

# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

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WORLD UNDERWATER FEDERATION

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## CMAS

### CHILDREN'S DIVING

### STANDARDS

( VERSION 2003/00 )

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# 1 RULES

## 1.1 The situation

The policy of the CMAS is to open the door of the underwater world to our children so that they open out there in full safety.

The discovery of this world must contribute to the safeguarding of our environment.

The diving for the children is not integrated in the course for adults, his progression and its contents are specific.

The age of beginning and end depends on the rules of each federation.

The CMAS proposes that it is addressed to the old children from 8 to 14 years. Beyond that, they join the federal progression adopted for the adults.

## 1.2 The objectives of the syllabus

To provide diving for a child without his/her parents.

To provide a child with a leisure experience which can be enjoyed in a totally different environment.

The objectives help the child to :

- learn to control his/her body in a different environment by :
  - \* adjusting balance and stability to conditions of near weightlessness,
  - \* using the feet as propulsion engines,
  - \* breathing from an artificial air source,
- adapt to a 4 dimensional environment, that is
  - \* length
  - \* width
  - \* depth
  - \* time
- understand the new set of rules imposed by being underwater (a different environment with new dangers : to be concerned for others and trust in them)
- the knowledge and the respect of the underwater world.

## 1.3 Prerequisites

- The minimum and maximum ages are defined by each federation according to their own rules.
- CMAS suggest that, for medical reasons, the minimum age for diving is set at 8 years.
- The maximum age for the children's programme is set at 14 years, at which point they can join the adults programme for CMAS.
- The medical certificate must be completed by a doctor who is experienced with the problems associated with children's diving. Renewal of the medical certificate is defined by each federation.
- For CMAS, the examination must be repeated every 6 months (unless the examining doctor deems otherwise) between the ages of 8 and 12 and every year between the ages of 12 and 14.
- The first examination must include an examination of the eardrum.
- The child must be able to swim, without equipment, a minimum distance of 25m.

## 1.4 Training personnel

### 1.4.1 General conditions necessary

- Training personnel must be titular of a medical certificate going back to less than one year.
- The qualification level remains to be defined by each federation.
- The CMAS proposes that training personnel take part in at least a seminar or a course on the diving children.. This course will approach the following matters:
  - \* Practical course
  - \* Equipment of diving of the child
  - \* Equipment of diving of the monitor
  - \* Medical examination in the child
  - \* Preventions
  - \* Didactic lesson in swimming-pool
  - \* Pedagogy specific to the child
  - \* Physiology and anatomy of the child
  - \* Line of the monitor
  - \* Minimum programme
  - \* Rules of the diving
  - \* Relationship child - relative
  - \* Structure of the Section children diving in the federation.
  - \* Resuscitation specific to the children
  - \* Didactic material
  - \* Logbook of diving; child ;passport for the sea; cards dolphin bronze-silver-gold.

### 1.4.2 Ratio instructor/pupils

- First dive:
  - \* 1 instructor for every pupil
- In a natural environment or in a swimming pool if the depth of the dive is more than 5 metres:
  - \* 1 instructor for every pupil
  - \* 1 instructor for every 2 pupils, if they hold the "group" qualification.
- In an artificial environment:
  - \* 1 instructor can supervise a maximum of 4 pupils

### 1.4.3 Required experience - instructors

- The level of competence for instructors is at the discretion of each federation.
- CMAS suggest that the minimum endorsements for Instructors are as follows:
  - \* **Level 1 : Diver 3\* C.D.(children diving)**  
Acquired competences: - Diver 3\* minimum
    - To satisfy the conditions defined into 1.4.2.
    - To have functioned 20 hours in swimming pool under the responsibility of a trained instructor and to have received a favourable report.Prerogatives:
    - Can work only under the responsibility of an instructor trained children diving.
    - To train a child or two children having the group qualification.
    - To take four children maximum in swimming pool.
    - The first dive is prohibited to him.
  - \* **Level 2 : Instructor C.D.**  
Acquired competences: - minimum Instructor 1\*
    - To answer the conditions defined into 1.4.2..
    - To have functioned 20 hours in swimming pool or at the time of a training course sea
    - To have received a favourable report.Prerogatives:
    - To train a child or two children having the group qualification.
    - To take four children maximum in swimming pool.
    - To carry out the first dive
    - To deliver the certificates and the qualifications.
  - \* **Level 3 : Instructor trainer C.D.**  
Acquired competences: - minimum Instructor 1\*
    - To answer the conditions defined into 1.4.2..
    - To have functioned as instructor C.D. level 2 during one year.
    - To have run a course to instructors during formal training C.D.
    - To take part in the self evaluation of the course level 1 & 2.
    - To have a favourable report of a jury made up of at least two instructors trainer C.D.Prerogatives:
    - Same than level 2.
    - To train the levels 1, 2 & 3.

### 1.4.4 Deontology for the examinations

CANDIDATE	INSTRUCTOR TRAINER C.D.
Instructor 1* and diver 3*	Two instructors 1* minimum
Instructor 2*	Two instructors 2* minimum
Instructor 3*	Two instructors 3*

### 1.4.5 Report forms

The CMAS recommends to the federations to use the report forms to check

1.4.5.1. The teams of diving child (see appendix 4)

1.4.5.2. School of children diving (see appendix 5)

## 1.5. Safety standards

### 1.5.1 Diving standards

- The diving limits depend on the divers age and endorsements.

AGE	FIRST DIVE	ENDORSEMENT BRONZE	ENDORSEMENT SILVER & GOLD
8-12 years	zone of 3 meters	zone of 5 meters	<b>Zone of 5 meters</b>
12-14 years	zone of 3 meters	zone of 5 metres	Zone of 10 meters

- The number of dives is limited to 2 dives in a 24 hours period. Night diving is not advised.
- Water temperatures are defined by each federation depending on the local constraints.
- CMAS suggest that diving in water with a temperature
  - \* less than 12°C is forbidden for children.
  - \* In water with a temperature of 12°C, the maximum length of a dive is limited to 10 minutes,
  - \* above this temperature it can be extended to 25 minutes.

### 1.5.2 The diving children's equipment

- The equipment must be adapted for children, and in perfect working order.
  - \* The fins must be light weight, and the mask must be suitable for a child's face.
  - \* The regulator must be supple and light, and the mouthpiece adapted for a child
  - \* The wet suit must be cut for children, and must include, depending on the temperature of the water :
    - full length trousers or not
    - booties are obligatory
  - \* The weight / ballast must be of minimum, with no sharp edges.
  - \* The back packs must be adapted to a child's physique.
  - \* A stab jacket may be used at the discretion of the instructor.

### 1.5.3 The diving instructor's equipment

- The instructor must know at all times the depth of the dive, the period for which he has been submerged and the temperature.
- The instructor's equipment must have 2 regulators of which one must have a mouthpiece suitable for a child.

### 1.5.4 Surface safety

- Surveillance before and after the dive must be carried by an instructor holding the required endorsements.
- The supervisor's duties also include :
  - \* the organisation of the workshop, defined by the management (biology, coastal discovery, environmental protection ...)
  - \* organisation of possible medical aid
  - \* logging in the log book all the parameters of the dive
  - \* noting questions, unusual incidents.
- The level required for this role is 1 stars instructor CMAS.
- Safety equipment must include :
  - \* Oxygen mask, adapted for children
  - \* First Aid kit
  - \* VHF
  - \* High energy food

### 1.5.5 Specific structure

- The boat must be adapted so as :
  - \* to avoid mixing adults and children
  - \* to have a suitable means of children entering the water.
  - \* to have tank storage racks
  - \* and the travel period in the boat should be kept to a minimum.
- The group leader must :
  - \* gain the interest of the children and maintain control over them
  - \* manage the allocation of space
  - \* manage games and swimming
- Showers and changing rooms are to be separate from the adults (either in time or space) and single sex.

### 1.5.6 Diving sites

- The area for the dive must be appropriate for the diving experience of the child. There must be a suitable method of entry to and exit from the water.
- The area of the dive must be populated with the species necessary to fulfill the objectives of the dive. (The dive must therefore be prepared.)

## 1.6 Objectives of the end of syllabus

- The certificates are attained in the following order :
  - \* Bronze Dolphin, silver and then gold.
- These can be attained in a natural or an artificial environment.
- Further endorsements can be obtained as of the bronze dolphin
- These endorsements must be obtained in natural environment except for the first-aid worker .
- The award of these certificates and endorsements is in no way a result of an examination, but the result of continuous assessment while on course or after a year of diving in an artificial environment.

## 1.7 Minimum period

- The minimum training period remains at the discretion of the instructor.
- The attainment of the different certificates can take place during a one week course in a natural environment or after one year in a club in a natural or artificial environment.
- All knowledge acquired in an artificial environment needs to be adapted to the natural environment by a suitable familiarisation session or sessions.

## 1.8 Evaluation

- Evaluation is carried out by the instructor.
- The adaptation into a natural environment is to be managed by an instructor who is experienced in problems associated with children's diving.

# 2 MINIMUM PROGRAM

## 2.1 Recommendations

### 2.1.1 The need for teaching adapted

For the child to learn he/she must:

- feel respected as an individual
- respect the learning pace
- feel safe
- be motivated
- understand that the activities proposed have a purpose
- be active (the aim of the project)
- be aware that the locations proposed are adapted to the capabilities of children
- be aware that the locations are varied and the dives are of a sufficient length
- be capable of self-evaluation

### 2.1.2 Organisation

The training can take place either during a one week course in the sea or after one year in a club.

All knowledge acquired in the artificial environment must be completed by an adaptation period into the natural environment under the supervision of an instructor.

### 2.1.3 Syllabus

#### a) *Theory*

- The diving theory that is taught should relate to the practical sessions. It must be in connexion with diving sites.
- The syllabus for the bronze and silver certificates includes the requirement for a knowledge of fauna and flora.
- For the gold certificate a knowledge of elementary physiology is required, allowing the child to become aware of his physical safety.

#### b) *Practical*

- A bronze dolphin must feel at ease both with the diving environment and his equipment.
- He can then obtain or not the different qualification in natural environment
- The silver dolphin must be able to interact with the environment.
- The gold dolphin must work towards improving his diving technique.

#### c) *Teaching support for the pupils*

- Teaching for the children will be in the form of:
  - \* video, films
  - \* slides, transparencies
- These sessions will be presented in a relaxed atmosphere.)

#### d) *Teaching support for the instructors*

- National federation texts
- National federation rules and regulations
- Meetings and seminars
- Reading

## 2.2 Minimum syllabus contents

### 2.2.1 Theoretical lessons

#### a) **BRONZE DOLPHIN**

- The student must be able to use his equipment
- He must be able to identify all he saw:
  - \* animal or vegetable
  - \* what swims and what doesn't
  - \* several fish and algae
  - \* dangerous plants and animals
- He must be able to discuss the dives:
  - \* place (sea, lake....)
  - \* temperature
- He knows the basic signals. He must understand and know when to use the following signals
  - \* Everything's O.K., I understood I'm in difficulty
  - \* I'm short of air I'm cold
  - \* Look You, me
  - \* I've opened my reserve Open my reserve
  - \* We go up We go down

#### b) **SILVER DOLPHIN**

- He knows how to describe his dive:
  - \* in respect to his/her progression
  - \* in respect to areas of interest
- He is able to identify several subaquatic animals and several algae.
- He knows how to use in the water descriptive plates of flora and fauna.
- He knows these supplementary signs:
  - \* Everything is O.K. on the surface It is not normal on the surface
  - \* I'm out of breath Move closer to me
  - \* Stop
- He understands and knows when to use these signs.

#### c) **GOLD DOLPHIN**

- He understands the security orders given in the group
- He understands the idea of buoyancy and its use in diving
- He knows how to prevent a barotraumas :
  - \* collapse of the lungs
  - \* collapse of the mask
  - \* barotraumas of the ears
- He understands the habitat and the behaviour of the animals in close quarters.

#### d) **Endorsements**

##### Group

- He understands the security orders given in a group.

##### Boat 1 and 2

- He knows several sea knots.
- He behave correctly towards boat security.

##### Jacket

- He knows his equipment.

##### Biology:

- He recognize the fauna and the flora of the environment in using a didactic plate immergeable.
- I am able to briefly speak about fauna and flora which I saw under water.

##### Archaeology:

- I am initiated with the land technique of survey.
- I am able to make of it a drawing
- I am able to reconstitute an object broken.

##### Photograph:

- I am able to use a camera underwater and to take care of it.
- I carried out ten underwater photographs
- I made a small photo report of my diving

##### First-aid worker:

- I recognize the gestures of the first-aid worker
- I am able to help a first-aid worker
- I am able to call the helps
- I am able to help a victim and it to reassure

## 2.2.2 Practical experience

### a) **BRONZE Dolphin**

#### Length

- This endorsement can be gained either during a 1 week course in the sea or by joining a club in either a natural or artificial environment for 1 year.
- The award is at the discretion of the instructor.
- All knowledge acquired in the artificial environment need to be adaptive to the natural environment. This adaptation must be run by an instructor.

#### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

#### Objectives

- The pupil must be able to dress and undress himself.
  - \* rig and dismantle the diving tank
  - \* know the correct order to put on equipment
- The pupil must be capable to balance his ears :
  - \* at the doctors (at the time of his medical visit)
  - \* with the instructor, at the water edge
  - \* know how to pinch his nose with the mark in place
  - \* know how to exhale via the nose, with the mask and mouthpiece in place
  - \* know how to overcome the sensation of "pressure" of both ears
- The pupil must be able to take out and replace his mouthpiece:
  - \* open his mouth in the water
  - \* know how to hold his breath for a short period
  - \* stay calm
  - \* replace the mouthpiece on inhaling
  - \* replace the mouthpiece on exhaling using the demand valve.
- In the sea, the pupil must be able :
  - \* to empty his mask of water
  - \* to enter the water from the shore
  - \* to move in all directions (propulsion)
  - \* to maintain all the positions (lung ballast)
  - \* to stay in contact with his instructor and the environment in which they are diving.
- The pupil must be able to return to the surface, that is:
  - \* know how to swim vertically
  - \* know how to ascend, breathing normally with a regulator
  - \* know how to ascend, exhaling air
  - \* know how to ascend at the same time (same speed) as his instructor
  - \* know how to stay at the surface
  - \* know how to rejoin the boat.

#### Safety standards

- Zone of 5 meters.
- Advised method of entry into the water is from the beach at the beginning of training.
- The diving will be held on the bottom rather than in full water

#### Further training

- The pupil can acquire the different qualifications.
- The pupil can start training towards the silver dolphin.
- The qualifications are obligatorily obtained in natural environment except the first-aid worker.

## **b) SILVER Dolphin**

### Length

- This endorsement can be gained either during a 1 week course in the sea or by joining a club in either a natural or artificial environment for 1 year.
- The award rests at the discretion of the instructor.
- All knowledge acquired in the artificial environment need an adaptation period into the natural environment. This adaptation will be run by the instructor.

### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

### Objectives

- The pupil must be competent in the sea, that is :
  - \* recognise different diving sites (mass of fallen rocks, overhangs, herbium, and rocks)
  - \* recognise the direction of the sun and light
  - \* knows if he descends, if he ascends, or if he stable at the depth
  - \* can position himself in relation to the surface (near, far, see the boat, water ripples or waves)
  - \* can position himself in relationship to the other divers
- The pupil must be able to replace his mask under the water :
  - \* be able to take off his mask
  - \* be able to breath without a mask
  - \* exhale via the nose without a mask
  - \* open the eyes without a mask
  - \* be able to replace the mask correctly and clear it of water
- The pupil must be able to rejoin the surface in all unusual or exceptional circumstances :
  - \* know how to ask for air
  - \* be able to regain the surface using the breathing apparatus of the instructor
  - \* recognise the distance to the surface
  - \* know how to and why to check the surface before surfacing
  - \* be able to swim towards the surface without a mask
- The pupil must be able to return to the starting point :
  - \* know how to swim on the surface for a short distance, fully equipped with the regulator in the mouth
  - \* know how to keep a straight line while swimming equipped with the regulator
  - \* know how to direct himself towards the boat.

### Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils.

### Further training

- The pupil can work towards the Gold Dolphin

### c) **GOLD dolphin**

#### Length

- This endorsement can be gained either during a 1 week course in the sea or by joining a club in either a natural or artificial environment for 1 year.
- The award rests at the discretion of the instructor.
- All knowledge acquired in the artificial environment need an adaptation period into the natural environment. This adaptation will be run by the instructor.

#### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

#### Objectives

- The pupil is familiar with the equipment :
  - \* checks equipment before diving
  - \* rinses the equipment (PMT, wet suit, regulator) with fresh water after the dive
  - \* disinfects the regulator if it's not his own
  - \* protects the regulator from being accidentally damaged
  - \* dries his equipment in the shade
  - \* respects the equipment of fellow divers
- The pupil understands group security
  - \* on the boat :
    - ◇ stays with his group and his instructor
    - ◇ be attentive to dangerous elements on the boat
    - ◇ knows flags used for diving
    - ◇ doesn't run (he can slip when the deck is wet)
    - ◇ doesn't leave equipment lying around, secures his/her tank
  - \* on water surface
    - ◇ gets in the water after the instructor and when the instructor tells him to
    - ◇ doesn't stay under the ladder
    - ◇ stays with his group on the water's surface
    - ◇ goes underwater when the instructor tells him to
  - \* when diving
    - ◇ be attentive to the instructor's signals
    - ◇ stays at his level for   descent  
  at the bottom of ocean floor  
  ascent
    - ◇ informs the instructor of other divers' signals
    - ◇ informs the instructor of his partner's behaviour, if abnormal
  - \* after the dive
    - ◇ doesn't stay under the ladder
    - ◇ comes back up to the surface when the ladder is free
- The pupil progresses in his knowledge of diving technicalities :
  - \* perfects his/her underwater immersion skills (duck dive, jack knife dive)
  - \* descends (to diving area)
  - \* alternates breathing between regulator mouthpiece and snorkel
  - \* swims on water surface in full diving gear, using the snorkel
  - \* perfects finning
- The pupil understands the following theoretical concepts :
  - \* knows how and why he floats
  - \* knows why a boat floats
  - \* is familiar with volume variation (lung - ballast)
  - \* can cite a few simple examples:
    - modelling clay floats when it is flat
    - modelling clay sinks when it is rolled up in a ball
  - \* understand Archimedes's law
  - \* knows why he clears his ears:
    - to avoid being hurt and prevent a barotraumas
    - only clear during descent
  - \* is familiar with a few anatomic concepts, such as:
    - outer ear canal
    - eardrum
    - the cavity behind the eardrum
    - the relationship between the Eustachian tube and the throat
    - recognises all these elements on a simple illustration of the ear

- \* knows the relationship between pressure and volume for ascent and descent
- \* knows why he blows when he comes to the surface
  - the air he breathes at the bottom expands on the way to the surface (balloon principle)
  - knows that his lungs do not really expand
  - blows out to avoid putting too much pressure on his lungs
- The pupil knows his diving environment, the habitat and the behaviour of animals living in the nearby environment
  - \* knows the fauna and flora of the diving site
  - \* recognises and describes the animals encountered
  - \* recognises and describes the flora he sees

Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils.

Further training:

- The qualifications are obligatorily obtained in natural environment except the first-aid worker.
- The acquisition of competences of the one star diver certificate in order to obtain the direct assimilation at 14 years.

### 3 THE QUALIFICATIONS

They are awarded as a result of the careful evaluation of both the students in water competence and theoretical knowledge together with their physical and emotional maturity.

They are distinct from children's diving certificate, but can be given at the same time.

The qualifications can be allotted starting from the bronze dolphin.

The qualifications are left with the appreciation of the instructor who must be, in all the cases, "informed" of the particular problems involved in those.

They are obviously an effective tool to motivate the children and to perfect their technique and knowledge.

The qualifications are obligatorily obtained in natural environment except the first-aid worker.

#### 3.1 Group Qualification

- The pupil can take the Group qualification with the Bronze dolphin.
- The acquisition of this qualification remains with the appreciation of the instructor.

Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

Objectives

- The pupil must know group security measures :
  - \* knows to follow the group instructor
- on the surface
  - \* goes in the water after the instructor
  - \* doesn't stay under the ladder
  - \* stays with his group at water surface
  - \* ascends when the instructor gives the sign
- when he dives
  - \* stays with his instructor and the group
  - \* stays with his Buddy
  - \* be attentive to the other divers' signs
  - \* tells the instructor if his partner's behaviour is abnormal
  - \* if he's alone, ascends to the surface at a controlled speed and waits at water surface
- on the way back to the boat
  - \* waits until the ladder is free
  - \* The pupil follows the group
  - \* doesn't dawdle
  - \* stays with the rest of the group
  - \* stays with the group level for
    - descent
    - at the ocean bottom
    - ascent
  - \* goes up on sign of the monitor with its group.

Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils

## 3.2 Boat 1 Qualification (inflatable boat or barges)

- The pupil can take the Boat 1 endorsement with the bronze dolphin.
- The acquisition of this qualification remains with the appreciation of the instructor.

### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

### Objectives

- The pupil must be able to carry out a backward entry :
  - \* is comfortable in the back position
  - \* sits on boat side with his back to the water
  - \* isn't afraid of entering the water backwards
  - \* is familiar with the backward entry position
    - checks that the area to enter the water is free
    - edges his buttocks over the side of the boat, to help entry
    - rests his chin on his chest, and "tucks" his head
    - holds his mask, his regulator and mouthpiece
    - frees his palms before tipping over
    - falls backwards with body limbs grouped together
    - okays once he has is settled on the surface
    - clears the area
- The pupil descends along the anchor line
  - \* descends vertically feet first
    - stays in front of the instructor for descent
  - \* descends head first
    - stays beside the instructor to descend
  - \* clears his ears along the way down
  - \* guides himself using the anchor line
- The pupil detaches the tank at the surface and passes the aqualung underwater :
  - \* fins to maintain a stable position
  - \* waits for his turn before detaching the tank
  - \* knows the sequence to detach his tank :
    - unfastens the belt's jockstrap
    - unfastens the strap opposite the regulator tube
    - unfastens the second strap
    - fastens the jock strap buckle back to the belt strap
  - \* knows the sequence to detach the tank if a jacket is attached to his tank :
    - inflates the jacket correctly
    - undoes the sleeve opposite the regulator hose
    - undoes the other sleeve
    - hands over his aqualung to the boat
    - hands over his snorkel
  - \* climbs into the boat

### Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils

### Further training

- The pupil can take a Boat 2 qualification.

### 3.3 Boat 2 Qualification (trawler, launch)

- The pupil can take the Boat 2 qualification with the Bronze dolphin.
- The acquisition of this qualification remains with the appreciation of the instructor.

#### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

#### Objectives

- The pupil must know boat security rules and respect them:
  - \* sits still (doesn't run around)
  - \* knows these sea terms : bow, stern, anchorage
  - \* listens to the boat skipper
  - \* stays away from the motor and other equipment (dock, anchor)
  - \* doesn't lean overboard
- The pupil jumps straight into the water :
  - \* before jumping in, checks that the area is free
  - \* lets his fin blades hang over the boat edge
  - \* holds his mouthpiece, mask and tank
  - \* looks straight ahead before taking the step off the boat
  - \* comes to water surface right after having O.K. to his instructor
  - \* frees the area for other divers
  - \* stays close to his Buddy at the surface and waits for the instructor's signal to go underwater
- The pupil must know to descend
  - \* feet first
  - \* head first
  - \* doesn't forget to clear his ears
  - \* blows in his mask through his nose
  - \* follows his instructor
- The pupil decompresses at the anchoring line
  - \* stays in front of the instructor
  - \* is familiar with the lung-ballast
  - \* if he's wearing a jacket, can pressurise in the water
- The pupil climbs up the ladder fully equipped
  - \* keeps the mouthpiece in his mouth
  - \* waits until the ladder is free
  - \* places his feet carefully on ladder rungs
  - \* frees the area for other divers
  - \* takes his equipment off and puts it away
- The pupil ties the following sailor knots :
  - \* mooring knots, bowline knots, clove hitch, sheet bend and hitches
  - \* square knot and its disadvantages
  - \* knot and the figure of eight knot

#### Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils

#### Further training

- The pupil can take a Boat 1 qualification.

### 3.4 Jacket Qualification

- The pupil can take the Jacket endorsement with the Bronze dolphin.
- The acquisition of this qualification remains with the appreciation of the instructor.

#### Location

- The dive site should have good visibility, be sheltered, with adequate means of entry to and exit from the water. It must also have the flora and fauna for the planned activity.

#### Objectives

- The pupil checks, fixes and ensures jacket safety :
  - \* checks his jacket before every dive : plugs are closed, belts, quick purge
  - \* fixes his jacket on his tank
  - \* hooks his direct system and sees how it operates
  - \* rinses his jacket in fresh water after the dive and dries it in the shade
- The pupil can stabilise :
  - \* inflates the jacket at surface and then deflates
  - \* with or without fins
  - \* using a lung-ballast
- The pupil must be able to control ascent :
  - \* exhales when he starts ascent
  - \* ascends slowly from diving area
  - \* minimises movement by using the jacket
  - \* stops his ascent before resurfacing
  - \* is familiar with the adverse result of holding his breath

#### Safety standards

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils

#### Further training

- The pupil can acquire the other qualifications.

### 3.5 Qualification Biology

The qualification biology can be allotted starting from the certificate of bronze dolphin.

The acquisition of this qualification remains with the appreciation of the instructor.

#### Site:

- Well sheltered, calm, adapted to the means of setting to water, it must comprise the fauna and the flora planned for the activity.

#### Objectives:

- The pupil must be able of:
  - \* using a didactic plate,
  - \* recognizing the fauna of the environment in which it dive,
  - \* recognizing the flora of the environment in which it dive,
  - \* identifying the dangers related to fauna and the flora,
  - \* understanding the various manners of nourishing itself ( filtrations, predators and, ...)
- The pupil must be able of preserving the environment by an adequate behavior:
  - \* by not touching everything in water,
  - \* by observing the life of the small whole to largest,
  - \* while stabilizing itself without destroying all with its fins,
  - \* by not throwing anything pollutant in water,
- The pupil must be able of understanding the first simple concepts:
  - \* of the tides,
  - \* of the food chain,
  - \* of the role of the sun on water,
  - \* of the need for preserving water for the life.

#### Safety requirements:

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils.

#### Evolution.:

The pupil can acquire the other qualifications.

### 3.6 Qualification Archaeology

The qualification archaeology can be allotted starting from the certificate of bronze dolphin. The acquisition of this qualification remains with the appreciation of the instructor.

Site:

- Well sheltered, calm, adapted to the means of setting to water, it must comprise objects laid out on the bottom and planned for the activity..

Objectives:

- The pupil must be able to understand the first simple concepts:
  - \* of land surveys,
  - \* of land surveys adapted to the aquatic environment,
  - \* of the various techniques to release an object without destroying it,
  - \* of the payments of its country concerning the sites and objects archaeological
- The pupil must be able to preserve an archeological site by an adequate behavior:
  - \* by not touching everything in water,
  - \* by not moving an unimportant object,
  - \* while stabilizing itself without destroying everything with its fins,
- The pupil must be able of:
  - \* working with a squaring posed on the site,
  - \* drawing underwater objects on a plate immerge able,
  - \* deferring measurements and drawings on a squared sheet,
  - \* reconstituting a broken object (to use an object out of terra cotta broken approximately pieces).
- The pupil must be able of:
  - \* making go up an object using a parachute,

Safety requirements:

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils.

Evolution::

The pupil can acquire the other qualifications.

### 3.7 Qualification Photographer

The qualification photographer can be allotted starting from the patent of bronze dolphin. The acquisition of this qualification remains with the appreciation of the instructor.

Site:

- Well sheltered, calm, adapted to the means of setting to water, it must comprise fauna and the flora planned for the activity.

Objectives:

- The pupil must be able to understand the first simple concepts of underwater vision:
  - \* absorption of the colors,
  - \* reflex ion,
  - \* refraction,
  - \* diffusion of the light
- The pupil must be able to use a simple camera in:
  - \* respecting this material,
  - \* taking care of its maintenance (rinsing, ...),
  - \* stabilizing itself without destroying everything with its fins,
  - \* tallying correctly a subject.
- The pupil must be able to understand simple concepts of photography:
  - \* developed,
  - \* depth of field,
  - \* light natural
  - \* artificial light
  - \* setting rate of sight,
- The pupil must be able of:
  - \* making a small photo report on its dives,

Safety requirements:

- Zone of the 5 meters and as from 12 years zone of the 10 meters for the silver and gold dolphins.
- The diving will be held on the bottom rather than in full water
- Water entry adapted to the level of the pupils.

Evolution::

- The pupil can acquire the other qualifications.

### 3.8 Qualification First-aid worker

The qualification first-aid worker can be allotted starting from the bronze dolphin.  
The acquisition of this qualification remains with the appreciation of the instructor.

Site:

- Can be realized on any site adapted.

Objectives:

- The pupil must be able to take care of its safety and that of the victim.
- The pupil must be able to evaluate the gravity of a situation by raising the following vital parameters:
  - \* state of consciousness,
  - \* presence of breathing,
  - \* presence of pulse,
- The pupil must be able to call the helps:
  - \* services of urgencies (GSM...),
  - \* search for a qualified responsible adult,
  - \* search for an oxygen tank,
  - \* search for a cover, ...
- The pupil must be able to give first aid:
  - \* small wounds, punctures, ... (disinfections, compression, protection,...),
  - \* burns (to cool by cold water, disinfections, protection,...),
  - \* luxation and distortion (to cool, compress, immobilize,...).
- The pupil must be able to include the first concepts of preventions of the accidents:
  - \* of diving (ear, sine, overpressure, ...),
  - \* hydrocution
  - \* insulation
  - \* dehydration
  - \* danger fauna and flora local

Safety requirements:

- Disinfections of the material used
- Information blood and AIDS

Evolution

- The pupil can acquire the other qualifications.

**Recalls:**

- The qualifications are independent of the certificates of dolphin, but can be decreed at the same time as the latter.
- If the child never knew the natural environment, a specific adaptation is necessary before passing the qualifications.
- This adaptation is left with the appreciation of the instructor which must be, in all the cases, "informed" of the particular problems involved in the diving child.

# APPENDIX 1

DEVELOPMENT CHARACTERISTICS			
	MORPHO AND GROWTH	FUNCTIONAL ASPECTS	PSYCHO MOTORS ASPECTS
AVERAGE	<ul style="list-style-type: none"> <li>• Slowing of growth and a prominent gaining of weight</li> <li>• Gain in height</li> <li>• Rounded torso</li> <li>• Prominent abdomen</li> <li>• Weak, short limbs</li> <li>• Reduction of fatty tissue</li> </ul>	<ul style="list-style-type: none"> <li>• Thorax flat : limited work for heart and lungs</li> <li>• Fast heart beat, and heart is still small</li> <li>• Unstable vasomotor regulation with important variations in the heart beat, flexible blood vessels</li> </ul>	<ul style="list-style-type: none"> <li>• rapid command of motors after a period of trail and error</li> <li>• control of natural movements</li> <li>• awakening of need for activity and movement (the fidgets)</li> <li>• imitation of adults</li> </ul>
CHILD	<p><b><u>Harmonisation of the body</u></b></p>	<ul style="list-style-type: none"> <li>• Joints are supple</li> <li>• Muscles are not yet developed, and muscle tone is weak</li> </ul>	
4 YEARS	<ul style="list-style-type: none"> <li>• Harmonisation of weight and body size, and the relationship between the 2 of them</li> <li>• Development of the teeth ends</li> </ul>	<ul style="list-style-type: none"> <li>• Lung capacity is small in comparison to the body size</li> <li>• Mechanical qualities of the lung</li> </ul>	
TO	<ul style="list-style-type: none"> <li>• Lumbar lordosis</li> <li>• Development of the rib cage</li> </ul>	<ul style="list-style-type: none"> <li>• Development of interstitial lung tissues and development of inspiration and expiration muscles</li> <li>• Maturation of lymphoid glands in the ORL regions with emphasis on the development of the tonsils and adenoids( Walleye annual )</li> </ul>	
8 YEARS		<p><b><u>Cold</u></b></p> <ul style="list-style-type: none"> <li>• thermoregulation is limited with a slim risk of hypothermia and hypothermia</li> </ul>	

# APPENDIX 2

<b>DEVELOPMENT CHARACTERISTICS</b>		
<b>MORPHO AND GROWTH</b>	<b>FUNCTIONAL ASPECTS</b>	<b>PSYCHO MOTORS ASPECTS</b>
<p style="text-align: center;"><b>8-10 years of age</b></p> <ul style="list-style-type: none"> <li>• Rapid period of stature growth</li> <li>• Peak of puberty</li> <li>• Leg growth</li> <li>• Loss of fatty tissue</li> </ul>	<p style="text-align: center;"><b>8-10 years of age</b></p> <ul style="list-style-type: none"> <li>• Growth of the heart and ability to work harder</li> <li>• Possibility of slow development of the heart/size with erethism and heart murmur</li> <li>• Continuing neurovegetative, cardiac and vascular instability</li> <li>• Morphological development of ability, volume, and lung debits</li> <li>• maturation into adulthood with the regression of the lymphoid glands in the ORL regions</li> </ul>	<p style="text-align: center;"><b>8-10 years of age</b></p> <ul style="list-style-type: none"> <li>• co-ordination and balance improves</li> <li>• co-ordination of he hands and feet improves</li> <li>• increase in use of gestures</li> <li>• Possible acquisition of numerous automatisms</li> <li>• Improvement in control of mobility and body</li> <li>• Precise corporal</li> <li>• Attention span improves</li> <li>• Ease of gestures</li> </ul>
<p style="text-align: center;"><b>10-12 years of age</b></p> <ul style="list-style-type: none"> <li>• Slow down of puberty</li> <li>• Development of secondary sexual characteristics</li> <li>• Relative growth of lower body</li> </ul>	<p style="text-align: center;"><b>10-12 years of age</b></p> <ul style="list-style-type: none"> <li>• Stabilisation of the neurovegetatives of the heart and the blood vessels</li> <li>• Increase in volume and size of the heart with making up for lost time (disappearance of heart murmur)</li> <li>• Increase in volume of thoracic cage with an increase in volume and capacity to breath</li> <li>• Development of aerobic metabolism with maturing of the lactic metabolism and endurance training.</li> </ul> <p style="text-align: center;"><b>MUSCULAR DEVELOPMENT</b></p> <ul style="list-style-type: none"> <li>• Maturing of muscular structures (fibres I/II)</li> <li>• Development of physical strength and the harmonisation of agonistic and antagonistic muscles</li> <li>• Particular development of inspiratory and expiratory muscles</li> </ul> <p style="text-align: center;"><b>O.R.L. attention</b></p>	<p style="text-align: center;"><b>10-12 years of age</b></p> <ul style="list-style-type: none"> <li>• Destruction of the schema corporal according morphology and puberty</li> <li>• Different rates of development between girls and boys</li> <li>• The importance of re learning of gestures and co-ordination and the creation of a new body image</li> </ul>

# APPENDIX 3

PROGRESSION THROUGH CHILDHOOD		
PSYCHOLOGICAL ASPECTS	SOCIOLOGICAL ASPECTS	NEEDS
<ul style="list-style-type: none"> <li>• Will for power</li> <li>• Identification with the parents</li> <li>• Opposition phase               <ul style="list-style-type: none"> <li>* Turbulent</li> <li>* Short attention span</li> <li>* age of story telling</li> <li>* age of marvelling</li> <li>* inability to analyse</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Competition with parents</li> <li>• Detachment shaded by the adult world</li> <li>• Association with young people of the same age</li> <li>• Play activity that is both solitary and social</li> <li>• No difference between boys and girls.</li> </ul>	<p><b>INDICATIONS</b></p> <ul style="list-style-type: none"> <li>• healthy environment</li> <li>• (calm, rest, food)</li> <li>• environment for learning</li> <li>• Initiative of gesture (garden, playground, game plain).</li> <li>• sun, open air</li> <li>• opportunity to follow practical learning</li> <li>• Rhythm education</li> <li>• balance, skill, orientation, observation</li> <li>• learning about breathing</li> </ul> <p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Avoid stimulants</li> <li>• No prolonged muscle work, do not work on strength</li> <li>• Open the span of activities</li> <li>• No period of prolonged stillness</li> </ul>
<p style="text-align: center;"><b>8 - 10 years of age</b></p> <ul style="list-style-type: none"> <li>• Regression of intellectual syncretism</li> <li>• Attempts at critical expression, possibility of analysis</li> <li>• Interests become objectives               <ul style="list-style-type: none"> <li>◊ revival of interest in schoolwork and activities</li> <li>◊ need for justice and initiative</li> <li>◊ respect for rules of the game</li> <li>◊ rights and obligations</li> </ul> </li> </ul>	<p style="text-align: center;"><b>8 - 10 years of age</b></p> <ul style="list-style-type: none"> <li>• Balance between interests inside and outside the family</li> <li>• Respect for familiar rules</li> <li>• Drawn towards the outside world</li> <li>• Association and organisation in group games</li> <li>• Demand for autonomy ( freedom to realise)</li> <li>• a desire to compete</li> </ul>	<p style="text-align: center;"><b>8 - 10 years of age</b></p> <p><b>INDICATIONS</b></p> <p>It is a graceful age, but with little physical strength</p> <ul style="list-style-type: none"> <li>• Varied activities in a various natural environment</li> <li>• Fun activities (skill, speed and suppleness)               <ul style="list-style-type: none"> <li>◊ different games</li> <li>◊ swimming</li> <li>◊ scouting</li> <li>◊ rhythm exercises</li> <li>◊ breathing exercises</li> </ul> </li> <li>• Learning sportive gestures</li> <li>• Sporting activities: competitive</li> </ul> <p><b>PRECAUTIONS</b></p> <ul style="list-style-type: none"> <li>• Avoid monotony</li> <li>• Development of power of execution (except for strength and resistance)</li> <li>• Need for physical gr.</li> </ul>
<p style="text-align: center;"><b>10 - 12 years of age</b></p> <ul style="list-style-type: none"> <li>• Conflicts founded by puberty.</li> <li>• Period of opposition with the possibility of a conflict with authority</li> <li>• Desire to be an individual</li> <li>• Life in a small group</li> </ul>	<p style="text-align: center;"><b>10 - 12 years of age</b></p> <ul style="list-style-type: none"> <li>• Segregation between boys and girls</li> <li>• Ambiguity between small groups of friends and game groups.</li> </ul>	<p style="text-align: center;"><b>10 - 12 years of age</b></p> <ul style="list-style-type: none"> <li>• Relearning of corporal scheme</li> <li>• Search for a role model</li> </ul>

## Annexe 4

# REPORT FORM TO ASSESS THE TRAINING PERSONAL CHILDREN DIVING

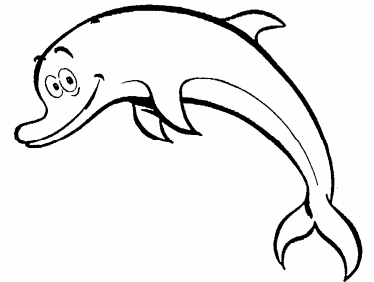
Date of the report:

**Candidate**

**Name and first name:**

**Certificate:**

**Club - school:**



**Jurymen :**



Legend :      **Yes**      **NO**      **Sometime**      **Often**

ORGANISATION	Y	N	S	O
Respect of the different moments of the lesson				
Management of the occupation of the pool				
Management of the occupation of the time				
Speed of installation				
Adapted to the number of children				
Concerned of safety				

EDUCATION - TEACHING	Y	N	S	O
Follows a program				
Present the subject				
Justify the subject				
Give instructions clear, precise				
Do respected the instructions				
Benefit from situations in the form of plays				
Appeal to the participation of everybody				
Valorize the children				
Make corrections (remarks)				
Give means of correcting itself				
Alternate the exercises dynamic and static				
Do not leave idle periods (cold!)				
Use documents or other means didactic				
Use material adapted to the play				
Use the form competitive				
Support it between assistance and solidarity				

ANIMATION	COMMENTS
Available - contact with the children	
Attitude	
Smiling – actor	
Severe – authoritative	
Stimulate - encourages	
Requiring in quantity	
Requiring in quality	
Voice	
Respect of the instructions	
Supports all the children	
Attentive with the state of the child (tiredness, fear....)	

Remarks of the jurymen:

Advices :

**REPORT OF VISIT FAVORABLE , QUALIFICATION CONFIRMEE the : ...../...../.....**

**REPORT OF VISIT DEFERS IF IT IS NECESSARY :**  
...../...../.....

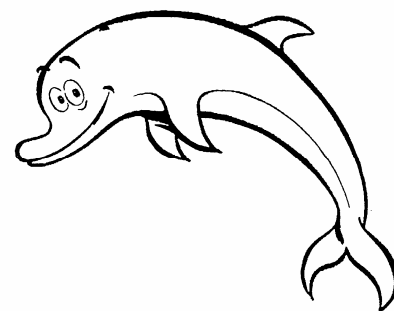
**AWARENESS AND REMARKS OF THE CANDIDATE**  
(signature)

**Signatures and seal of  
the jurymen:**

## Annexe 5

# REPORT FORM TO ASSESS A CHILDREN DIVING SCHOOL

Date :



<u>School</u> :
Address :
Responsible :
Certificate :

**Name and first name of the instructors on mission :**



INFRASTRUCTURE AND ORGANIZATION	number	YES	NO
Numbers total children			
Numbers children present			
Numbers of class child organized			
Changing-room separate children - adults			
Temperature of water valid for the training			

MATERIEL AND EQUIPMENT	number	YES	NO
Number of tanks for children			
Number of regulator adapted to the child			
Numbers of narghiles			
Numbers live-jacket for child			
Thank O2 with mask reanimation child			
Case of first aid			
Material didactic			

FOLLOW-UP MEDICAL	YES	NO
Follow-up of the visits (recalls, etc,...)		
Management of the cards (centralization, etc....)		

<b>TRAINING - RELATIONS PARENTS</b>	<b>number</b>	<b>YES</b>	<b>NO</b>
Number of other instructor(s) with the children diving qualification			
Numbers trainer(s) not checked			
Numbers trainer(s) without formation			
Support of the parents			
Participation working parents			

<b>PROGRAM AND PEDAGOGY</b>	<b>OUI</b>	<b>NON</b>
Program drawn up		
Definition of the objectives teaching		
Follow-up of the progression of the children; In which form?		

**Remarks of the jurymen :**

**Advices:**

Signatures and seals: