

## Standard 2.A.5 CMAS One Star Diver Training Programme

### 1. Aim of the training programme

1.1 This training programme aims at introducing the fundamentals of SCUBA diving to new entrants to the sport of recreational SCUBA diving, which will enable them to undertake no-decompression stop dives, whilst using air as a breathing gas, to a maximum depth of twenty (20) meters in a safe manner.

### 2. Classification

2.1 The CMAS One Star Diver Training Programme is classified as an entry-level sport diver training programme.

### 3. Instructor and Assistant Requirements

3.1 The CMAS One Star Diver Training Programme may be presented by any CMAS Instructor with a minimum of a CMAS One Star Instructor grading that complies with the requirements as prescribed by **Clause 2.1.20 of the definitions in Chapter 1**.

3.2 The CMAS One Star Instructor may be assisted by a CMAS Dive Leader that complies with **Clause 2.1.21 of the definitions in Chapter 1**.

### 4. Competencies of a certified CMAS One Star Diver

4.1 A CMAS One Star Diver shall be trained such that when assessed by a CMAS Instructor, he shall be deemed to have sufficient knowledge, skill and experience to procure air, equipment, and other diving services and to plan, conduct, and log open-water dives that do not require mandatory in-water decompression stops, without the supervision of a CMAS Instructor or CMAS Dive Leader, when properly equipped and accompanied by another certified diver of at least the same level, provided the diving activities undertaken, the diving conditions and the diving area are similar, equal or better to those in which training was received.

4.2 A CMAS One Star Diver is qualified to dive within the following parameters:

4.2.1 To use air as a breathing gas;

4.2.2 To make dives which do not require mandatory in-water decompression stops;

4.2.3 To make dives during normal daylight hours;

4.2.4 To dive in environments where direct vertical access to the surface is possible;

4.2.5 To dive only when appropriate support is available at the surface; and

4.2.6 To dive under conditions that are equal or better than the conditions in which he was trained.

4.3 If he has received additional training he can dive to a recommended maximum depth of twenty (20) meters with other SCUBA divers of the same level.

### 5. Prerequisites for participation in the training programme

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5.1 In order to gain access to the CMAS One Star Diver Training Programme, the participant shall:

- 5.1.1 Be at least fourteen (14) years of age; there is no upper limit;
- 5.1.2 Effectively demonstrate his basic watermanship ability by performing, to a CMAS Instructor, the prescribed physical conditioning and watermanship evaluation of the CMAS Federation or CDC;
- 5.1.3 Complete the medical history/statement form required by the CMAS Federation or CDC prior to participating in any in-water activities; and
- 5.1.4 Sign the appropriate form(s) as required by the CMAS Federation or CDC acknowledging and assuming the risks of SCUBA diving prior to participating in any in-water activities. Parental or legal guardian signature is required on the appropriate form(s) when the applicant is a minor.

**2.A.5.1**

## 6. Requirements for certification

6.1 In order to be certified as a CMAS One Star Diver, the student shall:

- 6.1.1 Comply with all the prerequisites for participation in the training programme as prescribed by Clause 5 of this Standard;
- 6.1.2 Successfully complete the theoretical assessment as provided for in **Clause 10.1** of this Standard;
- 6.1.3 Successfully complete the confined water assessment as provided for in **Clause 10.2** of this Standard; and
- 6.1.4 Successfully complete five (5) open water training dives at depths between five (5) to twenty (20) meters with a minimum underwater duration of fifteen (15) minutes as well as the open water assessment that shall be conducted during such dives, as provided for in **Clause 10.3** of this Standard.

## 7. Required theoretical knowledge and diving skills

7.1 The participant shall receive tuition in the theoretical knowledge and diving skills as prescribed in **Syllabus 3.A.5 in Chapter 3**.

## 8. Theoretical training parameters

8.1 The CMAS Instructor shall conform to the standard theoretical training parameters as prescribed by **Clause 4.5 of Chapter 1**.

## 9. Practical training parameters

9.1 The CMAS Instructor shall conform to the standard practical training parameters as prescribed by **Clause 4.6 of Chapter 1**.

## 10. Assessment

### 10.1 **Knowledge**

10.1.1 The student shall demonstrate to the CMAS Instructor knowledge of SCUBA diving by taking and passing an oral or written examination. This examination shall test entry level theoretical knowledge and knowledge of SCUBA skills as prescribed in **Syllabus 3.A.5 in Chapter 3**.

### 10.2 **Confined water SCUBA skills**

10.2.1 The participant shall demonstrate to the CMAS Instructor his mastery of the confined water SCUBA skills, as prescribed in **Clause 2.1 of Syllabus 3.A.5 in Chapter 3**, during one or more of the confined water lessons.

## 10.3 Open water SCUBA skills

10.3.1 The participant shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills, as prescribed in **Clause 2.2 of Syllabus 3.A.5 in Chapter 3**, during one or more of the open water training dives.

## 11. Certification

11.1 Upon successful completion of the training programme the participant shall be awarded with a CMAS One Star Diver C-card.