



# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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## **CMAS Disabled Diving STANDARDS AND REQUIREMENTS**

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## **1. ORGANISATION STRUCTURE**

### **1.1. General**

The instruction of diving to disabled people requires a special degree of dedication, an exceptional attitude and controlled enthusiasm from diving instructors. The in-water teaching skills and techniques employed must be appropriate to match the trainees' needs.

This Standard sets out the requirement for two Instructor levels:

1.1.1. Instructor Trainer for Disabled Divers (ITDD)

1.1.2. Instructor of Disabled Divers (IDD)

1.1.3. Assistant Instructor {Assistant Instructor of Disabled Divers (AIDD)}

**Aims and Objectives of this Course:**

### **1.2. Instructor Trainer (ITDD)-**

An ITDD is an Instructor with considerable experience in teaching disabled divers and who is able to training candidate IDD.

An ITDD will organise and manage the training programme for IDDs and:

1.2.1. programme of diving activities for the physically disabled.

1.2.2. diving course and an examination for the physic disabled.

1.2.3. course and an examination for Assistant Instructors (AIDD), and

1.2.4. all programmes developed by the CMAS committee for disabled diving.

### **1.3. Instructor (IDD)-**

At then end of this course a qualified Instructor of Disabled people will be able to organise and manage an established and:

1.3.1. programme of diving activities for the physically disabled.

1.3.2. diving course and an examination for the physic disabled.

1.3.3. course and an examination for Assistant Instructors (AIDD), and

1.3.4. all programmes developed by the CMAS committee for disabled diving.

### **1.4. Assistant Instructor**

At the end of this course qualified Assistant Instructors will be act as a dive leader to the physically disabled.

### **1.5. Diving Certificates**

The certificates approved by the CMAS committee for disabled diving are as follows:

1.5.1. Open Water Diving Environment Level I.

1.5.2. Open Water Diving Environment Level II.

1.5.3. Open Water Diving Environment Level III.

### **1.6. Open Water Diving Environment**

The Open Water Diving Environment course gives candidates with physically disabled the knowledge and the techniques to dive in controlled conditions with either a qualified Instructor or Assistant Instructor.

Depending on the level of disability, the course will be based on the accomplishment of either a part or of the all outlined objectives.

The three levels of certification (I, II or III) may be achieved by candidates able to attain the required level of independence.

The training programme represents the basic information required for diving for candidates with physical disabilities within the safety curve.

The level of a course is defined by the ability of the participants to satisfy the following:

➤ Sit the Theoretical syllabus

➤ Complete the required underwater skills exercises relevant to certification level undertaken.

All the underwater skills exercises are designed to ensure that candidates are able to act within the certification level and the candidate's performance must reach the equivalent able body standard adjusted for the type handicap in question.

The level of the certificate awarded to diver (level I, II or III) is defined by the candidate's ability to act within the safety requirements of the dive plan and limitation with particular concern for the diver's buddy. The attitude, as well as ability, of the candidate must be assessed to determine suitability for diving within intended diving grade.

### **1.7. Equipment**

For the formation in open water, the participants must be equipped and familiar with equipment in accordance with rules of managing Federation: in function related to the handicap in question, but without compromising safety.

### **1.8. Ratio students/ Instructor**

1.8.1. **In a swimming pool:** Maximum of two students: Instructor {IDD} (or Assistant {AIDD}).

1.8.2. **In open water:** One student: Instructor {IDD} (or Assistant {AIDD}).

### **1.9. Minimum Number of Qualifying Dives**

Five dives Open Water Dives.

## 2. OPEN WATER ENVIRONMENT

### 2.1. **Scope**

The open water environment diving course offers physically disabled candidates training that provide the technical knowledge and the necessary in-water skills to dive in safety within the designated limitations. The level of the certificate given to diver (level I, II or III) is defined by the ability of candidates to assure their own safety and the safety of his buddy in the defined conditions.

### 2.2. **Definition**

#### 2.2.1. Organization and length of the diving course

All the exercises of Course the Diver One-Star (theoretical knowledge and diving skills techniques) must be completed within twelve by months of the commencement date.

#### 2.2.2. Course Entry Requirements:

2.2.2.1. Minimum age 14-years (Minors with need written permission of either parents or legal guardian).

2.2.2.2. Below the age of 18-years candidates must dive only with an adult Instructor/Assistant.

2.2.2.3. Candidates must provide a medical certificate that satisfies the requirements of the managing Federation.

#### 2.2.3. Certification

Candidates who achieve the required theoretical knowledge standard and in-water skills standard as set for open water environment (Level I, II or III) by the CMAS committee for disabled divers will be awarded the appropriate Certificate and CMAS C-Card.

### 2.3. **Detailed objectives**

#### 2.3.1. Theory

The theory for certificate of Open Water Diver must follow the CMAS standards to achieve the P One-Star certificate.

#### 2.3.2. Practical

Each candidate's abilities must be assessed prior to the course commencement. The assessment will determine the level of support required by the candidate's disability.

Test assessment details:

2.3.2.1. Swim 100-metres free-style. This is to reveal ability and endurance, and the reaction effort required.

2.3.2.2. Float stationary on the surface for five minutes. This is used to determine the recovery rate after the free-style swim above.

2.3.2.3. Swim a 15-metre horizontal breath-hold dive (30-seconds). This is be used to assess the candidate's stance underwater.

These exercises are not part of any examination. They are, however, an indispensable assessment to determine the level of support required by each candidate. The candidate can be provided with additional training, as determined by the Instructor, to enable the required standard to be achieved. The final evaluation will be made by an active Instructor recognized by the CMAS disabled committee.

#### 2.3.3. Multi-level Diving Grades

The purpose of the different qualification levels within the CMAS "diving with disability" programme is to provide an opportunity for all to dive within their particular abilities. Instructors will evaluate each individual within a common system to their best advantage whilst maintaining a low risk attitude.

##### **2.3.3.1. Open Water Diver: Level I**

The Open Water Diver Level I is for those who can achieve the CMAS Standard required of able bodied divers and can offer assistance in an emergency to their buddy. Once qualified, this grade of diver any certified diver irrespective of ability.

##### **2.3.3.2. Open Water Diver: Level II**

Open Water Diver Level II is for those who can achieve the CMAS Standard required of able bodied divers, but is unable offer assistance, emergency or otherwise to their buddy. Once qualified, this grade of diver must only dive with a IDD Instructor or AIDD Assistant.

##### **2.3.3.3. Open Water Diver: Level III**

Open Water Diver Level III is for those who have satisfied the basic course requirements in that they can utilise scuba equipment etc but are unable to ensure their own safety without the assistance of others nor can they offer assistance of any kind to their buddy. Once qualified this grade of diver may only dive with two certified diver, one of whom must be with a IDD Instructor or AIDD Assistant.

It is important to keep in mind that the determination of the particular CMAS Open Water Diver grade awarded to any physically disabled person is the responsibility of the National Federation.

### 3. **INSTRUCTOR'S ASSISTANT {AIDD}**

#### 3.1. **Scope**

*This course for Instructor's Assistant {AIDD} is designed prepare certified CMAS divers to dive with physically disabled divers.*

#### **Competency**

Each AIDD will be evaluated with regard to their theoretical, skills and experience.

The evaluation of these competences is responsibility of the National Federation.

#### 3.2. **Entry Qualifications**

3.2.1. Minimum 18 year old

3.2.2. CMAS Three-Star Diver or equivalent

3.2.3. A minimum of 20-logged dives involving underwater navigation and night dives after qualifying as a CMAS Three-Star Diver.

3.2.4. Provide a medical certificate that conforms with the National Federation requirements,

3.2.5. Candidates must satisfy the theoretical and skills programme as defined CMAS Assistant {AIDD}. Once complete; successful candidates will be awarded the CMAS Assistant {AIDD} certificate and C-Card.

#### 3.2.6. **The Theory of disability recognition and adaptation**

3.2.7. AIDD need to understand the physical limitations and the method of adaptation for each diver candidate before any course of instruction can commence.

#### 3.3. **Practical Skills**

##### 3.3.1. **Scope**

##### **AIDD Entry Qualifications**

3.3.1.1. Minimum 18 year old.

3.3.1.2. Minimum CMAS Two-Star Diver or equivalent.

3.3.1.3. Provide a medical certificate that conforms to the National Federation requirements.

3.3.1.4. Minimum number of 20-logged dives.

##### 3.3.2. **Practical Skills**

AIDD are required to demonstrate the skills taught during the course to the satisfaction of the course director.

##### 3.3.3. **Detailed Objectives**

**The IDD must prepare a course that is sympathetic to the needs of the candidate diver's physical disabilities that is approved by the disabled diving management committee of the National Federation.**

### 4. **INSTRUCTOR**

#### 4.1. **Scope**

An active certified Instructor {IDD} is able to organize and manage CMAS:

4.1.1. programmes of diving activities for the physically disabled

4.1.2. diving courses and examinations for the physic disabled

4.1.3. training courses and examinations for Assistant {AIDD}

#### 4.2. **Organization and length of the course**

4.2.1. The course is managed by a staff of instructor of the CMAS disabled committee.

4.2.2. The AIDD must be current in teaching disabled divers with a logged instruction within a two year period prior to the course being considered.

4.2.3. AIDD how are not current must take a refresher course.

### 5. **INSTRUCTOR TRAINER**

#### 5.1. **Scope**

An ITDD is an Instructor with considerable experience in teaching disabled divers and who is able to training candidate IDD.

#### 5.2. **Organization and length of the course**

An ITDD will organise and manage the training programme for IDDs and:

5.2.1. programme of diving activities for the physically disabled.

5.2.2. diving course and an examination for the physic disabled.

5.2.3. course and an examination for Assistant Instructors (AIDD), and

5.2.4. all programmes developed by the CMAS committee for disabled diving.

## 6. **EXERCICES**

### 6.1. **Protected water (or swimming pool) skills exercises - 1**

These skills exercises are to be used to assess the Instructor/Assistant {IDD/AIDD} candidate's ability to instruct the physically disabled in diving techniques. It is recommended that each Instructor/Assistant {IDD/AIDD} candidate instructs people with at least two different types of disability.

The Instructor/Assistant {IDD/AIDD} under training will demonstrate the following skills to the trainee diver one at a time. Then allow the trainee diver will, under the trainee Instructor/Assistants' guidance, practise the task until the required skill level is attained.

|    |   |
|----|---|
| 1  | Correctly prepare and don fins, mask and snorkel ready for use.   |
| 2  | Correctly assemble the Buoyancy Control Device and demand valve (DV) regulator to the dive cylinder, checking the quantity of air and test the equipment functions properly. Don the equipment and perform an equipment check and a buddy check.  |
| 3  | On the surface inflate the BCD by mouth to gain buoyancy; then deflate the BCD and make a controlled descent.   |
| 4  | Whilst underwater breathe normal without breath-holding.  |
| 5  | Practise recovering a lost DV:<br>1. At the surface.<br>2. Underwater.<br>The DV should be recovered from behind the shoulder.  |
| 6  | Underwater remove and replace the DV from the mouth, and recommence normal breathing. The DV must be clear by:<br>1. By breathing out, and<br>2. Using the DV purge button.   |
| 7  | Flood and clear a face mask:<br>1. At the surface, and<br>2. Underwater, the depth must be controlled and maintained.   |
| 8  | When using Scuba equipment, at the surface, don a suitable weight-belt and then dive to the pool floor. Now remove the weight-belt whilst maintaining buoyancy control, and place it on the pool floor. Now correctly don the weight-belt again and surface in a control manner at 10-metres/minute.    |
| 9  | Demonstrate the ability don full Scuba (single cylinder, BCD and weight-belt etc):<br>1. on the land.<br>2. in the water at the surface.  |
| 10 | Stationary at the surface, breathe alternatively from DV and then the snorkel maintaining the face underwater   |
| 11 | When equipped with Scuba, weight-belt etc demonstrate appropriate buoyancy control:<br>1. at the surface.<br>2. during the descent,<br>3. at the pool floor, and<br>4. using only breath control pirouette with the fin tips touching the pool floor.   |
| 12 | On the bottom to do a somersault  |
| 13 | Demonstrate the ability to hold station at a constant depth (about half depth) for a minimum period of 30-seconds.  |
| 14 | Practise buddy breathing from the same DV:<br>1. in a static position on the pool floor, and<br>2. whilst making a controlled ascent (10-metres/minute).<br>When the surface is reached attain positive buoyancy by orally inflation the BCD.<br>This exercise is to done as both a donor and receiver. |
| 15 | Simulate an out-of-air situation and ascend in a controlled manner to the surface with the DV held in the mouth; continuously expiring air from the lungs.  |
| 16 | Practise normal ascents to surface, at 10-metres/minute, making a safety stop for one-minute in mid-water. At no time is it allowed to breath-hold during any ascent!   |
| 17 | Exiting the water to the land after a dive: practise entering the water from one location and exiting to the land at another place.<br>It is important that the candidate understands that entry and exit point must be planned to avoid unnecessary danger.  |
| 18 | At the surface tow another fully equipped diver for a distance of 25-metres.  |
| 19 | When fully equipped (including wetsuit), swim 25-metres underwater in a straight-line using an underwater compass.  |

## 6.2. Open Water Dive Location - skills exercises

These skills exercises are to be used to assess the Instructor/Assistant {IDD/AIDD} candidate's ability to instruct the physically disabled in diving techniques. It is recommended that each Instructor/Assistant {IDD/AIDD} candidate instructs people with at least two different types of disability.

The Instructor/Assistant {IDD/AIDD} under training will demonstrate the following skills to the trainee diver one at a time. Then allow the trainee diver will, under the trainee Instructor/Assistants' guidance, practise the task until the required skill level is attained

|    |  |
|----|--|
| 1  | Correctly assemble the Buoyancy Control Device and demand valve (DV) regulator to the dive cylinder, checking the quantity of air and test the equipment functions properly. Don the equipment and perform an equipment check and a buddy check.   |
| 2  | Don a suitable wetsuit – assistance with donning is allowed.   |
| 3  | Entering the water. Trainees must select a safe water entry point taking into account the ambient conditions and their own abilities. Assistance into and out of the water may be provided.  |
| 4  | When fully equipped, at the surface, demonstrate buoyancy control using changing lung capacity only. The BCD must not be used during this exercise.  |
| 5  | At the surface use the BCD to strike a comfortable buoyant attitude with head held clear of the water. Then breathing alternatively from regulator and snorkel maintaining the head underwater.  |
| 6  | At the surface breathe alternatively from regulator and snorkel maintaining the head underwater.   |
| 7  | At the surface inflate the BCD for positive buoyancy: <ol style="list-style-type: none"> <li>1. with the mouth and</li> <li>2. the Power-inflator.</li> </ol>  |
| 8  | Practise recovering a lost DV: <ol style="list-style-type: none"> <li>1. At the surface.</li> <li>2. Underwater.</li> </ol> The DV should be recovered from behind the shoulder.   |
| 9  | When fully equipped (including wetsuit), swim 25-metres underwater in a straight-line using an underwater compass.   |
| 10 | Make a controlled descent to the planned maximum operating depth using the anchor or shot-line.  |
| 11 | At the planned maximum operating depth adjust for neutral buoyancy by orally inflating the BCD.  |
| 12 | Underwater remove and replace the DV from the mouth, and recommence normal breathing. The DV must be clear by: <ol style="list-style-type: none"> <li>1. By breathing out, and</li> <li>2. Using the DV purge button.</li> </ol>   |
| 13 | Flood and clear a face mask: <ol style="list-style-type: none"> <li>1. At the surface, and</li> <li>2. Underwater, the depth must be controlled and maintained.</li> </ol>   |
| 14 | Demonstrate holding a Safety-stop at n-metres for least 30-seconds. Maximum vertical movement +/- 0.5-metres.  |
| 15 | Practise buddy breathing from the same DV: <ol style="list-style-type: none"> <li>1. in a static position on the pool floor, and</li> <li>2. whilst making a controlled ascent (10-metres/minute).</li> </ol> When the surface is reached attain positive buoyancy by orally inflation the BCD. This exercise is to done as both a donor and receiver. |
| 16 | At a depth between six and nine metres simulate an out-of-air situation and ascend in a controlled manner to the surface with the DV held in the mouth; continuously expiring air from the lungs.  |
| 17 | At the surface tow another fully equipped diver for a distance of 25-metres. – See pool work above item 19, should the distance towed not be the same?   |
| 18 | At the end of a dive demonstrate the correct way remove the weight-belt and hand it to a member of the surface support team.   |
| 19 | Exiting the water to the land after a dive: practise entering the water from one location and exiting to the land at another place.<br>It is important that the candidate understands that entry and exit point must be planned to avoid unnecessary danger.   |