

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