAS Apnea Instructor				
Documents	: ID card or passport				
	: Medical certification issued during the last 12 months				
	: 1*Star Apnea Instructor certificate.				
	: List of his/her courses and his/her students.				
	: Activation document.				



Duration	: Theory _: 20 x 1-hour lessons	5		
	: Practice : 10 x 2-hour diving	courses		
Diving sessions	: Eight (8) sessions at least. Two	(2) sessions per day are		
Diving coolone	permitted with an interval of at le			
	permitted with an interval of at le			
Performances	: Static apnea	3:30 min		
	: Dynamic apnea	75 m		
	: Constant weight	30 m		
	: Variable weight	30 m		
	: Free Immersion	30 m		
Education	: Theory : CMAS and Nationa	al Federation structure		
	: The principles of te	achina.		
		: The learning process.		
	: Pedagogy – metho			
		f all levels of Pool diver and		
	Apnea diver cours	es.		
	: Organizing the abo	: Organizing the above levels of courses		
	: Acting as assistant	at Instructors courses		
		eo in courses-classroom		
	: Certification proced	lures for all levels.		
	: Lectures in theory	lessons		
	: Skills analyzing – s	cope of skills		
		, Evaluation of students skills		
	: CMAS rules at com			
		s in free diving – courses		
	: CPR Training	Ŭ		
		id in diving accidents		
	: Local legislation ab			
	5	0		



Education	: Practice	· Organizing the oper	n water sessions for all levels of	
			s and Pool diver courses	
			f Equalization (teaching	
		methods)		
		: Rescue and First Ai	d-CPR (practice and	
		teaching methods)		
		: The use of the video in training		
		: Demonstration of sk	tills	
		: Perfect buoyancy –	balance – How to	
		: Control of the stude	nts at open water	
		: Prevention and solv	ing problems at open water	
Exams	1) Theory	• Lecture(10-15min)	at a defined theme	
		<ul> <li>40 questions from all the</li> </ul>	all theory topics and	
		system standards and requirements.		
		The candidate mus	st answer correctly at	
		least 32 questions	(80%) otherwise	
		he/she is not certif	ied.	
	2) Practice	<ul> <li>Static apnea</li> </ul>	3:30 min	
		<ul> <li>Dynamic apnea</li> </ul>	75 m	
		<ul> <li>Constant weight</li> </ul>	30 m	
		Variable weight	30 m	
		Free Immersion	30 m	
		Otherwise he/she is	s not certified.	
		7		



Exams 3) 400 m swimming with equipment in time less than 6 minutes. 3 x 50 m dynamic appea with 40 sec interval 4 x 15 m constant weight dives with 15sec, 10sec, 5sec interval. The candidate must succeed at least at two of the above skills. 4) • Organization and implementation of a day schedule of an open water course • Prevention and solving problems at open water courses Evaluation of students 5) Resurfacing a BO diver from 15 m, towing for 30 m, place on land or boat and CPR for 4 min.

The candidate must fulfill all the above five (5) categories with 80% success. If he/she fails at one category he/she can reevaluated only on this one later. If he/she fails at two or more, he/she must repeat the whole 2\* Apnea Instructor course.

Course organizing : The course is organized and conducted by an active 3\* Star CMAS Apnea 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. 2\* Star CMAS Apnea instructors 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 (2\*Star Apnea Instructor) increases the number of the students by two (2).

The condition of the sea at open water sessions must be calm and the visibility at least 20mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15°celsious, the limits can be decreased by 20%.

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:	: 3* Star Apnea Instructor is a trained free diver who has			
	been certified with 2* Star Apnea Instructor by CMAS and			
	he/she is active.			
	He/she must be certified as instructor for First Aid-CPR (BLS).			
	He/she must have certified more than 100 students from all			
	apnea courses, prior the 3* Star Instructor course.			
	He/she must have succeeded at the 3* Star Apnea Instructor			
	course requirements			
Abilities:	: 3* Star Apnea Instructor is the certified free diver who has			
	the ability to:			
	Organize all Pool diver, Apnea diver courses			
	Organize Apnea Instructor courses			
	<ul> <li>Provides safety to his/her students</li> </ul>			
	<ul> <li>Certifies all levels of Apnea divers and Instructors.</li> </ul>			
Entry	: Minimum age 21 years old			
Requirements	: Medical certificate			
	: 2*Star Apnea instructor certificate.			
	: First Aid-CPR instructor certificate			
	: To be active			
Documents	: ID card or passport			
	: Medical certification issued in the last 12 months			
	: 2*Star Apnea Instructor certificate.			
	: List of his/her courses and his/her students.			
	: First Aid-CPR (BLS) instructor certificate			
	: Activation document			
	: Liability release form			



Duration	: Theory	: 10 x 1-hour lessons	
	: Practice	ce : 4 x 2-hour diving courses	
Diving sessions	: Four(4) s	essions at least.	
Performances	: Static ap	3:30 min	
	: Dynamic	apnea	75 m
	: Constant	30 m	
	: Variable	weight	30 m
	: Free Imn	nersion	30 m

Education

: Theory

: CMAS and National Federation structure

: Training programs of all instructor Levels

- : Organizing of the instructor courses
- : Pedagogy methodology
- : Training of the trainers methodology
- : Questioning techniques.
- : The use of the CMAS training system.
- : Scope of levels and skills for the system.
- : Analyzing Assessment Evaluation of instructors
- : Rescue-CPR Training for instructors



Education	: Practice	3* Star Apnea instru- : Control of divers at a : Organizing the proce	2* Apnea instructor, uctor. an open water event. edures and the safety for vers at various events. water event
Exams	1) Theory	scope analysis of a Instructor courses	
	2) Practice	<ul> <li>Dynamic apnea</li> <li>Constant weight</li> <li>Variable weight</li> <li>Free Immersion Otherwise he/she is</li> </ul>	30 m 30 m 30 m not certified.
	3) Safety		liver from 15 m, towing and or boat and CPR

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 3\* Star CMAS Apnea Instructor with current Instructor CPR and First Aid certificate who has the responsibility for the conduction of the course and the certification of his/her students. 2\* Star CMAS Apnea instructors may participate as diving assistants in that course.

Instructor to students : 1 Instructor to 6 students ratio

Number of participants : Maximum 6 students per instructor.

The condition of the sea at open water sessions must be calm and the visibility at least 20mt or else a lanyard is needed.

The Instructor must place at the diving site two (2) diving buoys clearly shown.

The above limits are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° celsious, the limits can be decreased by 20%.

Exceptions and changes at the demands and performances of every level ccan 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 instructor courses must be run at open water.



# **APNEA COMMISSION**

# **CMAS APNEA DIVER**

# COURSES

SUMMARY OF STANDARDS



#### 1. Entry Requirements

- a) Minimum age:
- b) Medical certificate

#### 2. Theory lessons

- a) Number of lessons:
- b) Contents
  - History of free diving
  - Free Diving Equipment
  - Basic Physiology Equalization BO LMC
  - Basic Diving Physics
  - Diving Techniques
  - Basic Breathing Techniques
  - Dangers and safety precautions
  - Buddy practice

#### 3. Practical lessons

- a) Number of lessons:
- b) Contents
  - Breathing
    - Static apnea
    - Swimming
    - Equalization techniques
    - Finning
    - Buoyancy
    - Dynamic apnea
    - Duck dive
    - Skill exercises
- 4. Safety
  - Buddy practice

#### 5. Skill assessment

Swimming pool		Open water
Static apnea	Dynamic apnea	Constant weight
1:00 min	15m 🔪	2 m

two (2) sessions at least. Two (2) sessions per day are permitted with an interval of at least 2 hours.

12 years old

issued during the last 12 months

2 x 1-hour lessons

2 x 1-hour diving courses

#### 1. Entry Requirements

- a) Minimum age:
- b) Medical certificate

#### 2. Theory lessons

- a) Number of lessons:
- b) Contents
  - History of free diving
  - Free Diving Equipment
  - Basic Physiology Equalization BO LMC
  - Basic Diving Physics
  - Diving Techniques
  - Basic Breathing Techniques
  - Sea environment
  - Dangers and safety precautions
  - Buddy practice

#### 3.Practical lessons

- a) Number of lessons:
- c) Contents
  - Static apnea
  - Swimming
  - Equalization techniques
  - Breathing as a freediver
  - Finning
  - Buoyancy
  - Dynamic apnea
  - Duck dive
  - Free diving sessions
  - Constant weight dives
  - Skill exercises
- Safety
  - Buddy practice

#### 5Skill assessment

Swimming pool		Open water
Static apnea	Dynamic apnea	Constant weight
1:30 min	25m	10m

Four (4) sessions at least. Two (2) sessions per day are permitted with an interval of at least 2 hours.



4 x 2-hour diving courses

14 years old

8 x 1-hour lessons

issued during the last 12 months



#### **2\*STAR APNEA DIVER**

#### 1. Entry Requirements

- c) 1\*Star Apnea Diver certificate or Instructors permission for experienced divers
- d) Minimum age:
- e) Medical certificate:
- 14 years old

issued during the last 12 months

#### 2. Theory lessons

- a) Number of lessons:
- b) Contents
  - Diving Physics
  - Physiology BO LMC
  - Relaxation Meditation
  - Equalization techniques
  - First Aid in diving accident
  - Breathing in free diving
  - Physical condition and preparation
  - Environmental awareness
  - Local legislation about diving
  - Reaction in dangerous situations
  - Buddy practice
  - Dangers in free diving
  - Tides and currents

#### 3. Practical lessons

- a) Number of lessons: 4 x 2-hour diving courses
- b) Contents
  - Equalization
  - Relaxation Breathing
  - Propulsion Buoyancy
  - Diving schedule
  - Rescue of a BO diver
  - Apnea entry techniques
  - Diving and locomotion techniques
  - Static Apnea
  - Dynamic Apnea
  - Constant weight dives
  - Skill exercises

#### 4. Safety

- Buddy practice
- Reaction in dangerous situations

#### 5. Skill assessment

Swimming pool		Open water
Static apnea	Dynamic apnea	Constantweight
2:30 min	50m 📃 💙	20m

Four (4) sessions at least. Two (2) sessions per day are permitted with an interval of at least 2 hours.

#### 8 x 1-hour lessons

### 3<sup>\*</sup> STAR APNEA DIVER

#### 1. Entry Requirements

- a) 2\*Star Apnea Diver certificate
  - Minimum age: 16 years old
- c) Medical certificate:

#### issued during the last 12 months

14 x 1-hour lessons

#### 2. Theory lessons

b)

- a) Number of lessons:
- b) Contents
  - CMAS and National Federation structure
  - Advanced Physiology BO LMC
  - Advanced Equalization techniques
  - Advanced Relaxation Meditation
  - Rescue and First aid in diving accidents
  - Respiration Advanced breathing techniques
  - Preparation of physical condition- Apnea diet
  - Stretching
  - Environmental awareness
  - Actions of a Rescue Apnea Diver
  - CPR Training
  - Buddy practice
  - Local legislation about diving
  - Tides and use of Tide charts

#### 3. Practical lessons

- a) Number of lessons: 6 x 2-hour diving course
- b) Contents
  - Physical methods of Equalization
  - Advanced Relaxation Breathing at open water
  - Advanced Free Diving techniques at open water
  - Rescue and First Aid at open water
  - Rescue of a BO diver from 10m
  - Perfect buoyancy balance
  - Static Apnea
  - Dynamic Apnea
  - Constant weight dives Variable weight dives FIM dives
  - Skill exercises

#### 4. Safety

- Rescue
- First Aid
- CPR
- Buddy practice

#### 5. Skill assessment

Swimmin	g pool	Open water	
Static apnea Dynamic apnea		Constant weight	
3:30 min	75m	30m	

Six (6) sessions at least. Two (2) sessions per day are permitted with an interval of at least 2 hours.





### 2017 CMAS APNEA DIVER COURSES SUMMARY

	Swimming pool		Open water		
Level	Static apnea	Dynamic apnea	Constant weight	Number of logged dives	Instructor level to teach the course
Discovery	1:00 min	15m	2m	2	1* star Apnea Instr
1*star	1:30 min	25m	10m	4	1* star Apnea Instr
2*star	2:30 min	50m	20m	4	1* star Apnea Instr
3*star	3:30 min	75m	30m	6	2* star Apnea Instr

The above limits for all levels of apnea divers are obligatory for open water dives and pool disciplines. If the training take place at fresh water or sea water below 15° C, the limits can be decreased by 20%.

Exceptions and changes at the demands and performances of every level can be done only after reasoned request by the 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 APNEA INSTRUCTOR**

## COURSES

SUMMARY OF STANDARDS



### **1\* STAR APNEA INSTRUCTOR**

#### 1. Entry Requirements

- 3\* Star Apnea Diver certificate a)
- b) Minimum age:
- Medical certificate: c)

18 years old

issued during the last 12 months

20 x 1-hour lessons

#### 2. Theory lessons

- Number of lessons: a)
- b) Contents
  - CMAS and National Federation structure
  - The learning process. Pedagogy methodology
  - Training program of Level 1\*,2\* Apnea Diver.
  - Training program of Discovery and Pool 1\*,2\* diver courses
  - Organizing of the above courses
  - The principles of teaching.
  - The use of the video in courses-classroom
  - Certification procedures.
  - Lectures in theory lessons
  - Skills analyzing scope of skills
  - Analyzing, Criticism, Evaluation of students skills
  - Dangerous incidents in free diving courses
  - CPR Training Rescue and First aid in diving accidents
  - Competitions records
  - Local legislation about diving

#### 3. Practical lessons

- Number of lessons: a)
- 10 x 2-hour diving course

- b) Contents
  - Organizing the open water sessions for discovery diver, 1\*, 2\* Apnea Diver courses
  - Organizing the courses
  - The importance of briefing and debriefing
  - Advanced Relaxation Breathing (teaching methods)
  - Rescue and First Aid (practice and teaching methods) •
  - The use of the video in training •
  - Demonstration of skills
  - Perfect buoyancy balance How to •
  - Control of the students at open water •
  - Prevention and solving problems at open water

#### 4. Safety

- **Rescue as Instructor**
- First Aid training
- **CPR** training
- Buddy practice surveillance
- Group leadership

#### 5. Skill assessment

Swimming	Open water	
Static apnea	Dynamic apnea	<b>Constant weight</b>
3:30 min	75m	30m

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### **2\*STAR APNEA INSTRUCTOR**

#### 1. Entry Requirements

- a. 1\* Star Apnea Instructor certificate
- b. Minimum age: 18 years old
- c. Medical certificate: issued during the last 12 months
- **d.** The candidate must have completed at least five (5) Apnea diver courses from 1\* and 2\*Star Apnea diver levels and the certification procedures for at least 40 students from 1\* and 2\*Star Apnea Diver level and 10 students from any other level prior the Instructor course

#### 2. Theory lessons

- a) Number of lessons: 20 x 1-hour lessons
- b) Contents
  - CMAS and National Federation structure
  - The principles of teaching.
  - The learning process. Pedagogy methodology
  - Training program of all levels off Apnea Diver courses.
  - Training program of all Pool diver courses
  - Organizing of the above courses
  - The use of the video in courses-classroom
  - Certification procedures for all levels.
  - Lectures in theory lessons
  - Skills analyzing scope of skills
  - Analyzing, Criticism, Evaluation of students skills
  - Dangerous incidents in free diving courses
  - CPR Training Rescue and First aid in diving accidents
  - Competitions records
  - Local legislation about diving

#### 3. Practical lessons

a)

- Number of lessons: 10 x 2-hour diving course
- b) Contents
  - Organizing the open water sessions for all levels of Apnea Diver courses
  - Organizing the Pool divers courses
  - The importance of briefing and debriefing
  - Physical methods of Equalization (teaching methods)
  - Advanced Relaxation Breathing (teaching methods)
  - Rescue and First Aid (practice and teaching methods)
  - The use of the video in training
  - Demonstration of skills
  - Perfect buoyancy balance How to
  - Control of the students at open water
  - · Prevention and solving problems at open water

#### 4. Safety

- Rescue as Instructor
- First Aid training
- CPR training
- Buddy practice surveillance
- Group leadership

#### 5. Skill assessment

Swimming pool		Open water			
	Static apnea	Dynamic apnea	Constant weight	Variable weight	<b>Free Immersion</b>
	3:30 min	75m	30m	30m	30m



#### **STAR APNEA INSTRUCTOR** 3

#### 1. Entry Requirements

- 2\* Star Apnea Diver certificate a)
- Minimum age: b)
  - 21 years old issued during the last 12 months Medical certificate:
- c) d) First Aid – CPR Instructor certificate
- The canditate must has certify more than 100 students from all apnea courses, prior the 3\* e) Star Instructor course

#### 2. Theory lessons

- a) Number of lessons: 10 x 1-hour lessons
- b) Contents
- CMAS and National Federation structure
- Training program of Level 1\* Apnea nstructor, 2\* Apnea instructor, 3\* Apnea Instructor
- Training program of 1\* Pool instructor, 2\* Pool instructor
- Organizing of the instructor courses
- Pedagogy-methodology
- Training of the trainers methodology
- Questioning techniques.
- The use of the CMAS training system.
- Scope of levels and skills for the system.
- Analyzing Assessment Evaluation of instructors.
- **Rescue-CPR Training for instructors**

#### 3. Practical lessons

- a) Number of lessons: 4 x 2-hour diving courses
- b) Contents
- Organizing the open water sessions for all Instructor levels.
- Organizing and control of divers at an open water event.
- Organizing the procedures and the safety for a team of expert divers at various events.
- Rescue, First Aid and CPR for instructors (teaching methods)

#### 4. Safety

- Rescue at courses-events
- First Aid training
- **CPR** training •
- Buddy practice surveillance
- Group leadership

#### 5. Skillassessment

Swimming pool		Open water		
Static apnea	Dynamic apnea	<b>Constant weight</b>	Variable weight	<b>Free Immersion</b>
3:30 min	75m	30m	30m	30m

The above limits for all levels of instructors are obligatory for open water dives and pool disciplines.

If the training take place at fresh water or sea water below 15° C, the limits can be decreased by 20%.

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

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# **APNEA COMMISSION**

# CMAS

# APNEA DIVERS AND INSTRUCTORS

### REQUIREMENTS



#### APNEA DIVERS AND INSTRUCTORS REQUIREMENTS VERSION 2017/02

#### INTRODUCTION

The system of CMAS International Apnea Diver Certificates allows free divers who have been trained in accordance with the standards of CMAS to have their qualification recognised in countries throughout the world which are part of the CMAS family of divers.

CMAS International Apnea Diver Certificates can be obtained in two ways:

1. A free diver, who holds a free diving qualification, awarded by a National Federation which is a member of the CMAS Technical Committee and Sport Committee, can obtain the CMAS International Apnea Diver Certificate which is recognised as equivalent to the national certificate held. In some countries the CMAS International Apnea Certificate will be awarded in place of a national certificate.

2. A free diver who has been trained by a CMAS Apnea Instructor will be awarded the CMAS International Apnea Diver Certificate corresponding to the standard reached.

#### AIMS OF THE CMAS INTERNATIONAL APNEA CERTIFICATION

It is intended that, no matter where in the world a free diver receives training, he or she will be able to visit other areas and be accepted as a free diver with competence and experience equal to that indicated by the qualification held. The CMAS International Apnea Diver Certificates are evidence that the holder has received training up to the **minimum level** defined for each grade of certificate. They should then be allowed to participate in free diving activities to the extent that a holder of the equivalent national certificate would be.

It is not the aim of the system that the holder of a CMAS International Apnea Diver Certificate be given the equivalent national certificate. However, they should be accepted for training to the next higher level.

The principles governing the CMAS International Apnea Instructor Certificates are precisely the same.



#### **DEFINITIONS OF APNEA DIVERS GRADES**

The system consists of four levels of Apnea diver qualification. In all cases, increased competence and experience is indicated by an increasing number of levels in the description and the emblem.

#### DISCOVERY DIVER

A free diver who is trained in the basic free diving techniques, in a sheltered water training area and is able to dive, under the supervision of an experienced free diver.

#### 1<sup>\*</sup> STAR APNEA DIVER

A free diver who is competent in the safe and correct use of all free diving equipment in a sheltered water training area and is ready to gain open water diving experience in the company of an experienced free diver.

#### 2\* STAR APNEA DIVER

A free diver, who has gained open water experience and is considered ready to take part in dives partnered by a free diver of at least the same or higher grade.

#### 3\* STAR APNEA DIVER

A fully trained, experienced, and responsible free diver who is considered competent to lead other free divers of any grade in open water. He will be competent to be assistant to an Apnea Instructor in order to achieve major tasks or course objectives.



#### DEFINITIONS OF APNEA INSTRUCTOR GRADES

The system consists of 3 levels of Apnea instructor qualification. In all cases, increased competence and experience is indicated by an increasing number of levels in the description and the emblem.

#### **1\* STAR APNEA INSTRUCTOR**

A three star apnea diver who has attend an Instructor course and have knowledge of the techniques of free diving instruction and is competent in practical instructional skills. He is qualified to direct and certify a full CMAS discovery pool diver, pool diver 1\* as well as discovery Apnea diver, 1\* and 2\* Apnea Diver Courses.

#### 2<sup>nd</sup> LEVEL APNEA INSTRUCTOR

An experienced 1\* Apnea instructor who has the knowledge, skills, and experience required to teach groups of divers in the classroom, pool, open water, and to assist in the training of  $1^{s^*}$  Apnea Instructors. The experience is recognised after 50 certifications (40 certifications of Apnea divers from  $1^*$  and  $2^*$  star apnea diver and 10 from every other level). He is qualified to direct and certify all CMAS pool diver and Apnea diver levels.

#### 3\* STAR APNEA INSTRUCTOR

A fully experienced 2\* star instructor who has completed a 3\* star Apnea Instructor course and he is competent to train all grades of pool divers, Apnea divers and Instructors, to take responsibility for the conduct of all Apnea diving courses, specialised training courses and special events.



#### THE FORM OF THE CMAS INTERNATIONAL APNEA DIVERS CERTIFICATES

For each level of diver and instructor, CMAS produces

a. a double sided plastic pocket card

The front side of the card is the CMAS one with

- a three dimensional CMAS hologram
- the Apnea diver or Apnea instructor level of the card holder

The reverse side is the Federation one with

- on its 1/4 upper part, the logo and the name of the federation
- the Name, First Name and country of the card holder
- the number of the card

b. a wall diploma

### PROCEDURE FOR OBTAINING EQUIVALENT GRADES FOR NATIONAL QUALIFICATIONS

Any federation wishing to obtain recognition of their national certificates and equivalence with International Certificates must fulfil certain obligations.

**1.** The Federation must be affiliated to the CMAS Technical and Sport Committee.

**2.** They must submit full details of their training, evaluation, and certification system for each grade requested to the CMAS Apnea Commission. Alternatively, if they have not established such a system they may decide to follow the system offered and detailed by CMAS.

**3.** Subject to approval by the CMAS Apnea Commission, the equivalence will be proposed for approval by the Executive Bureau. Should there be any part of the national system which requires amendment or clarification, it may be necessary for an appointed observer to witness the training or evaluation procedures in use before equivalence can be granted.



#### ASSESSMENT AND EVALUATION

There are two methods currently in use to assess the competence and ability of free divers and Instructors under training.

In the traditional system a period of training is generally followed by a final examination in which all of the required skills and knowledge are assessed. This method is usually more physically demanding and more likely to induce stress and apprehension in the student. However, it will prove suitable where these factors are considered appropriate.

In the second, more modern, system the increasing skill and ability of the student are assessed continuously and the student's rate of progress adjusted accordingly. Since the instructor is able to assess the student's competence and knowledge at regular intervals during the training programme, and during their free diving experience, far more information can be gained on the student's true strengths and weaknesses and any such weaknesses can be adjusted during the programme. Thus, at the end of the period of training the student will have reached the required level of competence with a minimum need for final assessment.

Although the second system is considered more desirable in the context of teaching free diving as a leisure activity, elements of both approaches are usually present in most national systems.

The instructor should consider a skill as acquired if the student has successfully carried it out one or more times in real conditions during the course of one or more dives.

There is no laid down marking system. Each element in the training programme, once carried out successfully, is marked as adequate in the training records. The chronological order of the training programme elements is not inflexible. Certain elements from a later part of the programme can be carried out before the completion of all elements of the earlier part of the programme. This allows for the aptitude of the student to be recognised, and for the practicality of the diving facilities and opportunities to be considered. However, all elements must have a progressive training sequence and be completed before the certificate can be awarded. A higher level certificate cannot be awarded before a lower level certificate.

When assessing the difficulty of a free diving or training experience it is important to take into account not only the depth at which the activity takes place, but also the temperature of the water, the visibility, and the weather conditions.



#### MEDICAL EXAMINATIONS

National regulations will generally recommend a medical examination to determine the student's fitness to dive before awarding the first International Certificate. Periodical medical examinations carried out by doctors having specialised knowledge of the requirements of diving are also strongly recommended.

#### AWARDING CMAS INTERNATIONAL APNEA DIVING CERTIFICATES

All Apnea divers wishing to obtain a CMAS International Apnea Diving Certificate must satisfy certain conditions.

1. They must

a) be a member of a Federation which is a member of the CMAS Sport Committee and Technical Committee, or

b) be a student at a CMAS Apnea instructor.

2. In the case of 1 (a) above, they should hold the national diving certificate of their Federation which has been recognised by the International Certificates Commission as being equivalent to the appropriate CMAS International Certificate.

3. It is recommended that they hold a current diving medical certificate confirming their fitness to dive.

4. They must satisfy all other conditions of the certification as they are described at every level course outlines.



# **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.

**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