



# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

## CMAS Disabled Diving

# STANDARDS AND REQUIREMENTS

### Version 2011/01

### (BOD 172 19/02/11)

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## 1. ORGANISATION STRUCTURE

### 1.1. General

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

It is the determination of the capacities of the diver in distress situations which determines the level of the diver and not the medical definition of the handicap. The handicapped diver has to have a respectful attitude of the underwater environment. If they cannot appreciate this, it is the instructor which has to help him to realize it (example: not touching the bottom)

This Standard sets out the requirements for two Instructor levels and an assistant level:

1.1.1. Instructor Trainer for Disabled Divers (ITDD)

1.1.2. Instructor of Disabled Divers (IDD)

1.1.3. Disabled Diver Assistant (DDA)

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**Commento [TES1]:** Is an Assistant Instructor an Instructor level? If so, the standard set out the requirements for three Instructor levels – if not this standard sets out the requirements for two Instructor levels and one Assistant Instructor level.

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### 1.2. Instructor Trainer (ITDD)-

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

An ITDD will organize and manage the training programmes for IDDs:

1.2.1. programmes of diving activities for disabled

1.2.2. diving courses and examinations for disabled

1.2.3. courses and examinations for Disabled Diver Assistant (DDA)

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

### 1.3. Instructor (IDD)-

At the end of this course a qualified Instructor of Disabled Divers will be able to organize, manage and run:

1.3.1. programmes of diving activities for disabled

1.3.2. diving courses and examinations for disabled

1.3.3. courses and examinations for Disabled Diver Assistant Instructors (DDA)

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

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### 1.4. Disabled Diver Assistant

At the end of this course qualified Disabled Diver Assistant will be able to act as dive leaders to the disabled.

### 1.5. Diving Certificates

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

1.5.1. Open Water Disabled Diver Level I.

1.5.2. Open Water Disabled Diver Level II.

1.5.3. Open Water Disabled Diver Level III.

### 1.6. Open Water Diving

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

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

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

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

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

➢ Complete the Theoretical syllabus and sit a theory examination

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

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

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

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### 1.7. Equipment

The participants must be equipped and familiar with the equipment in accordance with the rules of the managing Federation: in function related to the handicap in question, but without compromising safety. Obligatory: two regulators each.

### 1.8. Ratio students/ Instructor

- 1.8.1. **In confined water:** Maximum of two students: Instructor {IDD} (or Assistant {DDA}).  
1.8.2. **In open water:** One student: Instructor {IDD} (or Assistant {DDA}).

### 1.9. Minimum Number of Qualifying Dives

Five Open Water Dives.

## 2. OPEN WATER

### 2.1. Scope

The open water diving course offers disabled candidates training that provide the technical knowledge and the necessary in-water skills to dive in safety within the designated limitations.

The level of the certificate given to diver level I, II or III, is defined by the ability of candidates to assure their own safety and the safety of his buddy in the defined conditions.

### 2.2. Definition

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

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

#### 2.2.2. Course Entry Requirements:

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

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

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

#### 2.2.3. Certification

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

### 2.3. Detailed objectives

#### 2.3.1. Theory

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

#### 2.3.2. Practical

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

Test assessment details:

The final evaluation will be made by an active Instructor recognised by the CMAS disabled committee.

#### 2.3.3. Multi-level Diving Grades

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

##### 2.3.3.1. Open Water Disabled Diver Level I

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

##### 2.3.3.2. Open Water Disabled Diver Level II

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

##### 2.3.3.3. Open Water Disabled Diver Level III

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

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

**Eliminato:** disabled candidates training that provide

**Commento [TES2]:** Is an Instructor (and even an assistant instructor not always an adult?)

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**Commento [TES3]:** CMAS Technical Committee ?

### 3. **DISABLED DIVER ASSISTANT (DDA)**

#### 3.1. **Scope**

This course for Disabled Divers Assistants (DDA) is designed to prepare certified CMAS divers to dive with disabled divers.

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

DDA need to understand the limitations of various disabilities and the method of adaptation for each diver candidate before any course of instruction can commence

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

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#### 3.2. **Definition**

##### 3.2.1. Organisation and length of DDA course

All exercises, theory and practice must be completed within 12 months

##### 3.2.2. Admission to course

Minimum 18 year old

CMAS Three-Star Diver or equivalent or CMAS\*\* with 100 logged dives

Provide a medical certificate that conforms to the National Federation requirements

##### 3.2.3. Candidates must satisfy the theoretical and skills programme as defined for CMAS Disabled Diver Assistant (DDA). Once complete; successful candidates will be awarded the CMAS Disabled Diver Assistant (DDA) certificate and C-Card.

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#### 3.3. **Detailed Objectives**

##### 3.3.1. **Theory**

The DDA must prepare dives which are sympathetic to the needs of the candidate diver's disabilities that is approved by the disabled diving management committee of the National Federation

The candidate must be able to access the disability of a student and must have the knowledge of the problems presented by various disabilities.

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

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

### 4. **INSTRUCTOR**

#### 4.1. **Scope**

An active certified Instructor (IDD) is able to organize and manage CMAS Disabled Diver courses:

4.1.1. programmes of diving activities for disabled

4.1.2. diving courses and examinations for the disabled

4.1.3. training courses and examinations for Disabled Diver Assistant (DDA)

#### 4.2. **Definition**

##### 4.2.1. Organisation and length of the IDD course

The course is managed by an Instructor Trainer (ITDD).

##### 4.2.2. Admission Conditions

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

He must be an active teaching instructor of the national federation.

##### 4.2.3. IDD who are not current must take a refresher course.

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Commento [TES4]: Where can we find this? Or is it ment here to assist in a regular course?

### 5. **INSTRUCTOR TRAINER**

#### 5.1. **Scope**

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

#### 5.2. **Definition**

##### 5.2.1. Organisation and length of the ITDD course

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

5.2.1.1. Programmes of diving activities for disabled.

5.2.1.2. Diving courses and examinations for disabled.

5.2.1.3. Courses and examinations for Disabled Diver Assistant (DDA), and

All programmes developed by the CMAS committee for disabled diving.

##### 5.2.2. Admission conditions

The candidate must be an active teaching IDD of the national federation.

Must be experienced in teaching and training instructors.....

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## 6. EXERCICES

### 6.1. Confined water (or swimming pool) skills:

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

The Instructor (IDD) under training will demonstrate the following skills to the trainee diver one at a time. Then allow the trainee diver, under the trainee Instructor guidance, to practise the task until the required skill level is attained.

1	Correctly prepare and <u>get their</u> fins, mask and snorkel ready for use.
2	Correctly assemble the Buoyancy Control Device and demand valve (DV) to the dive cylinder, checking the quantity of air and test <u>that</u> the equipment functions properly. Prepare the equipment and perform an equipment check and a buddy check.
3	On the surface inflate the BCD to gain buoyancy; then deflate the BCD and make a controlled descent.
4	Whilst underwater breathe normal without breath-holding.
5	Practise recovering a lost DV: 1. At the surface. 2. Underwater.
6	Underwater remove and replace the DV from the mouth, and recommence normal breathing. The DV must be clear by: 1. breathing out, and 2. <u>Using the DV purge button.</u>
7	Flood and clear a mask: 1. At the surface, and 2. <u>Underwater, the depth must be controlled and maintained.</u>
8	When using Scuba equipment, at the surface, take a suitable weight-belt and then dive to the pool floor. Now correctly dive to the surface in a controlled manner at 10-metres/minute.
9	Demonstrate the <u>ir</u> ability with full Scuba equipment (single cylinder, BCD and weight-belt etc): 1. If possible, <u>out of the water.</u> 2. In the water at the surface. 3. <u>Put</u> into practice the rules of good diving techniques
10	Stationary at the surface, breathe alternatively from DV and then use the snorkel maintaining the face underwater
11	When equipped with Scuba, weight-belt etc, demonstrate appropriate buoyancy control: 1. At the surface. 2. <u>During the descent and the ascent</u> 3. <u>At the pool floor, without touching the floor</u>
12	Practise normal ascents to surface, (10-meters/minute) making a safety stop for one minute in midwater.
13	Demonstrate the ability to hold stationary at a constant depth (about half depth) for a minimum period of 60-seconds.
14	Practise buddy breathing from alternative or the same DV: alternative air for 1 Minute 1. <u>In</u> a static position near the pool floor, and 2. <u>Whilst</u> making a controlled ascent (10-metres/minute). <u>On reaching</u> the surface, attain positive buoyancy by <u>inflating</u> the BCD, if possible This exercise is performed as both a donor and receiver.
15	Simulate an out-of-air situation and ascend in a controlled manner to the surface with the alternative DV held in the mouth, continuously breathing normally
16	To be able to practise one or two sorts for entering / exiting the water and choose the best location It is important that the candidate understands that entry and exit points must be planned to avoid unnecessary danger.
17	At the surface stay for five minutes in a self controlled position

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**6.2. Open Water Dive Location - skills exercises**

These skills exercises are to be used to assess the Instructor (IDD) candidate's ability to instruct disabled in diving techniques. It is recommended that each Instructor (IDD) candidate instructs people with at least two different types of disability.  
 The Instructor (IDD) under training will demonstrate the following skills to the trainee diver one at a time. Then allow the trainee diver, under the trainee Instructor guidance, to practise the task until the required skill level is attained

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1	Correctly assemble the Buoyancy Control Device and demand valve (DV) regulator to the dive cylinder, checking the quantity of air and test the equipment functions properly. Prepare the equipment and perform an equipment check and a buddy check.
2	Use a suitable wetsuit – assistance is allowed.
3	Entering the water. Trainees must select a safe water entry point taking into account the ambient conditions and their own abilities. Assistance into and out of the water may be provided.
4	At the surface inflate the BCD for positive buoyancy: 1. With the mouth, or 2. Using the power-inflator.
5	At the surface use the BCD to strike a comfortable buoyant attitude with head held clear of the water.
6	At the surface breathe alternatively from regulator and snorkel maintaining the head underwater.
7	Practise recovering a lost DV: 1. At the surface. 2. Underwater.
8	When fully equipped (including wetsuit), swim 25-metres underwater in a straight-line
9	Make a controlled descent to the planned maximum operating depth, use of an anchor or shot-line is permitted.
10	At the planned maximum operating depth adjust for neutral buoyancy by inflating the BCD.
11	Underwater remove and replace the DV from the mouth, and recommence normal breathing. The DV must be cleared: 1. By breathing out, and 2. Using the DV purge button.
12	Flood and clear a mask: 1. At the surface, and 2. Underwater, the depth must be controlled and maintained.
13	Demonstrate holding a Safety-stop between 3 and 6 metres for least 3 minutes.
14	Practise buddy breathing from the alternative or same DV: 1. In a static position near the bottom, and 2. Whilst making a controlled ascent (10-metres/minute). When the surface is reached obtain positive buoyancy by inflation the BCD. This exercise is to be done as both a donor and receiver.
15	At a depth between six and nine metres simulate an out-of-air situation and ascend in a controlled manner to the surface with the DV held in the mouth; continuously breathing normally
16	At the surface stay for five minutes in a self controlled position
17	Exiting the water to the land after a dive: practise entering the water from one location and exiting to the land at another place, if it is possible It is important that the candidate understands that entry and exit point must be planned to avoid unnecessary danger.

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