

## **Standard 2.A.6**

### **CMAS Two Star Diver Training Programme**

#### **1. Aim of the training programme**

1.1 This training programme aims to build on the skills learned during the one star fundamentals of SCUBA diving and advance the skills in recreational SCUBA diving such as deeper diving and night diving activities, whilst using air as a breathing gas, to a recommended maximum depth of forty (40) metres in a safe and competent manner.

#### **2. Classification**

2.1 The CMAS Two Stars Diver Training Programme is classified as a second level sport diver training programme.

#### **3. Instructor and Assistant Requirements**

3.1 The CMAS Two Star Diver Training Programme may be presented by any CMAS Instructor with a minimum of a CMAS Two 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 Two Star Instructor may be assisted by a CMAS One Star Instructor that complies with requirements as prescribed by Clause 2.1.16 of the definitions in Chapter 1 and/or CMAS Dive Leader that complies with Clause 2.1.15 of the definitions in Chapter 1.

#### **4. Competencies of a certified CMAS Two Star Diver**

4.1 A CMAS Two 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 advanced 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 Two Star Diver may dive with a One Star Diver in sheltered shallow water

4.3 A CMAS Two Star Diver is qualified to dive within the following parameters unless he has received additional training or is accompanied by a Dive Leader on any open water dive:

4.1.1 To dive to a recommended maximum depth of forty (40) metres with other SCUBA divers of the same level;

4.1.2 To only use air as a breathing gas, unless he is certified to use other breathing gas mixtures;

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

4.1.4 To participate in night diving activities;

4.1.5 To dive in environments where direct vertical access to the surface is possible. (Aquatic plants are not considered an overhead obstruction);

- 4.1.6 To dive only when appropriate support is available at the surface;
- 4.1.7 To dive under conditions that are equal or better than the conditions in which he was trained.

## 5. Prerequisites for participation in the training programme

- 5.1 In order to gain access to the CMAS Two Star Diver Training Programme, the participant shall:
  - 5.1.1 Have successfully completed and be certified as a CMAS One Star Diver
  - 5.1.2 Effectively demonstrate his basic waterman-ship ability by performing, to a CMAS Instructor, the prescribed physical conditioning and waterman-ship 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.
  - 5.1.5 CMAS strongly recommends that Two star divers undertake Oxygen administration and CPR training.

## 6. Requirements for certification

- 6.1 In order to be certified as a CMAS Two 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 open water assessment as provided for in Clause 10.2 of this Standard; and
  - 6.1.4 Successfully complete ten (10) open water training dives at depths between ten (10) to thirty (30) 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.
  - 6.1.5 Successfully complete and log the ten (10) additional open water dives between a depth of 20 - 40 meters in order to gain more open water diving experience dives as provided for in Clause 3.2 of Standard 3.6 in Chapter 3.

## 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 3.6 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 advanced 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 3.6 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.6 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 Two Star Diver C-card.