



# **Examination Guidelines**

## **for Divers**

(Member of CMAS Germany, RSTC and ABRE)

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## **P r e a m b l e**

The International Diving instructor Association IDA (International Diving Association) has the aim to educate and further educate divers, skin divers, apnea divers and diving instructors worldwide by uniform standards and the up to date technical and safety relevant regulations. To contribute to a uniform diver and diving instructor education IDA has structured it's educational program basically in accordance with the CMAS system.

The IDA general standards for recreational diving are the base for these examination regulations / standards for divers and skin divers.

The course relevant education materials were developed entirely by IDA and are meant to be used by the diving instructors and trainers in active educational status.

IDA is member of the Recreational Scuba Training Council Europe (RSTC, a worldwide recognized education organization for recreational diving). The RSTC has established minimum standards and certifications (brevets) for diving education worldwide in use. By this IDA brevets are indefinitely valid and recognized all over the world.

Only diving instructors in an "active status" are permitted to work for IDA bases and schools to guarantee this uniformly education.

Before each diving course, the applicant is to be instructed that:

The participant is to be instructed that diving with and without SCUBA equipment entails risks that can negatively affect physical integrity. Furthermore, the participant has to be informed that accidents can occur under water if the instructions of the diving instructor are not followed. Should an accident occur in connection with this dive, which is due to the participant's own fault, the diving school / diving instructor is not liable for it.

Nearer information is to be found in:

IDA General safety standards and IDA application form "Requirements for diving courses"!

### **Needful information before the start of the course**

Before the diving course can begin, the client should be informed of the following:

#### **Necessary prerequisites that the customer must meet:**

Medical self-declaration or, if necessary, a medical examination for fitness to dive.  
 Minimum age, in the case of minors a signed declaration of consent from the parents (both).  
 Certifications or specialty courses that are a prerequisite for this course.  
 Completed and signed course registration.

#### **Furthermore, information must be provided about:**

Cost of the diving course (including teaching material and certification costs).  
 Diving insurance should be recommended (e.g. aquamed or DAN), since the diving instructor liability does not cover all eventualities.  
 The course and the content of the course (theory, practice, exam).  
 Authorizations after successful completion of the course.  
 Diving equipment requirements if customer uses their own equipment.  
 Information about the national and international diving associations.

## **The IDA Education System**

The education in the **IDA-diving qualification system** shall teach safe diving. Depending on the education level the training dives are monitored and safeguarded by a diving instructor, sometimes accompanied by experienced divers. IDA-Brevets are qualification certificates for specially identified activities by recreational divers, skin divers and apnea divers.

The IDA education system is modular. It builds step by step within the different education directions methodically on the previous one upwards.

**Skin Diver 1:** This course is created for getting to know skin diving. It has no capacity performance.

**Skin Diver 2:** In this course capacity performance is incorporated and special additional equipment for the ambitious skin diver will be presented. The student will be trained and educated with it.

**Discover Scuba:** Prior to the regular diving training this **TRY SCUBA** course shall enable to a “get to know” of the recreational diving and is meant to help making the final decision whether to start with diving training. A Try Scuba dive must always be accompanied by an instructor. The participant has to demonstrate the required scuba skills, as shown in the guidelines for divers page 10 to 12.

**IDA Resort-Course – Discover Scuba Diving:** Prior to the regular dive training this **TRY SCUBA** course in a pool or the open water shall enable a “get to know” of the recreational diving and help making the final decision whether to start with diving training.

**IDA Junior Diver 1 – Flipper 1:** This course is the entrance to recreational diving for children. They will learn to dive with ABC-Equipment in a pool.

**IDA Junior Diver 2 - Flipper 2:** This course will guide the kid gradually towards diving with a scuba system in a pool down to a max. depth of 5m.

**IDA Basic Brevet – Pool Diver:** With this course the education in scuba diving starts. The course is meant to teach the diving basics in a pool. It also teaches the required theoretical knowledge for beginners in recreational diving. The participant has to demonstrate the required scuba skills, as shown in the guidelines for divers page 20 to 23.

**IDA Basic Diver – Scuba Diver:** The basic brevet is the foundation for this course. This course expands the basic brevet by the first two open water dives. The participant has to demonstrate the required scuba skills, as shown in the guidelines for divers page 24 to 28.

**IDA Junior Open Water Diver:** This course ends with the first open water brevet. It enables the junior open water diver to participate in guided dives in open water together higher qualified divers or dive guides. This course can be started without any previous training or knowledge.

**IDA Open Water Diver - OWD:** This course ends with the primary open water brevet. The OWD is qualified to participate in guided dives with divers of a higher brevet level or dive guides. The OWD-course can be started without any previous experience.

**IDA\* Diver (CMAS\*- Bronze):** This course is an alternative to the IDA Open Water Diver. It is expanded with parts from apnea diving and an additional open water dive. The IDA\* Brevet enables the \*-diver (one star diver) to participate in guided dives in open water together with divers of higher brevet level or dive guides. The IDA\*- course can be started without previous experience.

**IDA Junior Advanced Open Water Diver:** The IDA Junior OWD expands the knowledge and qualification with this course and allows afterwards diving together with qualified partners independently down to 18m.

**IDA Advanced Open Water Diver:** The IDA OWD or IDA\* diver expands his / her knowledge and qualification with this course and is afterwards qualified to dive together with a partner of the same qualification independently down to 30m.

**IDA\*\*-Diver (CMAS\*\*- Silver):** This diver is qualified to perform independent dives with partners of the same qualification down to 40m. An IDA OWD or IDA\* diver can participate in this course without a previous participation in an IDA AOWD course.

**IDA Master Diver (MD):** The MD is an IDA\*\* diver having successfully absolved at least five IDA special courses. The participation in the special course diving safety and rescue (Rescue Diver) is mandatory. This level recognizes very experienced divers worldwide.

**IDA\*\*\*-Diver (CMAS\*\*\*- Gold):** IDA\*\*\* divers are starting to take responsibility for diving novices. The IDA\*\*\* status qualifies very experienced recreational divers. In this course an IDA\*\* diver can participate without having previously absolved the IDA Master Diver course.

**IDA\*\*\*\*-Diver (CMAS\*\*\*\*):** IDA\*\*\*\*-divers having a special knowledge and qualification plus a high competence in certain fields with the focus on safety and emergency management can be certified to IDA\*\*\*\* divers.

## **Additional IDA-Brevet Systems**

The diving in the special fields of cave diving, technical diving, side mount diving, apnea diving, RC Diving (diving with handicapped), children diving and diving with Rebreather systems is organized according to the IDA – standards in individual examination regulations.

## **IDA-Special Courses**

Recreational divers can further educate themselves in multiple special fields of sports diving by signing in on special courses (Specialties). Some of these courses are required to qualify for the next brevet. Contents and prerequisites are laid out in the standards for special courses (examination regulations for special courses).

## Prerequisite Overview

Course	Minimum qualification participant	Minimum age participant	Minimum number of logged dives	Minimum qualification Diving Instructor	Ratio DI/St
Skin Diver 1	none	10	none	Ass. Diving Instr.	1:6
Skin Diver 2	none	12	none	ADI	1:4
Discover Scuba Diving	none	12	none	Min. Instructor *	1:4
Junior Diver 1	none	8	none	ADI	1:2
Junior Diver 2	none	8	none	ADI	1:2
Basic Brevet	none	12	none	ADI	1:4
Basic Diver	none	15	none	ADI (with add. qualification)/DI*	1:4
Scuba Review	none	10	none	DI*	1:4
Junior OWD	none	10	none	DI*	1:1
OWD	none	15	none	DI*	1:4
IDA*	none	15	none	DI*	1:4
Junior AOWD	none	12	none	DI*	1:2
AOWD	OWD/IDA*	15	none	DI*	1:4
IDA**	OWD/IDA*	16	25 davon 10 auf 15-25 m	DI**	1:4
Master Diver	IDA**	18	50 davon 10 auf 15-25 m	DI**	1:4
IDA***	IDA**	18	65 (IDA**) davon 10 auf 28 – 30 m	DI**	1:4
IDA****	IDA***	20	165 with 100 as an IDA***	DI**	
<b>IDA recommends a ratio from 1:1 with poor visibility.</b>					

## **Skin Diver 1**

### **Aim of course:**

The applicant shall be made familiar with the basics of recreational diving with the ABC equipment under direct supervision in a pool or under “pool-like-conditions.

### **Prerequisites:**

- Minimum age 10 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate
- Form liability / participation regulations
- Experience level: -none-

### **Theoretical Part**

#### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment
- Under water hand signs
- Explaining the correct pressure equation method(s)
- Briefing of the skin diving encounter

### **Practical Part**

#### **(maximal diving depth 2m, duration at least 30min)**

- Donning the mask, correct adjustment of the mask band.
- Fixing the snorkel to the mask band, breathing exercises.
- Donning the fins.
- Entering the water the correct way: The jump into the water.
- Blowing the mask: Explaining the technique in hip deep water, flood and blow mask multiple times.
- Blowing the snorkel: Explaining the technique in hip deep water, flood and blow snorkel multiple times.
- Fin stile: Getting used to fins, snorkeling in belly and back position.
- Stylish descent: Descending out of a resting position (hocked stile) and descending while swimming (stretched stile).
- Fin swimming: Swimming with fins in belly and back position.

## **Success control**

In pleasant atmosphere the instructor will recall the positive impressions the participant had while doing the snorkeling course. He / she will answer questions concerning recreational diving and training.

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

The successful completion of this course entitles snorkeling in a pool and to the participation in the IDA-**Skin Diver 2**.



## **Skin Diver 2**

### **Aim of the course**

The applicant shall be made familiar, next to the base knowledge for snorkeling in a pool or under pool like conditions, with snorkeling expeditions in open water under the direct supervision of an instructor.

### **Prerequisites:**

- Minimum age 10 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- Experience level: -none-

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment including a snorkeling vest
- Safety regulations when snorkeling
- Medical aspects when snorkeling
- Physical aspects when snorkeling
- Dangerous marine life forms
- Snorkeling in waters with boat traffic
- Under water hand signs
- Explaining the correct pressure equation method(s)
- Briefing of the skin diving encounter

## **Practical Part**

### **(maximum diving depth 10m, duration at least 30min, with children and juveniles up to 14 years max. depth 5m)**

- Donning the mask, correct adjustment of the mask band.
- Fixing the snorkel to the mask band, breathing exercises.
- Temperature control system, correct donning and getting used to the restricted movability and the ascending quality of a neoprene suit.
- Donning the weight system and adjusting the correct amount of lead.
- Donning the fins.
- Donning the snorkel vest.
- Entering the water the correct way: The jump into the water.
- Blowing the mask: Explaining the technique in hip deep water, flood and blow mask multiple times.
- Blowing the snorkel: Explaining the technique in hip deep water, flood and blow snorkel multiple times.
- Fin stile: Getting used to fins, snorkeling in belly and back position.
- Stylish descent: Descending out of a resting position (hocked stile) and descending while swimming (stretched stile).
- Fin swimming: Swimming with fins in belly and back position.
- Diving a distance, 10m with neoprene suit and 15m without.
- Diving a certain time, 30 Seconds.
- Deep diving, in 1min. 2x down to 3m.
- Swimming with fins, in belly, back and side position at least 200m.
- Transport swimming with a partner of the same weight, at least 50m.

## **Success control**

After the evaluation of the written test and by guidance and supervision during the performance of the exercises in the practical part the instructor will determine whether the participant has achieved the relevant aim of the course

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

The successful completion of this course entitles snorkeling in a pool or the open water down to a depth of 10m (juveniles up to the age of 14 down to 5m).

## **Try SCUBA – Discover Scuba** (Introductory Scuba Experience)

### **Aim of the course**

The participant shall be interested to start a beginner course with an easy dive in a pool or under pool like conditions during daylight conditions. He / she shall be kept under direct supervision by an IDA instructor. An assistant can be deployed to increase security. During a Try Scuba dive, the instructor must be fully focused on the student and not engage in any other activities such as filming or photography. It is explained to the participant that he must follow the instructions of the diving instructor in order to avoid health consequences. Diving is not a dangerous sport if you stick to what you have learned in theory and practice. Nevertheless, the risks are pointed out, e.g. For example, if you hold your breath when you surface or if the pressure equalization is not carried out correctly. A completed introductory dive does not entitle the participant to conduct independent dives. Participation in one of the numerous diving courses of the IDA is recommended.

### **Prerequisites:**

- Minimum age: 12 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- Experience level: -none-

To avoid injury, participants are instructed to breathe underwater the same way they breathe above water and should never hold their breath. This is especially true for ascension. The importance of pressure equalization in the mask and in the middle ear should be emphasized. All necessary hand signals are to be conveyed. Since, in the event of contact, injury from marine animals or sea plants cannot be ruled out, nothing should be touched and a minimum distance of 2 meters should be maintained from all animals and plants. To become a good diver you need a good education and a lot of experience. IDA offers many different courses to expand knowledge. At the beginning of the dive, the depth should be chosen so that the participant, if not feeling well, can stand up and lift their head out of the water. It must be ensured at all times that the participant can surface directly to the water surface. Carrying a rescue kit including oxygen is recommended. The safety of the participant must be guaranteed at all times.

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Under water hand signs.
- Explaining the correct pressure equalization method(s).
- Briefing of the try scuba encounter.
- Breathing underwater
- Mask clearing
- Mouthpiece clearing
- Regain the Mouthpiece if lost

**Practical Part**  
**(maximum diving depth 6 m, duration at least 15min.)**

**Exercise curriculum:**

- Use of mask, fins and snorkel.
- Assembly and disassembly of the SCUBA equipment (outside the water).
- Entering and leaving the water correct.
- Clearing and using of snorkel and 2nd stage regulator and octopus.
- Controlled descent and ascent (e.g. pressure equation in ears and mask) and use of the BCD.
- Swimming under water.
- Clearing the mask.
- Buoyancy under water and on the surface.
- Reacting when receiving alternative air support.
- Reaching for the regulator
- Equipment care.
- Basic underwater hand signs.

### **Success control**

The instructor will discuss the positive impressions with the participant during this course and will answer questions about recreational diving and a diving education.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **IDA Resort-Diver**

### **Aim of the course**

The participant shall be interested to start a beginner course with an easy dive in a pool or under pool like conditions and an additional dive in open water. He / she shall be kept under direct supervision.

### **Prerequisites:**

- Minimum age: 12 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- Experience level: -none-

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Under water hand signs.
- Explaining the correct pressure equation method(s).
- Basics of dive medicine.
- Basics of dive physics
- Briefing / basics of a scuba dive.
- Environmental protection and life forms in the local waters.

## Practical Part

### **Dive 1: Pool / pool like conditions**

- Correct preparation and adjustment of mask, snorkel, fins, buoyancy device (BCD/BV/ADV), scuba system and lead belt; the partner (DI) helps donning.
- Inflate and deflate ADV at the surface with the inflator.
- Demonstrate the correct breathing technique and insure that the participant will not hold the breath at any time.
- Blow the regulator under water.
- Regain the primary regulator from behind the shoulder.
- Blow a partially flooded mask under water.
- Swim under water dressed in complete scuba gear and control depth and direction.
- Perform pressure equalization in ears and mask.
- Read the pressure gauge under water and signal the remaining air supply to the partner (DI).
- Show, answer and recognize the standard under water hand signs.
- Safe ascent.
- Depart the water.

### **Dive 1: Open Water**

#### **Depth: 6-15m / Duration: at least 15min.**

- Briefing with motivation and assembly of the equipment for the dive.
- Complete and correct donning and checking of the entire equipment prior to the dive.
- Buddy-check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface; adjust the weights in such a way, that with holding a normal breath and empty jacket one has the waterline within eye height.
- Controlled descent to a max. of 15m at a rope or with reference to the bottom contour.
- First buoyancy control exercise (e. g. Pivoting)
- Give and receive / understand UW signs.
- Reaching for the regulator.
- Remove mask completely; put it on again and blow the same free in a shallow area.
- Reconnoiter the underwater world.
- Ascent to the surface.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and logbook entry.

## **Success control**

The instructor will discuss the positive impressions with the participant after every dive during this course and will answer questions about recreational diving and a diving education.

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

Within the next 12 month after a successful completion of this course the participant can book additional theory lessons, pool and open water dives to receive the IDA OWD o IDA\* qualification. The certified modules will be taken into account.

The successful participation in this course entitles to participating in dives guided by dive guides, assistant diving instructors or diving instructors.



## **IDA Junior Diver 1 – Flipper 1**

### **Aim of the course**

The applicant shall be made familiar with the basics of recreational diving and the ABC-equipment.

Upon completion of the course he / she shall have:

- the basic skills for safe diving with ABC-equipment.
- the capacity to snorkel dive in company of adults.

### **Prerequisites**

- Minimum age 8 years
- A written report about a discussion held by the responsible IDA-DI stating all information about the course and recreational diving at this level.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- Experience level: -none-

### **Diving instructor qualification:**

Instructor: IDA -ADI, -DI \*, -DI \*\*, DI \*\*\*, -DI \*\*\*\* with the additional qualification for children diving

## **Theoretical Part**

### **Curriculum:**

- Complete preparation and introduction (correct method(s) for pressure equation, explanation of the hand signs, and more)
- Test content: -none-

## **Practical Part**

The practical training will entirely be done in a pool with a maximum water depth of 3m. The trainer / student ratio is 1:2.

### **Exercises (with ABC-Equipment):**

- Donning the mask, correct adjustment of the mask band.
- Fixing the snorkel to the mask band, breathing exercises.
- The fins: Donning the fins, moving in the water, paddling
- Blowing the mask: Explaining the technique in hip deep water, flood and blow mask multiple times.
- Blowing the snorkel: Explaining the technique in hip deep water, flood and blow snorkel multiple times.
- Fin stile: Getting used to fins, snorkeling in belly and back position.
- Stylish descent: Descending out of a resting position (hocked stile) and descending while swimming (stretched stile).
- Fin swimming: Snorkeling with fins in belly and back position, demonstrate and exercise.
- Diving a distance, aim for 10m.
- Diving a certain time, aim for 20 seconds.
- Deep diving, aim for 1min. 2x down to 2m.
- Swimming with fins, in belly, back, aim for 100m.
- Entering the water: Spread jump forward, demonstrate and exercise.

## **Success control**

The instructor will discuss in a pleasant atmosphere the positive impressions with the participant during this course and will answer eventually questions about recreational diving and a diving education.

## **Certification / Registration**

The certification of the successful participation in this course is a brevet and a certificate.

## **Entitlement**

A successful participation entitles to an education to IDA Junior Diver-Flipper 2.

The IDA-Junior Diver-Flipper 1 may take part in snorkel dives in company with entitled persons.

## **Junior Diver - Flipper 2**

### **Kursziel**

The applicant shall be made familiar in theory and praxis with the required basics of recreational diving.

Upon completion of the course he / she shall have:

- the basic knowledge and skills for safe recreational diving with and without equipment.

### **Prerequisites**

- Minimum age 8 years
- A written report about a discussion held by the responsible IDA-DI stating all information about the course and recreational diving at this level.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.

### **Diving instructor qualification:**

Instructor: IDA -ADI, -DI \*, -DI \*\*, DI \*\*\*, -DI \*\*\*\* with the additional qualification for children diving

## **Theoretical Part**

### **Curriculum**

Explain the basics for recreational diving with and without scuba system.

### **Test Contents**

Ask a verbal questionnaire to all fields of diving with ABC-equipment and scuba system.

## Practical Part

The practical training will entirely be done in a pool with a maximum water depth of 5m. The trainer / student ratio is 1:1.

### Exercises (with ABC-Equipment):

- Donning the mask, correct adjustment and observing the surrounding at the surface.
- Fixing the snorkel to the mask band, breathing exercises.
- Temperature control system, correct donning and getting used to the restricted movability and the ascending quality of a neoprene suit.
- Donning the weight system and adjusting the correct amount of lead.
- The fins: Donning the fins, moving in the water, paddling
- Blowing the mask: Explaining the technique in hip deep water, flood and blow mask multiple times.
- Blowing the snorkel: Explaining the technique in hip deep water, flood and blow snorkel multiple times.
- Fin stile: Show techniques, exercise snorkeling in belly, back and sideways position.
- Stylish descent: Descending out of a resting position (hocked stile) and descending while swimming (stretched stile).
- Fin swimming: Snorkeling with fins in belly and back position, demonstrate and exercise.
- Diving a distance, aim for 10m.
- Diving a certain time, aim for 20 seconds (from 10 years on max.30sec.).
- Deep diving, aim for 1min. 2x down to 2m (from 10 years on max. 3m).
- Swimming with fins, in belly, back and sideways position, aim for 200m.
- Entering the water: Spread jump forward, demonstrate and exercise.

### Exercises (with SCUBA-System

- The most important UW-hand signs: Explain - Show - Request.
  - The dive briefing: Performance, discuss the behavior above and under the water.
  - Donning the equipment: Correct assembly and test of the dive equipment. Correct donning by mutual help.
  - Partner check: Vice versa check of the scuba equipment after donning.
- Remark: The first four items must be done prior to every dive!**
- Dive 1: Getting used to the breathing strain, the pressure equation and the zero gravity. Handling of the air injector and the inflator system. Blowing of the mask and the regulator.
  - Dive 2: Giving and receiving of UW-hand signs. Multiple flooding and blowing of the mask in shallow water (1,5m). Buoyancy exercises in different water depth levels by inflator and personal breath.
  - Dive 3: Exchange of UW-hand signs. Taking the regulator from the mouth and blowing the same free in shallow water (1,5m). Exercise breathing from octopus in shallow water.

## **Success control**

The instructor will, based on his / her verbal questionnaire and the observations during the praxis training decide whether the participant has reached the aim of the course.

The diving instructor will discuss on a regular base and at the end of the course together with the applicant the actual level in theory and praxis.

## **Certification / Registration**

The certification of the successful participation in this course is a brevet and a certificate.

## **Entitlement**

A successful participation entitles to diving with a scuba system in a pool down to a depth of 5m only. The dives must be accompanied by an authorized person holding at least a D\*\*\* brevet.

## **IDA Basic Brevet (Pool Diver)**

### **Aim of the course**

The course is meant for a participant aiming for becoming a certified diver, but without enough time for the IDA OWD course or the IDA\* course. This course holds all required basics of diving theory, the four (4) exercise dives in a pool or under pool like conditions that are also part of the IDA OWD or the IDA\* course and the apnea exercises of the IDA\* course.

### **Prerequisites**

- Minimum age 12 years With minors a written letter of consent from the legal guardians (normally both parents) is required
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - none -

### **Remark:**

When presenting an IDA-apnea-recreational-diving-brevet less than 3 years old the equivalent exercises without scuba system can be skipped.

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Briefing and under water signs (UW-signs).
- Safety when diving and the Buddy system.
- Explaining the correct pressure equation method(s).
- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics for planning a dive.
- Base knowledge of emergency management.
- Environmental protection and marine life forms.
- Ways for a further education after this course.
- Written Test

## Practical Part

### **Dive 1 in a pool / under pool like conditions**

- Correct preparation of mask, snorkel, fins, buoyancy control vest (BV/ADV), scuba system and lead belt, adjusting and donning by the help of the partner.
- At the surface inflate and deflate the ADV with the inflator.
- Demonstrate the correct breathing technique and remind the student never to hold the breath at any time.
- Blow the regulator under water.
- Regaining the primary regulator from behind the shoulder under water.
- Blow the partially flooded mask under water.
- Swim and control depth and direction in complete diving equipment under water.
- Perform pressure equalization for ears and mask under water.
- Read pressure gauge and signal remaining air supply under water.
- Read and signal standard UW-signs under water.
- Safe ascent.
- Depart water.

### **Dive 2 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry into deep water.
- Blow the snorkel with the correct method; continue breathing through the snorkel without taking the face out of the water.
- At the surface, switch from snorkel to the regulator without taking the face out of the water.
- Swim at least 50m at the surface in complete scuba equipment and breathe through the snorkel.
- Perform a correct descent and show the individual steps clearly.
- Take the mask off, put it on again and blow the same free under water.
- Breathe for at least 1min without mask under water.
- Breathe for at least 45sec from the alternative air supply of a partner under water and remain stationary.
- Perform a correct ascent and show the individual steps clearly.
- Inflate the ADV with your mouth at the surface and release the air afterwards totally.
- Decide the required correct amount of lead at the surface.
- With a minimum of help release the weight system by using the fast release mechanism at the surface.
- Takeoff weight system and scuba system (if required) in the water, takeoff fins and leave the water in the best possible way.

### **Dive 3 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Jump into the water: Two (different) jumps with complete scuba system on from a height of 1/2m and continue with a controlled descent in deep water.
- Pivoting: Gain neutral buoyancy without help by balancing on the tips of the fins.
- Hovering: Stay buoyant motionless for at least 45sec without moving arms or legs.
- Open up a lower leg cramp.
- Simulate a controlled emergency ascent by letting go the regulator and exhaling continuously breath while slowly ascending to the surface.
- Tow / push a tired diver 25m at the surface.
- Depart water.

Optional exercise:

- Breathe from a regulator that is blowing off for 30sec.

### **Dive 4 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry and controlled descent into deep water.
- Dive without mask for at least 15m and then put on the mask and blow it free under water.
- Perform partner air supply stationary.
- Take off the scuba system with little help at the ground and then take it back on to a fit.
- Take off the lead belt (alternative the lead pouches of the jacket or the suspender belt weight system) at the ground (or in shallow water).
- Perform a controlled ascent to the surface and perform a safety stop of 3min at 3m (if the depth conditions allow).
- Snorkel for 10min in belly position with scuba system at the surface.
- Depart the water.

Optional exercise:

- Perform air supply with only one supply station while covering 25m distance under water or an ascent from a maximum depth of 5m to the surface.

### **Exercises with ABC-equipment:**

These exercises may be done prior to the pool dives (sequence irrelevant) or as a single compact pool unit.

- Apnea time diving for 30sec with a continuous change in location (of about 10m).
- Apnea distance diving covering 25m without suit and 20m when wearing a neoprene suit.
- Apnea deep diving by three times down to 2 to 5m within one minute.
- Snorkeling for 20min by covering at least 500m with 5min in belly, back, side position each and 5min with one fin only.
- Snorkel 50m towards a scuba diver who is down between 2 and 5m and bring this one to the surface. Transport the scuba diver 50m at the surface.



## **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verify the result by the final exam.

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

After the successful completion of this course and within the next 12 month the participant may finish the education to IDA\* Diver by absolving the required open water dives  
The successful participation in this course entitles to take part in by dive guide, assistant instructor or diving instructors guided dives with scuba system in a pool or under pool like conditions down to a water depth of 5m.

## **IDA Basic (Basic Diver/Supervised Diver)**

### **Aim of the course**

The course is meant for a participant aiming to become a certified diver, but without enough time for the IDA OWD course or the IDA\* course. This course holds all required basics of diving theory, the four (4) exercise dives in a pool or under pool like conditions that are also part of the IDA OWD or the IDA\* course and the apnea exercises of the IDA\* course and the first two open water dives for the IDA OWD / IDA\* courses. In this course the diver shows that he/she is able to perform the exercises which are outlined in the chapter practical parts.

### **Prerequisites**

- Minimum age 15 years With minors a written letter of consent from the legal guardians (normally both parents) is required
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - none -

### **Remark:**

When presenting an IDA-apnea-recreational-diving-brevet less than 3 years old the equivalent exercises without scuba system can be skipped.

When presenting an IDA Basic Brevet less than 15 month old the theory and the pool units can be skipped.

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Briefing and under water signs (UW-signs).
- Safety when diving and the Buddy system.
- Explaining the correct pressure equation method(s).
- Exercises according to the training record card „Basic Diver“
- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics for planning a dive.
- Base knowledge of emergency management.
- Environmental protection and marine life forms.
- Ways for a further education after this course.
- Written Test

## Practical Part

### **Dive 1 in a pool / under pool like conditions**

- Correct preparation of mask, snorkel, fins, buoyancy control vest (BV/ADV), scuba system and lead belt, adjusting and donning by the help of the partner.
- At the surface inflate and deflate the ADV with the inflator.
- Demonstrate the correct breathing technique and remind the student never to hold the breath at any time.
- Blow the regulator under water.
- Regaining the primary regulator from behind the shoulder under water.
- Blow the partially flooded mask under water.
- Swim and control depth and direction in complete diving equipment under water.
- Perform pressure equalization for ears and mask under water.
- Read pressure gauge and signal remaining air supply under water.
- Read and signal standard UW-signs under water.
- Safe ascent.
- Depart water.

### **Dive 2 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry into deep water.
- Blow the snorkel with the correct method; continue breathing through the snorkel without taking the face out of the water.
- At the surface, switch from snorkel to the regulator without taking the face out of the water.
- Swim at least 50m at the surface in complete scuba equipment and breathe through the snorkel.
- Perform a correct descent and show the individual steps clearly.
- Take the mask off, put it on again and blow the same free under water.
- Breathe for at least 1min without mask under water.
- Breathe for at least 45sec from the alternative air supply of a partner under water and remain stationary.
- Perform a correct ascent and show the individual steps clearly.
- Inflate the ADV with your mouth at the surface and release the air afterwards totally.
- Decide the required correct amount of lead at the surface.
- With a minimum of help release the weight system by using the fast release mechanism at the surface.
- Takeoff weight system and scuba system (if required) in the water, takeoff fins and leave the water in the best possible way.

### **Dive 3 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Jump into the water: Two (different) jumps with complete scuba system on from a height of 1/2m and continue with a controlled descent in deep water.
- Pivoting: Gain neutral buoyancy without help by balancing on the tips of the fins.
- Hovering: Stay buoyant motionless for at least 45sec without moving arms or legs.
- Open up a lower leg cramp.
- Simulate a controlled emergency ascent by letting go the regulator and exhaling continuously breath while slowly ascending to the surface.
- Tow / push a tired diver 25m at the surface.
- Depart water.

Optional exercise:

- Breathe from a regulator that is blowing off for 30sec.

### **Dive 4 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry and controlled descent into deep water.
- Dive without mask for at least 15m and then put on the mask and blow it free under water.
- Perform partner air supply stationary.
- Take off the scuba system with little help at the ground and then take it back on to a fit.
- Take off the lead belt (alternative the lead pouches of the jacket or the suspender belt weight system) at the ground (or in shallow water).
- Perform a controlled ascent to the surface and perform a safety stop of 3min at 3m (if the depth conditions allow).
- Snorkel for 10min in belly position with scuba system at the surface.
- Depart the water.

Optional exercise:

- Perform air supply with only one supply station while covering 25m distance under water or an ascent from a maximum depth of 5m to the surface.

### **Exercises with ABC-equipment:**

These exercises may be done prior to the pool dives (sequence irrelevant) or as a single compact pool unit.

- Apnea time diving for 30sec with a continuous change in location (of about 10m).
- Apnea distance diving covering 25m without suit and 20m when wearing a neoprene suit.
- Apnea deep diving by three times down to 2 to 5m within one minute.
- Snorkeling for 20min by covering at least 500m with 5min in belly, back, side position each and 5min with one fin only.
- Snorkel 50m towards a scuba diver who is down between 2 and 5m and bring this one to the surface. Transport the scuba diver 50m at the surface.

**Open Water Dive No.1:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour.
- First buoyancy exercises (e. g. pivoting)
- Receive and understand UW-signs and give UW-signs.
- Retrieve regulator.
- Remove mask, put it back on and blow it free in a shallow area.
- Explore the underwater world.
- Ascent to the surface.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.2:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly.
- Buoyancy control exercises using the inflator (e.g. pivoting) with gaining neutral buoyancy in three different depth levels.
- Dive towards dive partner and signal air emergency situation; breathe from the alternative air supply of the partner and continue dive for another 5min. Continue exercise and shift positions (give and receive).
- Explore the underwater world, exercise buoyancy control and the five (5) mandatory UW-signs.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verify the result by the final exam.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

After the successful completion of this course and within the next 12 month the participant may finish the education to IDA OWD or IDA\* Diver by absolving the required open water dives. The successful participation in this course entitles to take part in by dive guide, assistant instructor or diving instructors guided dives with scuba system in open water down to a water depth of 12m.

## **Fresh up Course for Returners / Scuba Review**

### **Aim of this course**

The course is for participants that are already certified divers having not the chance to dive for some time or those with the intention to refresh or to intensify their skills in theory and praxis.

### **Prerequisites**

- Minimum age 15 years. With minors a written letter of consent from the legal guardians (normally both parents) is required
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - starting at IDA OWD -
- The participation in a CPR course (less than 12 month old) is recommended.
- Logbook(s) check and questions about the diver's vita in a nice atmosphere (no inquiry).

### **Theoretical Part**

A short verbal check shall verify the knowledge of the student. In this all separate topics (medicine, equipment, environmental protection, physics, dive planning) must be mentioned. A complete theoretical reeducation will be required if grave knowledge faults exist. With minor mistakes a theoretical refresher is possible. The DI must make that decision on his / her own.

### **Practical Part**

- Check of the bodily fitness and the capabilities of the participant prior to the start of the training.
- Check of the diving equipment of the participant (technical inspection of the scuba system, regulator service, general condition)

### **Dive No.1:**

#### **Depth: max. 5m/Duration at least 15min**

This dive is set up like a "TRY SCUBA". No exercises, shallow water depth with the focus on experience value. After this dive the DI and the participant are going to decide together whether the course shall be continued or another dive might be required prior to the start of the exercises under water.

### **Dive No.2:**

#### **Depth: max. 5m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 2m at a buoy rope or in reference to the bottom contour.
- Blowing of mask and snorkel.
- Take regulator from the mouth, reinsert and blow free.
- Switch from the primary regulator to the alternative and back.
- Descent down to a max. of 5m.
- Buoyancy exercise in a max. depth of 5m.
- Explore the underwater world, exercise buoyancy control, give and receive/react to five (5) UW-signs.
- Ascent to the surface with clearly showing the single steps and never lose the contact to the dive partner.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No.3:**

#### **Depth: max. 10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Controlled descent down to a max. of 10m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly.
- Explore the underwater world, exercise buoyancy control.
- Air exchange exercise stationary in both functions (give and receive) at a depth defined by the DI.
- Dive towards dive partner and signal air emergency situation; breathe from the alternative air supply of the partner and continue dive for another 5min. Continue exercise and shift positions (give and receive).
- Perform an ascent as the one giving air to a depth of 5m; the maximum speed of ascent shall not be exceeded. Switch back to normal regulators and shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.



**Dive No.4:****Depth: max. 10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m with reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Explore the underwater world and exercise the correct group management while performing buoyancy control.
- In the depth of 10m one group member becomes unconscious. The course participant takes that member to 5m and then slowly to the surface and the beach / a boat (at least 50m) and finally with the correct technique onto the shore or in the boat.
- At the shore the participant shall explain and demonstrate CPR, stable resting position sideways and shock position. After that he /she must fill out the accident protocol (with all important data about the “accident dive” for the emergency medics by using the IDA accident protocol form).
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving and further education. He / she must ensure the required theory knowledge is present.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

According to the brevet level the participant is holding.

## **IDA Junior Open Water Diver (JOWD)**

### **Aim of the course**

The course is meant for a participant aiming to become a certified diver, to perform dives worldwide and to explore and experience the fascinating underwater world.

### **Prerequisites**

- Minimum age 10 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- A written report about a discussion held by the responsible IDA-DI stating all information about the course and recreational diving at this level.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - none -

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Briefing and under water signs (UW-signs).
- Safety when diving and the Buddy system.
- Explaining the correct pressure equation method(s).
- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics for planning a dive.
- Base knowledge of emergency management.
- Environmental protection and marine life forms.
- Ways for a further education after this course.
- Written Test

## Practical Part

### **Dive 1 in a pool / under pool like conditions**

- Correct preparation of mask, snorkel, fins, buoyancy control vest (BV/ADV), scuba system and lead belt, adjusting and donning by the help of the partner.
- At the surface inflate and deflate the ADV with the inflator.
- Demonstrate the correct breathing technique and remind the student never to hold the breath at any time.
- Blow the regulator under water.
- Regaining the primary regulator from behind the shoulder under water.
- Blow the partially flooded mask under water.
- Swim and control depth and direction in complete diving equipment under water.
- Perform pressure equalization for ears and mask under water.
- Read pressure gauge and signal remaining air supply under water.
- Read and signal standard UW-signs under water.
- Safe ascent.
- Depart water.

### **Dive 2 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry into deep water.
- Blow the snorkel with the correct method; continue breathing through the snorkel without taking the face out of the water.
- At the surface, switch from snorkel to the regulator without taking the face out of the water.
- Swim at least 50m at the surface in complete scuba equipment and breathe through the snorkel.
- Perform a correct descent and show the individual steps clearly.
- Take the mask off, put it on again and blow the same free under water.
- Breathe for at least 1min without mask under water.
- Breathe for at least 45sec from the alternative air supply of a partner under water and remain stationary.
- Perform a correct ascent and show the individual steps clearly.
- Inflate the ADV with your mouth at the surface and release the air afterwards totally.
- Decide the required correct amount of lead at the surface.
- With a minimum of help release the weight system by using the fast release mechanism at the surface.
- Takeoff weight system and scuba system (if required) in the water, takeoff fins and leave the water in the best possible way.

**Dive 3 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Jump into the water: Two (different) jumps with complete scuba system on from a height of 1/2m and continue with a controlled descent in deep water.
- Pivoting: Gain neutral buoyancy without help by balancing on the tips of the fins.
- Hovering: Stay buoyant motionless for at least 45sec without moving arms or legs.
- Open up a lower leg cramp.
- Simulate a controlled emergency ascent by letting go the regulator and exhaling continuously breath while slowly ascending to the surface.
- Tow / push a tired diver 25m at the surface.
- Depart water.

Optional exercise:

- Breathe from a regulator that is blowing off for 30sec.

**Dive 4 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry and controlled descent into deep water.
- Dive without mask for at least 15m and then put on the mask and blow it free under water.
- Perform partner air supply stationary.
- Take off the scuba system with little help at the ground and then take it back on to a fit.
- Take off the lead belt (alternative the lead pouches of the jacket or the suspender belt weight system) at the ground (or in shallow water).
- Perform a controlled ascent to the surface and perform a safety stop of 3min at 3m (if the depth conditions allow).
- Snorkel for 10min in belly position with scuba system at the surface.
- Depart the water.

Optional exercise:

- Perform air supply with only one supply station while covering 25m distance under water or an ascent from a maximum depth of 5m to the surface.

**Open Water Dive No.1:****Depth 6-10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 10m at a buoy rope or in reference to the bottom contour.
- First buoyancy exercises (e. g. pivoting)
- Receive and understand UW-signs and give UW-signs.
- Retrieve regulator.
- Remove mask, put it back on and blow it free in a shallow area.
- Explore the underwater world.
- Ascent to the surface.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.2:****Depth 6-10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 10m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly.
- Buoyancy control exercises using the inflator (e.g. pivoting) with gaining neutral buoyancy in three different depth levels.
- Dive towards dive partner and signal air emergency situation; breathe from the alternative air supply of the partner and continue dive for another 5min. Continue exercise and shift positions (give and receive).
- Explore the underwater world, exercise buoyancy control and the five (5) mandatory UW-signs.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Open Water Dive No.3:**

#### **Depth 6-10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Basics in compass navigation. Perform at the surface an approach and return course with the compass.
- Free descent with reference to 5m and then to the maximum depth.
- Pivoting, buoyancy control, inflate jacket with the mouth.
- Explore the underwater world.
- Exchange air supply stationary at a depth decided by the DI, followed by a controlled ascent with a safety stop at 3m for 3min under breathing from the alternative air supply of the dive partner (perform this exercise in the open water only once – the DI has to decide who is in function supply or receive).
- At the surface assume safe positive buoyancy, every participant is breathing from the own regulator again or is using the snorkel.
- Perform a tow of a partner having an “accident” at the surface to the beach or a boat, followed by a transport to the shore or into a boat with the techniques required for the situation.
- Demonstrate the stable position sideways and the shock position and name all measures required for initiating the rescue chain.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Open Water Dive No.4:**

#### **Depth 6-10m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Free descent without reference to not deeper than 10m.
- Hovering, buoyancy control without swimming or using arms or fins
- Explore the underwater world.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed, .perform a safety stop at 3m for 3min.
- Snorkel for 10min at the surface with the entire equipment on.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

#### **Optional exercise:**

- Underwater navigation with compass, direction towards and back.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verify the result by the final exam.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

The successful participation in this course entitles to guided dives with scuba systems in open water down to a max. depth of 10m in company with experienced divers (at least IDA\*\*\* or equivalent) and to a participation in courses / special courses leading to the next higher level.

## **IDA Open Water Diver (OWD)**

### **Aim of the course**

The course is meant for a participant aiming to become a certified diver, to perform dives worldwide and to explore and experience the fascinating underwater world.

### **Prerequisites**

- Minimum age 15 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - none -
- The participation in a CPR course is recommended (less than 12 month old)

### **Remarks:**

When presenting an IDA-Basic-Brevet less than 15 month old, the theory and the pool units can be skipped.

When presenting an IDA-Basic-Diver brevet less than 15 month old, the theory and the pool units can be skipped.

When presenting an IDA-Scuba-Diver brevet less than 15 month old, the certified theory and pool units can be skipped.

When presenting an IDA Side-Mount\* - brevets the theory can be skipped.

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Briefing and under water signs (UW-signs).
- Safety when diving and the Buddy system.
- Explaining the correct pressure equation method(s).
- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics for planning a dive.
- Base knowledge of emergency management.
- Environmental protection and marine life forms.
- Ways for a further education after this course.
- Written Test



## Practical Part

### **Dive 1 in a pool / under pool like conditions**

- Correct preparation of mask, snorkel, fins, buoyancy control vest (BV/ADV), scuba system and lead belt, adjusting and donning by the help of the partner.
- At the surface inflate and deflate the ADV with the inflator.
- Demonstrate the correct breathing technique and remind the student never to hold the breath at any time.
- Blow the regulator under water.
- Regaining the primary regulator from behind the shoulder under water.
- Blow the partially flooded mask under water.
- Swim and control depth and direction in complete diving equipment under water.
- Perform pressure equation for ears and mask under water.
- Read pressure gauge and signal remaining air supply under water.
- Read and signal standard UW-signs under water.
- Safe ascent.
- Depart water.

### **Dive 2 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry into deep water.
- Blow the snorkel with the correct method; continue breathing through the snorkel without taking the face out of the water.
- At the surface, switch from snorkel to the regulator without taking the face out of the water.
- Swim at least 50m at the surface in complete scuba equipment and breathe through the snorkel.
- Perform a correct descent and show the individual steps clearly.
- Take the mask off, put it on again and blow the same free under water.
- Breathe for at least 1min without mask under water.
- Breathe for at least 45sec from the alternative air supply of a partner under water and remain stationary.
- Perform a correct ascent and show the individual steps clearly.
- Inflate the ADV with your mouth at the surface and release the air afterwards totally.
- Decide the required correct amount of lead at the surface.
- With a minimum of help release the weight system by using the fast release mechanism at the surface.
- Takeoff weight system and scuba system (if required) in the water, takeoff fins and leave the water in the best possible way.

**Dive 3 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Jump into the water: Two (different) jumps with complete scuba system on from a height of 1/2m and continue with a controlled descent in deep water.
- Pivoting: Gain neutral buoyancy without help by balancing on the tips of the fins.
- Hovering: Stay buoyant motionless for at least 45sec without moving arms or legs.
- Open up a lower leg cramp.
- Simulate a controlled emergency ascent by letting go the regulator and exhaling continuously breath while slowly ascending to the surface.
- Tow / push a tired diver 25m at the surface.
- Depart water.

Optional exercise:

- Breathe from a regulator that is blowing off for 30sec.

**Dive 4 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry and controlled descent into deep water.
- Dive without mask for at least 15m and then put on the mask and blow it free under water.
- Perform partner air supply stationary.
- Take off the scuba system with little help at the ground and then take it back on to a fit.
- Take off the lead belt (alternative the lead pouches of the jacket or the suspender belt weight system) at the ground (or in shallow water).
- Perform a controlled ascent to the surface and perform a safety stop of 3min at 3m (if the depth conditions allow).
- Snorkel for 10min in belly position with scuba system at the surface.
- Depart the water.

Optional exercise:

- Perform air supply with only one supply station while covering 25m distance under water or an ascent from a maximum depth of 5m to the surface.

**Open Water Dive No.1:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour.
- First buoyancy exercises (e. g. pivoting)
- Receive and understand UW-signs and give UW-signs.
- Retrieve regulator.
- Remove mask, put it back on and blow it free in a shallow area.
- Explore the underwater world.
- Ascent to the surface.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.2:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly.
- Buoyancy control exercises using the inflator (e.g. pivoting) with gaining neutral buoyancy in three different depth levels.
- Dive towards dive partner and signal air emergency situation; breathe from the alternative air supply of the partner and continue dive for another 5min. Continue exercise and shift positions (give and receive).
- Explore the underwater world, exercise buoyancy control and the five (5) mandatory UW-signs.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### Open Water Dive No.3:

#### Depth 6-15m/Duration at least 15min

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Basics in compass navigation. Perform at the surface an approach and return course with the compass.
- Free descent with reference to 5m and then to the maximum depth.
- Pivoting, buoyancy control, inflate jacket with the mouth.
- Explore the underwater world.
- Exchange air supply stationary at a depth decided by the DI, followed by a controlled ascent with a safety stop at 3m for 3min under breathing from the alternative air supply of the dive partner (perform this exercise in the open water only once – the DI has to decide who is in function supply or receive).
- At the surface assume safe positive buoyancy, every participant is breathing from the own regulator again or is using the snorkel.
- Perform a tow of a partner having an “accident” at the surface to the beach or a boat, followed by a transport to the shore or into a boat with the techniques required for the situation.
- Demonstrate the stable position sideways and the shock position and name all measures required for initiating the rescue chain.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### Open Water Dive No.4:

#### Depth 6-18m/Duration at least 15min

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Free descent without reference to not deeper than 18m.
- Hovering, buoyancy control without swimming or using arms or fins
- Explore the underwater world.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed, .perform a safety stop at 3m for 3min.
- Snorkel for 10min at the surface with the entire equipment on.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

#### Optional exercise:

- Underwater navigation with compass, direction towards and back.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verify the result by the final exam.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

The successful participation in this course entitles to guided dives with scuba systems in open water down to a max. depth of 18m in company with experienced divers (at least IDA\*\*\* or equivalent) and to a participation in courses / special courses leading to the next higher level.

## **IDA\* (D1) – CMAS\*/ Bronze**

### **Aim of the course**

The course is meant for a participant aiming to become a certified diver, to perform dives worldwide and to explore and experience the fascinating underwater world.

### **Prerequisites**

- Minimum age 15 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: - none -
- The participation in a CPR course is recommended (less than 12 month old)

### **Remarks:**

When presenting an IDA-Basic-Brevet less than 15 month old, the theory and the pool units can be skipped.

When presenting an IDA-Basic-Diver brevet less than 15 month old, the theory and the pool units can be skipped.

When presenting an IDA-Scuba-Diver brevet less than 15 month old, the certified theory and pool units can be skipped.

When presenting an IDA Side-Mount\* - brevets the theory can be skipped.

## **Theoretical Part**

### **Curriculum:**

- Explaining and selecting (e.g. fit) the correct ABC equipment.
- Explaining the correct selection and adjustment of the scuba system.
- Briefing and under water signs (UW-signs).
- Safety when diving and the Buddy system.
- Explaining the correct pressure equation method(s).
- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics for planning a dive.
- Base knowledge of emergency management.
- Environmental protection and marine life forms.
- Ways for a further education after this course.
- Written Test

## Practical Part

### **Dive 1 in a pool / under pool like conditions**

- Correct preparation of mask, snorkel, fins, buoyancy control vest (BV/ADV), scuba system and lead belt, adjusting and donning by the help of the partner.
- At the surface inflate and deflate the ADV with the inflator.
- Demonstrate the correct breathing technique and remind the student never to hold the breath at any time.
- Blow the regulator under water.
- Regaining the primary regulator from behind the shoulder under water.
- Blow the partially flooded mask under water.
- Swim and control depth and direction in complete diving equipment under water.
- Perform pressure equalization for ears and mask under water.
- Read pressure gauge and signal remaining air supply under water.
- Read and signal standard UW-signs under water.
- Safe ascent.
- Depart water.

### **Dive 2 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry into deep water.
- Blow the snorkel with the correct method; continue breathing through the snorkel without taking the face out of the water.
- At the surface, switch from snorkel to the regulator without taking the face out of the water.
- Swim at least 50m at the surface in complete scuba equipment and breathe through the snorkel.
- Perform a correct descent and show the individual steps clearly.
- Take the mask off, put it on again and blow the same free under water.
- Breathe for at least 1min without mask under water.
- Breathe for at least 45sec from the alternative air supply of a partner under water and remain stationary.
- Perform a correct ascent and show the individual steps clearly.
- Inflate the ADV with your mouth at the surface and release the air afterwards totally.
- Decide the required correct amount of lead at the surface.
- With a minimum of help release the weight system by using the fast release mechanism at the surface.
- Takeoff weight system and scuba system (if required) in the water, takeoff fins and leave the water in the best possible way.

### **Dive 3 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Jump into the water: Two (different) jumps with complete scuba system on from a height of 1/2m and continue with a controlled descent in deep water.
- Pivoting: Gain neutral buoyancy without help by balancing on the tips of the fins.
- Hovering: Stay buoyant motionless for at least 45sec without moving arms or legs.
- Open up a lower leg cramp.
- Simulate a controlled emergency ascent by letting go the regulator and exhaling continuously breath while slowly ascending to the surface.
- Tow / push a tired diver 25m at the surface.
- Depart water.

Optional exercise:

- Breathe from a regulator that is blowing off for 30sec.

### **Dive 4 in a pool / under pool like conditions**

- Buddy check prior to the dive.
- Correct entry and controlled descent into deep water.
- Dive without mask for at least 15m and then put on the mask and blow it free under water.
- Perform partner air supply stationary.
- Take off the scuba system with little help at the ground and then take it back on to a fit.
- Take off the lead belt (alternative the lead pouches of the jacket or the suspender belt weight system) at the ground (or in shallow water).
- Perform a controlled ascent to the surface and perform a safety stop of 3min at 3m (if the depth conditions allow).
- Snorkel for 10min in belly position with scuba system at the surface.
- Depart the water.

Optional exercise:

- Perform air supply with only one supply station while covering 25m distance under water or an ascent from a maximum depth of 5m to the surface.

### **Exercises with ABC-equipment:**

These exercises may be done prior to the pool dives (sequence irrelevant) or as a single compact pool unit.

- Apnea time diving for 30sec with a continuous change in location (of about 10m).
- Apnea distance diving covering 25m without suit and 20m when wearing a neoprene suit.
- Apnea deep diving by three times down to 2 to 5m within one minute.
- Snorkeling for 20min by covering at least 500m with 5min in belly, back, side position each and 5min with one fin only.
- Snorkel 50m towards a scuba diver who is down between 2 and 5m and bring this one to the surface. Transport the scuba diver 50m at the surface.



**Open Water Dive No.1:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour.
- First buoyancy exercises (e. g. pivoting)
- Receive and understand UW-signs and give UW-signs.
- Retrieve regulator.
- Remove mask, put it back on and blow it free in a shallow area.
- Explore the underwater world.
- Ascent to the surface.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.2:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 15m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly.
- Buoyancy control exercises using the inflator (e.g. pivoting) with gaining neutral buoyancy in three different depth levels.
- Dive towards dive partner and signal air emergency situation; breathe from the alternative air supply of the partner and continue dive for another 5min. Continue exercise and shift positions (give and receive).
- Explore the underwater world, exercise buoyancy control and the five (5) mandatory UW-signs.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.3:****Depth 6-15m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Basics in compass navigation. Perform at the surface an approach and return course with the compass.
- Free descent with reference to 5m and then to the maximum depth.
- Pivoting, buoyancy control, inflate jacket with the mouth.
- Explore the underwater world.
- Exchange air supply stationary at a depth decided by the DI, followed by a controlled ascent with a safety stop at 3m for 3min under breathing from the alternative air supply of the dive partner (perform this exercise in the open water only once – the DI has to decide who is in function supply or receive).
- At the surface assume safe positive buoyancy, every participant is breathing from the own regulator again or is using the snorkel.
- Perform a tow of a partner having an “accident” at the surface to the beach or a boat, followed by a transport to the shore or into a boat with the techniques required for the situation.
- Demonstrate the stable position sideways and the shock position and name all measures required for initiating the rescue chain.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Open Water Dive No.4:****Depth 6-18m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Free descent without reference to not deeper than 18m.
- Hovering, buoyancy control without swimming or using arms or fins
- Explore the underwater world.
- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed, .perform a safety stop at 3m for 3min.
- Snorkel for 10min at the surface with the entire equipment on.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Optional exercise:**

- Underwater navigation with compass, direction towards and back.

**Open Water Dive No.2:****Depth 6-18m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent without reference down to a max. of 18m.
- Diving under / never before experienced / difficult circumstances.

**Optional:**

- Deep dive down to a max. of 18m.
- Night dive not deeper than 15m.
- Dive from a boat down to a max. depth of 18m.
- Drift dive down to a max. of 15m.
- Diving under restricted visibility down to a max. of 15m.

**Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verify the result by the final exam.

**Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

**Entitlement**

The successful participation in this course entitles to guided dives with scuba systems in open water down to a max. depth of 18m in company with experienced divers (at least IDA\*\*\* or equivalent) and to a participation in courses / special courses leading to the next higher level.

## **IDA Junior Advanced Open Water Diver (JAOWD)**

### **Aim of the course**

The course is meant for a participant aiming to become a self-responsible diver with the intention to perform dives with a diver holding at least a brevet the same level. The participant will be educated in theory and praxis with the basics required for the performance of self-responsible dives.

Upon completion of this course the participant shall be capable to plan and perform dives in known waters safely and self-responsible.

(Pay attention to the recommendations concerning dive group assembly and the general standards)

### **Prerequisites**

- Minimum age 12 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- A written report about a discussion held by the responsible IDA-DI stating all information about the course and recreational diving at this level.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA JOWD
- The participation in a CPR course is recommended (less than 12 month old)
- SC Nitrox is recommended.

## **Theoretical Part**

### **Curriculum:**

- Basics UW-Navigation.
  - Basics for deep diving.
  - Basics for buoyancy and trim (suited configuration of the scuba equipment), basics in fin stroke techniques.
- and optional:**
- Basics in group leading.
  - Basics in wreck diving.
  - Use and handling of a decompression buoy.
  - Basics night diving
  - Basics Nitrox\*
  - Basics sweet water biology.
  - Basics marine biology.

The participant works self-educating prior to every dive on the required theory knowledge and answers the questions from the IDA training program. The instructor will answer any possibly remaining questions, sums the most important facts together and corrects mistakes together with the student. With his / her seal and signature and the students signature the DI verifies the correctness on the examination card.

## Practical Part

### **Dive No. 1 from IDA SC Orienteering (UW-Navigation)**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Explain the compass and the handling of the same at the beach.
- Have the student explain the strait course to a target and back – exercise.
- Have the student estimate the distance and the required time (dive time).
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- 
- At the surface swim to a prior marked point (may be a permanent marker or a buoy set by DI), the student shall take a bearing to another marked point (again a fixed one or another buoy) in a distance of at least 50m.
- The student shall estimate the required dive time towards the target, correct if necessary
- The student shall perform a free descent down to at least 5m, adjust to the required course and dive towards the target. Adjust to the return course and dive back to the start point. The variation should not exceed more than 5m.

#### **Remark:**

**The exercise must be repeated if the start point is not found or the distance (variation) is too large until the required result is achieved. Should the aim of this exercise can't be reached during this dive a positive result may be gained during the exercises "group leading or shooting a buoy" by repeating this part.**

- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed, .perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Dive No. 1 from IDA SC Deep Diving**  
**Depth 18m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- 
- Perform descent with reference to 5m and show the single steps of a correct descent clearly. Keep the group together and maintain a correct communication down to the bubble check depth.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth with reference at a rope or to the bottom, keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- Exercises at max. depth by the DI (e. g. calculating or buoyancy, realizing of colors with and without light).
- Perform an ascent to a depth between 10 and 6m, keep the group together and never accede the safe speed of ascent. Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Buoyancy in perfection**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Free descent without reference down to 5m to a training platform or suitable ground.
- Trim control, fit of tank, fit of lead (belt / pouches)
- Hovering, buoyancy control without using arm or fins.
- Fin stroke techniques e. g. Flutter kick and Frog kick
- Explore the underwater world without stirring sediment, keep buoyancy and trim.
- Ascent to the surface with clearly showing the single steps and never lose the contact to the dive partner, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

#### **Optional:**

### **Dive No. 1 from IDA SC Group leading / Dive Leader**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m at a buoy rope or in reference to the bottom contour. The single steps must be presented clearly. Perform the correct communication within the group.
- 
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- Solving of a task not previously briefed by the DI (element: keeping the group together).
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Wreck diving / Wreck Diver**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants) and planning the air consumption.
- Complete and correct equipment check with reel, spool and lights prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m with reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Monitor the entire dive (air and time).
- Demonstrate the correct fin kick techniques and exercise.
- By the DIs supervision diving alongside the wreck under neutral buoyancy.
- Realizing and avoiding of potential dangers.
- Navigation at the wreck
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Searching and Recovering „Shooting a Buoy“**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct equipment check with reel, spool and lights prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m with reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Explore the underwater world and exercise the correct group management while performing the correct compass handling while diving.
- Perform an ascent to a depth between 10 and 6m, keep the group together and never accede the safe speed of ascent. Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.



**Dive No. 1 from IDA SC Night Diving / Night Diver**  
**Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world, keep a correct buoyancy and trim under the condition of restricted visibility (reference is partially not present).
- Demonstrate and exercise the correct fin stroke techniques.
- Maintain the correct behavior when meeting marine life forms.
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Dive No. 1 from IDA SC Nitrox – EAN Diver**  
**Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Analyze the breathing gas, calculate the MOD.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world, keep a correct buoyancy and trim under the condition of restricted visibility (reference is partially not present).
- Demonstrate and exercise the correct fin stroke techniques.
- Especially maintain the correct depth (MOD).
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Dive No. 1 from IDA SC Sweet Water Biology**  
**Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Explain the function and correct handling of the collecting equipment (if carried).
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world and maintain a correct buoyancy and trim.
- Demonstrate the correct fin kick techniques and exercise.
- Note the found plants and animals, in a lake organize them into zones.
- Carefully collect plants for future observations (if plant).
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Analyze and debrief the observations, eventually under a microscope.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No. 1 from IDA SC Marine Biology**

### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Explain the function and correct handling of the collecting equipment (if carried).
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world and maintain a correct buoyancy and trim.
- Demonstrate the correct fin kick techniques and exercise.
- 
- Note the found plants and animals, observe a certain zoning in the ocean, realize the potentially dangerous life forms, keep a distance, observe, sketch and record.
- Carefully collect plants for future observations (if plant).
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Analyze and debrief the observations, eventually under a microscope.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verifies the result by asking questions from the IDA education material.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

The successful participation in this course entitles to self-responsible dives with scuba systems in known water down to a max. depth of 18m in company with experienced divers (at least IDA\*\*\* or equivalent).

## **IDA Advanced Open Water Diver (AOWD)**

### **Aim of the course**

The course is meant for a participant aiming to become a self-responsible diver with the intention to perform dives with a diver holding at least a brevet the same level. The participant will be educated in theory and praxis with the basics required for the performance of self-responsible dives.

Upon completion of this course the participant shall be capable to plan and perform dives in known waters safely and self-responsible.

(Pay attention to the recommendations concerning dive group assembly and the general standards)

### **Prerequisites**

- Minimum age 15 years, with minors a written letter of consent from the legal guardians (normally both parents) is required.
- A written report about a discussion held by the responsible IDA-DI stating all information about the course and recreational diving at this level.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA JOWD
- The participation in a CPR course is recommended (less than 12 month old)
- SC Nitrox is recommended.

## **Theoretical Part**

### **Curriculum:**

- Basics UW-Navigation.
  - Basics for deep diving.
  - Basics for buoyancy and trim (suited configuration of the scuba equipment), basics in fin stroke techniques.
- and optional:**
- Basics in group leading.
  - Basics in wreck diving.
  - Use and handling of a decompression buoy.
  - Basics night diving
  - Basics Nitrox\*
  - Basics sweet water biology.
  - Basics marine biology.

The participant works self-educating prior to every dive on the required theory knowledge and answers the questions from the IDA training program. The instructor will answer any possibly remaining questions, sums the most important facts together and corrects mistakes together with the student. With his / her seal and signature and the students signature the DI verifies the correctness on the examination card.

## Practical Part

### **Dive No. 1 from IDA SC Orienteering (UW-Navigation)**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Explain the compass and the handling of the same at the beach.
- Have the student explain the strait course to a target and back – exercise.
- Have the student estimate the distance and the required time (dive time).
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- 
- At the surface swim to a prior marked point (may be a permanent marker or a buoy set by DI), the student shall take a bearing to another marked point (again a fixed one or another buoy) in a distance of at least 50m.
- The student shall estimate the required dive time towards the target, correct if necessary
- The student shall perform a free descent down to at least 5m, adjust to the required course and dive towards the target. Adjust to the return course and dive back to the start point. The variation should not exceed more than 5m.

#### **Remark:**

**The exercise must be repeated if the start point is not found or the distance (variation) is too large until the required result is achieved. Should the aim of this exercise can't be reached during this dive a positive result may be gained during the exercises "group leading or shooting a buoy" by repeating this part.**

- Ascent to the surface with presenting the single steps clearly. Keep contact to the dive partner and never exceed the maximum ascending speed, .perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Dive No. 1 from IDA SC Deep Diving**  
**Depth 20-30m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Perform descent with reference to 5m and show the single steps of a correct descent clearly. Keep the group together and maintain a correct communication down to the bubble check depth.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth with reference at a rope or to the bottom, keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- Exercises at max. depth by the DI (e. g. calculating or buoyancy, realizing of colors with and without light).
- Perform an ascent to a depth between 10 and 6m, keep the group together and never exceed the safe speed of ascent. Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Buoyancy in perfection**

#### **Depth 6-15m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Free descent without reference down to 5m to a training platform or suitable ground.
- Trim control, fit of tank, fit of lead (belt / pouches)
- Hovering, buoyancy control without using arm or fins.
- Fin stroke techniques e. g. Flutter kick and Frog kick
- Explore the underwater world without stirring sediment, keep buoyancy and trim.
- Ascent to the surface from a depth of 10m with clearly showing the single steps and never lose the contact to the dive partner, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

#### **Optional:**

### **Dive No. 1 from IDA SC Group leading / Dive Leader**

#### **Depth 6-25m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete and correct donning with equipment check prior to the dive.
- Complete briefing by the group leader (participant)
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- Solving of a task not previously briefed by the DI (element: keeping the group together).
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Wreck diving / Wreck Diver**

#### **Depth 6-12m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (add. participants) and planning the air consumption.
- Complete and correct equipment check with reel, spool and lights prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m with reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Monitor the entire dive (air and time).
- Demonstrate the correct fin kick techniques and exercise.
- By the DIs supervision diving alongside the wreck under neutral buoyancy.
- Realizing and avoiding of potential dangers.
- Navigation at the wreck
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Search and Recovery „Shooting a Buoy“**

#### **Depth 6-25m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participants).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m without reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Explore the underwater world and exercise the correct group management while performing the correct compass handling while diving.
- Perform an ascent to a depth between 10 and 6m, keep the group together and never accede the safe speed of ascent. Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.



### **Dive No. 1 from IDA SC Night Diving / Night Diver**

#### **Depth 6-15m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world, keep a correct buoyancy and trim under the condition of restricted visibility (reference is partially not present).
- Demonstrate and exercise the correct fin stroke techniques.
- Maintain the correct behavior when meeting marine life forms.
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No. 1 from IDA SC Nitrox – EAN Diver**

#### **Depth 6-25m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Analyze the breathing gas, calculate the MOD.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world, keep a correct buoyancy and trim under the condition of restricted visibility (reference is partially not present).
- Demonstrate and exercise the correct fin stroke techniques.
- Especially maintain the correct depth (MOD).
- Ascent to the surface with clearly showing the single steps and keep the group together, never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No. 1 from IDA SC Fresh Water Biology**

### **Depth 6-15m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Explain the function and correct handling of the collecting equipment (if carried).
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world and maintain a correct buoyancy and trim.
- Demonstrate the correct fin kick techniques and exercise.
- Note the found plants and animals, in a lake organize them into zones.
- Carefully collect plants for future observations (if plant).
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Analyze and debrief the observations, eventually under a microscope.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No. 1 from IDA SC Marine Biology**

### **Depth 6-15m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant)
- Complete and correct donning with equipment check prior to the dive.
- Explain the function and correct handling of the collecting equipment (if carried).
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to a max. of 5m. The single steps must be presented clearly. Perform the correct communication within the group. Keep the group together.
- Bubble check at 5m and continue with communication within the group on the prior decided course and depth. Keep the group together.
- Explore the underwater world and maintain a correct buoyancy and trim.
- Demonstrate the correct fin kick techniques and exercise.
- Note the found plants and animals, observe a certain zoning in the ocean, realize the potentially dangerous life forms, keep a distance, observe, sketch and record.
- Carefully collect plants for future observations (if plant).
- Ascent to the surface with clearly showing the single steps and never exceed the speed of ascent and perform a safety stop at 3m for 3min.
- Departing the water.
- Analyze and debrief the observations, eventually under a microscope.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Success control**

The instructor will recall the positive impressions the participant had after every dive and answer questions about recreational diving. He / she must monitor the work on the theory modules and verifies the result by asking questions from the IDA education material.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

An IDA Advanced Open Water Diver is entitled to dive self-responsible together with a diver holding at least the equivalent brevet level in known waters (down to a depth of 30m). He / she may also participate in the education to IDA\*\* and in every IDA special course open for this level. The exercise dives from the five special courses performed during the IDA AOWD course are fully accountable in any future course.

## **IDA\*\* (D2) – CMAS\*\*/Silver** (Entry Level Rescue Diver)

### **Aim of the course**

The course is meant for participants aiming to become a self-responsible diver with the intention to plan and perform dives with divers holding at least a brevet the same level. The participant shall be made sensible for the self-discipline required by observing the dive plan. He / she shall be able to realize potentially critical situations and avoid the same, also to act in an emergency situation and take the right measures.

### **Prerequisites**

- Minimum age 16 years, with minors a written letter of consent from the legal guardians (normally both parents) is required. Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA OWD, IDA\* or equivalent
- IDA CPR course (less than 12 month old) or equivalent
- IDA SC Orienteering / UW-Navigation or equivalent
- IDA SC Group Leading / Dive Leader or equivalent
- 25 logged dives upon completion IDA\*\* with at least 10 dives down to a depth of 15-25 m

### **Remark:**

When presenting the IDA Apnea Brevet (less than 3 years old) the equivalent exercises without scuba system are not required. When presenting an IDA Side-Mount\*\* -Brevet the theoretical part is not required.

## **Theoretical Part**

### **Curriculum:**

- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics of dive praxis (dive environment)
- Basics decompression theory
- Dive planning and air consumption calculation
- Basics deep diving
- Basics when diving with NITROX

**Examination contents:**

The participant must answer the IDA questionnaire presented by the diving instructor with the required minimum result to pass the course. The instructor will answer any questions that might come up prior to every dive. He / she will sum up the essential and most important facts and correct any mistakes together with the student. The DI will seal and sign the practical exercises on the examination sheet and the student must verify this by his / her signature.

**Practical Part**

Apnea exercises (exercises with ABC-equipment)

- Time apnea: 45sec under permanent change of location (about 10m).
- Distance apnea: 30m without neoprene suit or 25m in a neoprene suit.
- Deep apnea: 7,5m in open water.
- Snorkeling: 40min and covering a distance of at least 1.000m, with 10min in belly, back, side position and with only one fin each.
- Rescue exercise: 100m snorkeling towards a scuba diver in a depth of 5m, recovering the same to the surface with a subsequent transport of again 100m at the surface (50m each under different transport methods).
- Correct jump into the water in complete dive gear without scuba system from a height of 1/2m followed by the donning of the scuba system at the surface.

## **Dive No. 1**

### **Depth 12-25m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Descent to a depth of 5m with reference, make all single steps especially noticeable and keep the group together. Perform a descent to the bubble check depth and receive the correct communication.
- Bubble check at 5m and go by mutual communication within the group the correct prior briefed course. Perform a further descent with reference to a rope or the ground to the maximum depth and keep the group together.
- Explore the underwater world and exercise the correct group management while exercising correct buoyancy. Maintain a distance between 1 and 2m to the ground at different depth levels without stirring up sediment.
- Exercise the giving of three (3) clear UW-signs read from an UW-writing table (in words).
- Speed controlled ascent without the use of the fins in open water up to 6m with a visible stop at 9m. Buoyancy control by mouth is permissible.
- Shoot a buoy with rope or spool, keep the buoyancy and trim (+/- 1m), never lose the contact to the group. Perform safety stop a 3m for 3min at the buoy and ascent afterwards very slowly.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No.2:**

### **Depth 12-25m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth with reference at a rope or to the bottom, keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- Exchange breathing (hovering) at max. depth (DI will decide)
- Speed controlled ascent under air supply from the students' octopus (DI will decide) to the surface.
- Snorkel for 15min at the surface with the entire equipment on.
- Departing the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No.3:**

#### **Depth 12-25m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth with reference at a rope or to the bottom, keep the group together.
- Perform a complete opening and closing of the lead belt, respectively pulling and inserting of the lead pouches with diver gloves under water.
- Explore the underwater world and exercise the correct group management while exercising correct buoyancy.
- Ascent to the surface after 10min, take a compass bearing with the diver compass to a point about 100m away and dive towards the target in a depth between 3 and 5m. A deviation of up to 10m is permissible.
- Shoot a buoy with rope or spool, keep the buoyancy and trim (+/- 1m), never lose the contact to the group. Perform safety stop a 3m for 3min at the buoy and ascent afterwards very slowly.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Dive No.4:****Depth 12-25m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world and exercise the correct group management while exercising correct buoyancy. Maintain a distance between 1 and 2m to the ground at different depth levels without stirring up sediment.
- A member of the group (or the buddy) is signaling in “hovering” status in the open water “air emergency situation”. He /she will receive from the IDA\*\* - prospect the primary regulator and the prospect starts breathing from the alternative regulator. This exercise shall last for 5min at that depth until this arrangement will be returned to normal.

**Remark:**

**This exercise may be replaced by the following alternative:**

**In shallow water the participant closes the valve of his / her primary air supply and starts breathing from his / her alternative regulator. He / she shall switch back upon order from the DI.**

- Speed controlled ascent to a depth of 6m in open water.
- Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.



**Dive No.5:****Depth 12-25m/Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world; the student shall exercise elements of correct group leading.
- A group member loses consciousness in a depth between 10 and 12m. The participant takes the “victim” up to a depth of 5m and then slowly to the surface and from there to the beach or a boat (at least 50m). From there, using the correct techniques, the student must bring the “victim” to the shore or into a boat.
- At the shore he / she must demonstrate and explain CPR, stable position sideways and shock position followed by filing out the correct dive accident protocol (collecting the important dive data for the medics by using the IDA form).
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

**Success control**

By evaluating the written test and the supervision of the practical exercises the diving instructor must verify whether the participant has entirely fulfilled the requirements for this brevet. He / she will discuss together with the participant the results during and at the end of the training and inform him / her about the current proficiency in theory and praxis.

**Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

**Entitlement**

An IDA\*\*-Diver is entitled to participate in the education to IDA Master Diver, to IDA\*\*\*, any further education IDA-courses from the fields of technical diving, cave diving and the IDA special courses open for this level.

## **IDA Master Diver (MD)**

### **Aim of the course**

The course is meant for participants aiming to become a self-responsible diver with the intention to plan and perform dives with divers holding at least a brevet the same level. The participant shall be made sensible for the self-discipline required by observing the dive plan. He / she shall be able to realize potentially critical situations and avoid the same, also to act in an emergency situation and take the right measures.

### **Prerequisites**

- Minimum age 18 years.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA\*\*
- IDA CPR course (less than 12 month old) or equivalent
- IDA SC Orienteering / UW-Navigation or equivalent
- IDA SC Group Leading / Dive Leader or equivalent
- 50 logged dives upon completion IDA\*\* with at least 10 dives down to a depth of 15-25 m
- SC Nitrox\* is recommended

### **Remark:**

If the participant is not personally known to the diving instructor from previous courses and to estimate the qualification, he / she can ask the candidate to proof his / her knowledge and skills by one or more trial dives from the already passed courses.

## **Theoretical Part**

Fife (5) special courses must be absolved for the Master Diver. The diving instructor must verify the individual theoretical knowledge for these SC. The SC “orienteering” and “group leading” may also be accepted.

Additionally to these fife (5) special courses the participant must successfully pass the IDA SC-course “Diving Safety and Rescue (DSR – Rescue Diver)”. The responsible diving instructor must verify the required theoretical knowledge.

A written Master Dive (MD) final exam is not scheduled.

## **Practical Part**

### **5 IDA Special Courses (no equivalence to other associations)**

From these courses three (3) are mandatory courses and two (2) of choice by the student. (Recommended are: IDA SC Nitrox\* and IDA SC Deep Diving)

#### **Mandatory SC are:**

- IDA SC Orienteering (Prerequisite for the IDA\*\* Brevet)
- IDA SC Group Leading (Prerequisite for the IDA\*\* Brevet)
- IDA SC Night Diving (Prerequisite for the IDA\*\*\* Brevet)

Additionally to these five (5) special courses the prospect MD must prove the successful participation in the IDA SC Diving Safety and Rescue (Rescue Diver).

## **Success control**

The diving instructor ensures by guidance and supervision of the exercises within the special courses that the participant reaches the respective aims. He / she must confirm the same in the IDA acceptance sheets by seal and signature and the student must countersign.

The diving instructor will discuss together with the student on a regular base during and after the training the actual level of proficiency in theory and praxis.

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

The IDA Master Diver is entitled to the participation in the IDA\*\*\* Diver education. He / she may also sign up for any course from the fields of technical diving and cave diving and any IDA special courses open for this level.

## **IDA\*\*\* (D3) – CMAS\*\*\*/Gold** (Dive Supervisor)

### **Aim of the course**

The course is meant for participants willing to plan and execute self-responsible dives under difficult conditions with less experienced partners and/or partners holding a brevet the same level. The participant shall be made sensible for the self-discipline required by observing the dive plan. He / she shall be able to realize potentially critical situations and avoid the same, take on the responsibility for an entire dive group and also act in an emergency situation and take the right measures.

### **Prerequisites:**

- Minimum age 18 years.
- Self-declaration of medical fitness (with minors the signature of the legal guardians is required). IDA recommends a valid dive medical certificate.
- Form liability / participation regulations.
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA\*\* or equivalent.
- IDA CPR course (less than 12 month old) or equivalent.
- IDASC Orienteering / UW-Navigation or equivalent.
- IDA SC Group Leading / Dive Leader or equivalent.
- IDA SC DSR (Rescue Diver) or equivalent.
- IDA SC Night Diving or equivalent.
- IDA SC Dry Diving, IDA SC Wreck Diving, IDA SC Current Diving, IDA SC Ice Diving and IDA SC Sports Diving in Marine Cavern are recommended.
- 65 logged dives with receiving IDA\*\*, with at least 10 down to a depth of 28-30m in sweet water, respectively 38-40m in salt water.

### **Remark:**

When presenting the IDA Side-Mount\*\*\* -Brevet the theoretical part can be skipped.

## **Theoretical Part**

### **Curriculum:**

- Basics dive medicine.
- Basics dive physics.
- Basics dive technique.
- Basics of dive praxis (dive environment)
- Basics decompression theory
- Dive planning and air consumption calculation
- Basics in deep diving
- Basics in diving with Nitrox
- Diving from a boat / seamanship
- Knowing knots
- Organizing a dive group
- Safety when diving

### **Examination contents:**

The participant must answer the IDA questionnaire presented by the diving instructor with the required minimum result to pass the course. The instructor will answer any questions that might come up prior to every dive. He / she will sum up the essential and most important facts and correct any mistakes together with the student. The DI will seal and sign the practical exercises on the examination sheet and the student must verify this by his / her signature.

### **Practical Part**

Apnea exercises (exercises with ABC-equipment)

- Time apnea: 60sec under permanent change of location (about 10m).
- Distance apnea: 45m without neoprene suit or 40m in a neoprene suit.
- Deep apnea: 10m in open water.
- Snorkeling: 60min and covering a distance of at least 1.500m, with 15min in belly, back, side position and with only one fin each.
- Rescue exercise: 150m snorkeling towards a scuba diver in a depth of 7,5m, recovering the same to the surface with a subsequent transport of again 150m at the surface (50m each under different transport methods).
- Binding a rope by a bowline knot to an object in a depth of 5m.

### **Practical Part**

#### **Dive No.1**

#### **Depth 20-40m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world, the student shall execute the correct elements of group leading and keep the group in different depth levels always 1 to 2m above the bottom so they will not stir up any sediments.
- Speed controlled ascent without the use of the fins from a depth of 20m to 3m with a distinct stop at 9m and a stop of 1min at depth of 6m followed by 3min at 3m in open water. Buoyancy control by mouth is permissible.
- Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No.2**

### **Depth 20-40m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world, the student shall execute the correct elements of group leading and keep the group in different depth levels always 1 to 2m above the bottom so they will not stir up any sediments.
- A group member (or the buddy) will hovering signal "air emergency situation" and receives the primary regulator from the IDA\*\*\* prospect. He / she will breathe from the alternative regulator.
- Perform a speed controlled ascent in the open water to a depth of 6m and switch regulators back.
- Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- For the group leader 20min snorkeling at the surface with the entire equipment on, position by choice of the student.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Dive No.3**

#### **Depth 20-40m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m without reference. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth with reference at a rope or to the bottom, keep the group together.
- As Group leader shoot a buoy in a depth of 10 to 20m.
- Explore the underwater world, the student shall execute the correct elements of group leading and keep the group in different depth levels always 1 to 2m above the bottom so they will not stir up any sediments.
- Find the buoy at the end of the dive by performing correct navigation while diving or by ascending in shallow water, taking a bearing and diving towards it if the buoy is not found.
- Perform a speed controlled ascent with the entire group to a depth of 3m in the open water.
- At the previously shot buoy perform a safety stop of 3min at 3m followed by a very slow final ascent.
- Depart the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

## **Dive No.4**

### **Depth 15-40m / Duration at least 15min**

- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Construct (participant) an emergency plan prior to the dive and inform the dive partner(s).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m with reference. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world, the student shall execute the correct elements of group leading and buoyancy exercises.
- A group member loses consciousness in a depth 15m. The participant takes the "victim" up to a depth of 5m and then slowly to the surface and from there to the beach or a boat (at least 50m). From there, using the correct techniques, the student must bring the "victim" to the shore or into a boat.
- At the shore he / she must demonstrate and explain CPR, stable position sideways and shock position followed by filing out the correct dive accident protocol (collecting the important dive data for the medics by using the IDA form).
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.



## **Dive No.5**

### **Depth 6-15m / Duration at least 15min**

- Prepare a night dive with any important aspects concerning safety.
- Briefing with motivation for the dive and assembly of scuba equipment.
- Complete briefing by the group leader (participant).
- Construct (participant) an emergency plan prior to the dive and inform the dive partner(s).
- Complete equipment check prior to the dive.
- Buddy check prior to the dive.
- Correct entry into the water.
- Buoyancy control / lead check at the surface, adjust weight in such a manner that the water level is in eye height with empty ADV when drifting under normal breath.
- Controlled descent down to 5m with reference. The single steps must be presented clearly. Keep the group together and exercise the correct communication down to the bubble check.
- Perform a bubble check stop at 5m and communicate the prior decided direction within the group. Descent to the max. depth without reference at a rope or to the bottom, keep the group together.
- Explore the underwater world, the student shall execute the correct elements of group leading and buoyancy exercises.
- Shoot from this depth a buoy either with rope or spool to the surface. Never lose the contact to the group, the buoyancy and trim (+/- 1m). Finally perform a safety stop at the buoy rope for 3min at 3m and ascent very slowly.
- Usable exit out of the water.
- Equipment maintenance after the dive.
- Debriefing and entry into the logbook.

### **Success control**

By evaluating the written test and the supervision of the practical exercises the diving instructor must verify whether the participant has entirely fulfilled the requirements for this brevet. He / she will discuss together with the participant the results during and at the end of the training and inform him / her about the current proficiency in theory and praxis.

### **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

### **Entitlement**

An IDA\*\*\*-Diver is entitled to participate in the education to IDA\*\*\*\*, IDA Dive Guide, IDA ADI and any further education IDA-courses from the fields of technical diving, cave diving and the IDA special courses open for this level.

## **IDA\*\*\*\* (D4)**

### **Aim of the course**

The brevet level IDA D\*\*\*\* is not a course in a common form. It is more a recognition for an IDA-D\*\*\*. He / she has invested, over a longer period of time for a diving school, a dive center or a dive club, time and effort into further education, courses and seminars to extend the personal diving skills and the theoretical diving knowledge.

### **Prerequisites for an appointment to IDA D\*\*\*\***

- Minimum age: 20 years
- Self-declaration of medical fitness. IDA recommends a valid dive medical certificate.
- Form liability / participation regulations.
- The closure of dive medical insurance, especially for the liability of dive accidents (e.g. pressure chamber treatment) is strongly recommended (e.g. AQUAMED), since this kind of treatment is not covered by the health insurance.
- Education level: IDA\*\*\* or equivalent.
- IDA CPR course (less than 12 month old) or equivalent.
- IDASC Orienteering / UW-Navigation or equivalent.
- IDA SC Group Leading / Dive Leader or equivalent.
- IDA SC DSR (Rescue Diver) or equivalent.
- IDA SC Night Diving or equivalent.
- IDA SC Marine biology or IDA SC Sweet water biology.
- IDA SC Dry Diving, IDA SC Wreck Diving, IDA SC Current Diving, IDA SC Ice Diving and IDA SC Sports Diving in Marine Cavern are recommended.
- 165 logged dives and at least 100 after becoming IDA\*\*\*.
- IDA\*\*\*diver for at least 2 years and member of IDA for 5 years.
- Verification of self-organized dive tours (more than one day) or other dive activities by a detailed voyage report (number of participants, dives, type of dives).
- Written assessment and certification by an IDA-DI (at least IDA-DI\*\*) for the proof of the following competences:
  - Organization and execution of dive tours or other diving activities.
  - Flawless safety- and emergency management.
  - Exceptional competences in areas of expertise/other special fields

## **Certification / Registration**

The certification of the successful participation in this course is going to be documented by the instructor and the participant in the course sheet by signature. The registration will be done by the IDA main office with the issue of PIC and the brevet card. Additionally a sticker for a diver's pass and a certificate may be issued.

## **Entitlement**

An IDA\*\*\*\*-Diver is entitled to participate in the education to IDA\*\*\*\*, IDA Dive Guide, IDA ADI and any further education IDA-courses from the fields of technical diving, cave diving and the IDA special courses open for this level.

After a certification by an IDA-DI at a diving school / dive center the IDA\*\*\*\*-Diver is additionally entitled to work under supervision of a DI as a guide for diving tours if the required liability insurance exists.