

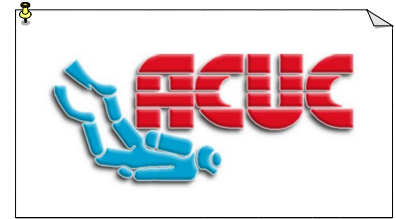
# INTRODUCTION OR INITIATION TO DIVING STANDARDS

ACUC - INTRODUCTION OR INITIATION TO DIVING STANDARDS

## ACUC

### Points of special consideration

- *These are non certification courses*
- *They only include one dive, either in a pool (initiation) or in open water (introduction)*
- *The initiation course can be offered by any ACUC Divemaster or higher level*
- *The introduction course can be offered by any Entry Level Instructor or higher level.*



## FOREWORD

The ACUC Introduction to diving and Initiation to diving are non-certification courses. They both end up with one dive, which, in the case of the Initiation course must be done in a pool or confined water and at a maximum depth of 3 metres (10 feet) and in the case of the Introduction course, it is done in open water and to a maximum depth of 10 metres (33 feet).

The Initiation course can be taught by any ACUC Divemaster or higher, while the Introduction course must be taught by an Entry Level Instructor or higher.

Only those courses where the student receives the ACUC Introduction to Diving manual and which are taught by an active ACUC Divemaster or higher level (initiation to dive) or by an active ACUC Entry Level Instructor or higher level (introduction to dive) and which follow these standards can be considered as ACUC Initiation or Introduction to dive courses.

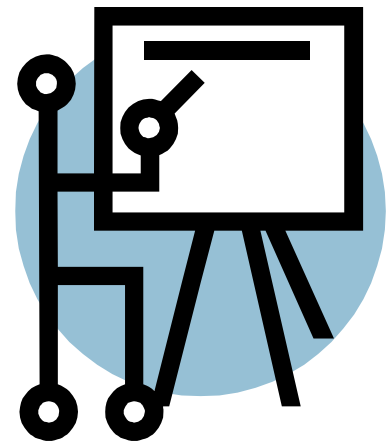
This is an ACUC International standard and therefore is always subject to the different national or local legislations. In cases where legislations exist that differ from this standard, the ACUC country or area delegation if it exist, must request in writing to the ACUC main office (Canada or Spain) a “**Deviation**” from this standard to satisfy the legislation of the area, supporting their request with the appropriate documentation. Deviations, if requested, to be considered valid, must appear at the end of each specific standard document (Point 11)

In cases where the local or national legislations are more restrictive than the ACUC Standard, then the local legislation will prevail, but if the ACUC Standard is more restrictive, then the ACUC Standard will prevail, because by complying with the more restrictive ACUC Standard, logically the local legislation will be also complied with. Updates to this standard, if any, are shown in point 13 of this document.

Regarding required training hours, none are specified because these could vary depending on many factors (number of students, diving environment, etc), therefore the training hours needed are dependant on the fulfilment of learning objectives. In the ACUC manuals and documents where hours are specified, these are only to be considered recommendations.

## I. SCOPE

This Standard specifies safety related minimum competencies to be achieved in recreational scuba training at the ACUC Initiation and Introduction to dive courses. This Standard applies only to contractual training in recreational scuba diving.



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## 2. DEFINITIONS

For the purposes of this standard and any other standard referenced as acuc-st-xxx, the following definitions apply. Please note that not all terms shown next might appear in this specific standard.

**2.1 ACUC:** Entity providing recreational scuba diving training systems and certification.

**2.2 Basic equipment:** Equipment consisting of the following items:

- Mask
- Fins
- Snorkel

**2.3 Breathing gas:** Appropriate mixture of oxygen and nitrogen.

**2.4 Certification:** Confirmation that a student has completed all requirements of a course according to this Standard, as issued by ACUC. Note: Junior certifications issued to those between 12 and 16 years old mean that they must always dive with a certified adult and are restricted to a maximum depth of 25 meters (80 feet).

**2.5 Cold water:** Water less than 10°C from its highest average temperature or water of 10°C or less

**2.6 Competencies:** What a diver can do once certified

**2.7 Confined spaces:** condition that applies when there is no direct access to the surface, such inside a wreck, cave, etc.

**2.8 Confined water:** Swimming pool with a depth appropriate to the activity, or body of water that offers similar conditions (maximum depth 6 meters)

**2.9 Diving equipment:** Equipment consisting of the following items:

- Mask,
- Fins,
- Snorkel,
- Cylinder,
- Regulator,
- Alternative breathing gas system, which could range from a simple octopus system to a duplicate breathing system with a separate breathing gas supply,
- Cylinder-support-system and buoyancy control device including (if appropriate) a quick release weight system,
- Submersible pressure gauge (breathing gas pressure monitor),
- Means to measure depth and time and to safely limit exposure to inert gas,
- Diving suit (if appropriate).

Note: Specific environments may require appropriate additional equipment (e.g. an underwater navigational aid, knife/cutting device).

**2.10 Dry specialty:** Specialty course where no water training takes place, such as for example, First Aid, Oxygen Administration, etc.

**2.11 Knowledge levels:**

- Basic: knows how...
- Intermediate: knows how and why...
- Advanced: knows how, why and also, knows how to teach it...

**2.12 Non certification scuba course:** Scuba course where the participants do not receive an ACUC certification at the end of the course, such as for example, scuba introduction, scuba refreshment, scuba buoyancy, etc

**2.13 Open water:** Body of water significantly larger than a swimming pool offering conditions typical of a natural body of water encountered in the region where training takes place.

**2.14 Prerequisites for training:** What a diver needs or conditions to be met prior to start training.

**2.15 Reduced visibility:** condition that applies when diving at night or when visibility is less than an arm's length, for whatever the reason.

**2.16 Scuba:** Self-contained underwater breathing apparatus.

**2.17 Scuba instructor:** A qualified individual, sanctioned by ACUC to teach, evaluate and certify divers.

**2.18 Supervision:** The act of supervise or oversee. There are several levels of supervision. These are:

- Direct Supervision: to be physically present and within an immediate distance of the people or activities being supervised. If the supervision takes place underwater, to be in the water and within an immediate distance of the people or activities to be supervised



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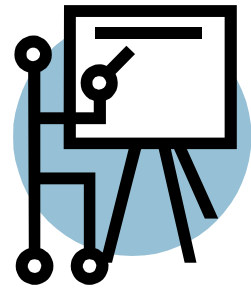
- Indirect Supervision: to be physically present. If the supervision takes place under-water, to be in the water
- General Supervision: The person supervising oversees the overall activities, but not necessarily each participant specifically and if the activity takes place underwater, the general supervisor does not have to be in the water

**2.19 Theoretical knowledge:** knowledge imparted in a dry environment (classroom, pool deck, etc).

**2.20 Training open water dive:** open water training experience under direct supervision of a qualified instructor, comprising at least the following activities:

- briefing
- preparation to dive
- pre-dive checks
- entry into water
- descent procedures
- underwater activity
- ascent and surfacing procedures
- exit from water
- debriefing
- post dive procedures
- recording the dive.

**2.21 Water skills:** knowledge imparted inside a wet environment (pool water, sea water, etc)



*“Minimum age for initiation courses is 8 years old and for Introduction to dive is 12 years old.”*

### 3. COMPETENCIES

Participants shall be trained to have sufficient competencies by knowledge and skill to dive in confined (initiation) or open water (introduction) under direct supervision of their training Divemaster or Instructor. Participants shall dive within the following parameters:

Initiation courses:

- Dive to a maximum depth of 3 meters / 10 feet in confined water
- Dive only when directly supervised by their training Divemaster (or higher level),

Introduction courses:

- Dive to a maximum depth of 10 meters / 33 feet in open water
- Dive only when directly supervised by their training Entry level Instructor (or higher level),

If accompanied by an ACUC instructor, participants may gain progressive experience beyond these parameters, by taking a certification course, and develop competency in managing more challenging diving conditions designed to lead to higher qualifications.

### 4. PREREQUISITES FOR TRAINING

In order to qualify for enrolment in a course according to this Standard the student shall meet the following prerequisites:

**4.1 Minimum age:** Initiation courses: 8 years old. Introduction courses: 12 years old. Parental or legal guardian consent is required when the applicant is a minor. (“minor” definition will be according to each country’s legislation).



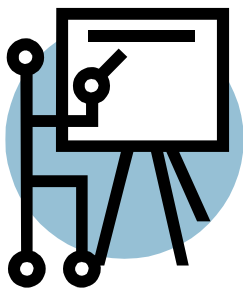
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**4.2 Health requirements:** Students shall be medically screened as suitable for recreational diving by means of an appropriate medical examination, or if the country's legislation where the course is taken allows it, an appropriate questionnaire. In any case of doubt, students shall be referred to proper medical resources. If the student is not examined by a physician, the student should be obliged to confirm by signature a written information given by the instructor on diseases or physical conditions which may be a diving related risk. Students shall be advised of the importance of appropriate regular medical examinations.

**4.3 To know how to swim.**

## 5. TRAINING RATIOS

- **Theory (classroom or pool):** No limit
- **Confined Water:** 4 students per Divemaster or Instructor, with an additional 2 students per additional Instructor, Assistant Instructor or Divemaster, with an absolute maximum of 8 students.
- **Open Water:** 2 students per Instructor, with an additional 2 students per additional Instructor, Assistant Instructor or Divemaster, with an absolute maximum of 4 students.



*“Divers must know which are the limitations of the course”*

## 6. INTRODUCTORY INFORMATION

The following information shall be made available to the students prior to, or during the first class meeting.

- Prerequisites according to 4,
- Limitations of eventual qualification,
- Scope of course,
- Course procedures,
- Costs, insurance and contractual issues according to national regulations,
- Equipment requirements,
- Diving related legislation and legal requirements.

## 7. MATTERS TO COVER

### 7.0. INTRODUCTION AND A BRIEF HISTORY OF DIVING

### 7.1. DIVING PHYSICS AND PHYSIOLOGY

- 7.1.1 PRESSURE
- 7.1.2 VISION
- 7.1.3 SOUND

### 7.2. THE EQUIPMENT

- 7.2.1 THE MASK
- 7.2.2 THE SNORKEL
- 7.2.3 THE FINS
- 7.2.4 THE WEIGHT BELT
- 7.2.5 THE REGULATOR
- 7.2.6 THE BUOYANCY COMPENSATOR
- 7.2.7 THE PRESSURE GAUGE

### 7.3. EQUIPMENT ASSEMBLY AND DISASSEMBLY

- 7.3.1 EQUIPMENT ASSEMBLY
  - FASTENING THE BC TO THE TANK
  - CHECKING THE VALVE



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- FASTENING THE REGULATOR TO THE TANK
  - FASTENING THE BC HOSE TO THE BC
  - TURNING ON THE AIR
  - CHECKING THE REGULATOR
- 7.3.2 REMOVING THE SCUBA EQUIPMENT

### 7.4. HAND SIGNALS AND MARINE LIFE

#### 7.4.1 HAND SIGNALS

#### 7.4.2 MARINE LIFE

### 7.5. PRACTICAL EXERCISES

Important Note: None of these exercises are to be done except under the direct supervision of an ACUC Scuba Instructor or qualified ACUC Divemaster

#### 7.5.1 SNORKELING EXERCISES

- SNORKEL CLEARING
- NO MASK SWIMMING



*Note: Special safety precautions are to be taken during the removal and replacement of mask in open water, specifically in those areas with cold water*

#### 7.5.2 SCUBA PRACTICES

##### BUOYANCY COMPENSATOR (BC)

- Inflation and Deflation of the BC at the Surface
- Inflation and Deflation of the BC at the Bottom

#### 7.5.3 BREATHING FROM AN ALTERNATIVE AIR SOURCE

#### 7.5.4 DESCENDING AND ASCENDING

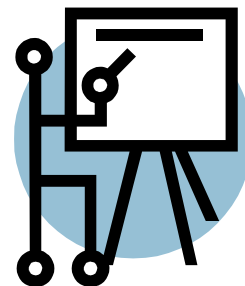
- DESCENDING
- ASCENDING

#### 7.5.5 WATER ENTRIES

- GIANT STEP ENTRY
- CONTROLLED SEATED ENTRY
- BACK ROLL SEATED ENTRY

#### 7.5.6 SURFACE DIVES

- The Duck Dive
- The Feet First Surface Dive



*“All skills must be supervised by an ACUC Divemaster or Instructor, who must be in the water in each session”*

## 8. PRACTICAL TRAINING PARAMETERS

**8.1** All underwater skills in confined water shall be introduced and directly supervised by an ACUC Divemaster or higher level, who shall be in the water during each session. The Divemaster or Instructor shall be in direct control of students throughout all sessions. However, once introduced by the Divemaster or Instructor the skill can be demonstrated other times, if needed, by any experienced diver, as long as it is done under the direct supervision of the Divemaster or Instructor.

**8.2** Before participating in open water a student shall have demonstrated sufficient theoretical knowledge and scuba skills in confined water to be able to perform the open water dive in the prevailing conditions.

**8.3** The maximum depth during training dives shall not exceed the parameters indicated previously (If conditions allow it). Minimum underwater visibility should be at least 3 meters / 10 feet. Waves no higher than 50cm / 2 feet.

**8.4** The open water dive shall be conducted during daylight hours in water that allows direct vertical access to the surface. The open water dive therefore shall not be conducted in underwater caves or below ice.



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**8.5** During the open water dive the student shall at least be equipped with diving equipment according to 2.9.

**8.6** See clause 5. At no time shall a student in or underwater be left without direct supervision. Under no circumstances groups of certified divers (certified diver acting as buddy of another certified diver and so on) and groups of students in an initiation or introduction to dive course can participate in the same dive, under the direct supervision of the same Instructor. Under no circumstances a certified diver may buddy up with a student diver (unless the certified diver holds the corresponding certification — minimum Divemaster).

**8.7** Prior to the open water dive the scuba instructor shall prepare an “emergency plan”. In the immediate vicinity of the dive site there shall be:

- A suitable first aid kit
- An emergency oxygen unit with a capacity of delivering at least 15 l/min. for at least 20 min.
- Communication system suitable for alerting emergency services.

**8.8** The scuba instructor shall cancel or abort the open water dive if environmental conditions or a student’s physical or mental condition make this necessary.

## 9. COURSE DIVE

These courses include **only one** dive and it must be directly supervised by the Divemaster or Instructor that provided the course. The maximum depth for the initiation course is 3 metres (confined water) and for the introduction course is 10 metres (33 feet) in open water and only under ideal conditions. Under no circumstances is the student qualified to do any more dives, Each time the student wishes to make a new dive, the student should be required to take an initiation or introduction to dive course again. It is therefore recommended that if the student likes the experience, the Instructor suggest to take a full certification course.

## 10. WHO CAN GIVE THESE COURSES

The Theory and Pool can be given by any ACUC Divemaster in active status and CL insured or higher level. The Open Water portion must be conducted by any ACUC Entry Level Instructor in active status and CL insured or higher level, as long as this Instructor was directly involved in the pool or confined water training of the student. In cases where the Open Water portion is conducted in a pool or confined water, instead of in open waters, this can be conducted also by any ACUC Divemaster in active status and CL insured or higher level as long as this Divemaster was directly involved in the pool or confined water training of the student

## 11. DEVIATIONS

None requested