

## **9.1 CMAS-ISA INTRODUCTORY TO DIVING CMAS EQUIVALENT – INTRODUCTORY TO DIVING**

### **9.1.1 OBJECTIVE**

To introduce non-divers to diving. It is not intended to offer any form of certification other than a document which records the experience, the centre which it was carried out and the date. Its major use will be promotional, in that it will serve to familiarise prospective divers with the requirements of further diving courses, an introduction to diving equipment, an appreciation of the physical requirements and of course the pleasurable and recreational aspects of diving.

### **9.1.2 SYLLABUS**

Prescribed manual: CMAS-ISA Introductory to Diving notes for Instructors

The candidates shall receive tuition in the following:

- a. Theory session 1
  - Brief definition and history of SCUBA diving.
  - Diving activities, marine life, marine environment and special interests.
  - Diving Organisations – SAUSF / CMAS - ISA, Unions, Clubs, Schools, etc.
  - Importance of proper training.
- b. Practical session (1 or 2 divers per instructor)
  - Briefing
  - Introduce mask, fins, snorkel and explain their use.
  - Introduce diving suits.
  - Introduce SCUBA, BC, Weight belt and explain broad principles and their use.
  - Explain the use of basic diving signals.
  - Check swimming ability / waterman ship (50m).
  - Practice snorkel swimming.
  - Fit SCUBA in shallow end of pool or open water and practice breathing.
  - 10/15 minute conducted tour of pool or open water (maximum depth – 5m).
  - Check buoyancy and fining.
  - Remove SCUBA equipment.
  - De-briefing.
- c. Theory session 2
  - Explain next steps.
  - Establish need for progressive training by qualified CMAS-ISA instructors.
  - Explain training program for 1 Star Sport Diver.
  - Explain costs and commitments for diver training.
  - Explain the importance of attaining SAUSF/CMAS double-sided cards.
  - Advise on possible course, equipment purchase, etc.

### **9.1.3 PREREQUISITES**

To attend the Introductory to Diving session

1. Must sign a liability disclaimer.
2. Must sign a declaration of medical fitness to dive.
3. Must be able to swim 100m freestyle.

**NOTE:** No certification or card is offered at the end of the course. However, a simple attendance certificate confirming details of the experience can be offered. Any trainee on a 1 Star Sport Diver course, in possession of this certificate will receive a 10% discount on the CMAS - ISA package part of the 1 Star Sport Diver course.

The above mentioned prerequisites are the minimum required for the CMAS-ISA Introductory to Diving Certificate.