

## Syllabus 3.A.4

### CMAS Introductory SCUBA Experience Training Programme

#### Minimum Training Programme Content

##### 1. Required theoretical knowledge

###### 1.1 Subject Area 1: Introduction

- 1.1.1 The participant shall be provided with all such information, as provided for in Clause 4. 2 of Chapter 1 in order to enable him to take an informed decision about his participation in the CMAS Introductory SCUBA Experience Training Programme.
- 1.1.2 The participant shall be provided with the information about the CMAS as provided for in Clause 4.3 of Chapter 1.

###### 1.2 Subject Area 2: Equipment

- 1.2.1 The participant shall be provided with introductory information on the use of the following items of equipment.
  - 1.2.1.1 Mask and snorkel
  - 1.2.1.2 Fins
  - 1.2.1.3 Exposure suit and quick release weighting system (if it is going to be used)
  - 1.2.1.4 Buoyancy control devices
  - 1.2.1.5 Regulator
  - 1.2.1.6 Submersible pressure gauge (breathing gas monitor)
  - 1.2.1.7 Depth gauge/depth monitor
  - 1.2.1.8 Alternative breathing gas source
  - 1.2.1.9 Knife/cutting device

###### 1.3 Subject Area 3: General knowledge

- 1.3.1 The participant shall be provided with the following introductory information relating to diving and the diving environment:
  - 1.3.1.1 Reasons for breathing continuously during the dive
  - 1.3.1.2 Equalization techniques
  - 1.3.1.3 Avoiding hazardous aquatic life
  - 1.3.1.4 Hand signals
  - 1.3.1.5 Necessity for seeking further training and where to obtain it

###### 1.4 Subject Area 8: Career development

- 1.4.1.1 The participant shall be informed of the Necessity for seeking further training and where to obtain it.

## 2. Required SCUBA skills

### 2.1 Confined water skills

2.1.1 The participant shall be able to demonstrate the following skills in a comfortable and relaxed manner; each skill shall be mastered in confined water before participating in the introductory SCUBA dive in open water:

- 2.1.1.1 Diving system assembly and disassembly (at water's edge)
- 2.1.1.2 Appropriate entry/exit technique
- 2.1.1.3 Pre-dive equipment inspection and buddy check
- 2.1.1.4 Proper weighting
- 2.1.1.5 Mask clearing
- 2.1.1.6 Regulator mouthpiece clearing
- 2.1.1.7 Regulator retrieval
- 2.1.1.8 Ear clearing/equalization techniques
- 2.1.1.9 Descent and ascent technique
- 2.1.1.10 Swim under-water efficiently with appropriate buoyancy and attitude control
- 2.1.1.11 Diving system disassembly and disassembly (at water's edge)

### 2.2 Open water skills

2.2.1 The participant shall be required to participate in one (1) introductory SCUBA dive.

### 3. **Minimum course duration**

3.1 Recommended number of sessions 3

3.2 Minimum duration: 4 hrs

- a) Classroom: 1½ hrs
- b) Confined water: 1 hrs
- c) Open water preparation and dive: 1½hrs