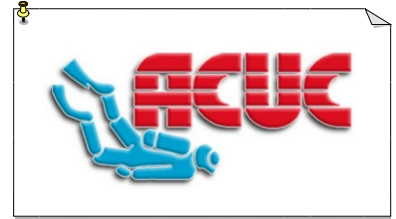


ADVANCED DIVER STANDARDS

ACUC - ADVANCED DIVER
STANDARDS
V010721

Points of special consideration

- *This is the second mandatory level of the ACUC training ladder*
- *This course is superior to the ISO Autonomous Diver (ISO 24801-2).*



Foreword

The ACUC Advanced Diver course is the **second** mandatory level within the ACUC training ladder. This course can be taught, evaluated and certified by any ACUC Open Water Instructor or higher. The main characteristics of this course are that it reviews and expands on subjects learned in previous courses and also introduces students to different types of dives. This course is also an introduction to different diving specialties, however, candidates are not certified in those specialties, therefore, it is not a course designed to replace specialty courses, but rather it is a course designed to introduce the student to different specialty courses. However, this level can also be obtained by taking four specialty courses, three of which must be the following:

- Deep diving
- Night Diving
- Underwater Orientation

The fourth specialty is left to the choice of the candidate. The candidate who decides on this option will obtain basically the same level of theory knowledge as taking the Advanced Diver course, but will obtain more experience in the water. Therefore, for the purpose of this standard, the theory technical content and aquatic skills are similar to, or superior to, taking the Advanced Diver course.

This is an International ACUC standard and therefore it is always subject to different national or local laws. In cases where the existing legislation differs from this standard, the ACUC Delegation of the country or area, if it exists, and if not, any ACUC instructor, must request in writing to the ACUC central office, a "Deviation" from this standard. To satisfy the legislation of the area, supporting their demand with the appropriate documentation. Deviations, if requested, to be considered valid, must appear at the end of each specific standard document (Point 12)

In cases where local or national legislation is 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 logically complying with the more restrictive ACUC Standard, local legislation will be complied with as well.

Regarding the requirement of training hours, none is specified because these can vary depending on many factors (the number of students, the aquatic environment, etc.), therefore the necessary training hours depend on the fulfillment of learning objectives. In the ACUC manuals and documents where hours are specified, these will only be considered recommendations.

1. Reach

This standard specifies the minimum safety-related competencies that must be achieved during **training** in an ACUC Advanced Diver level recreational diving course. This standard is only applicable to contractual training and certification in recreational diving.

2. Definitions

For the purposes of this standard and any other standards, the following definitions apply. Please note that some of the terms shown below may not appear in this specific standard.

2.1 ACUC: Entity that provides recreational diving training systems and certifications.

2.2 Aquatic skills: Knowledge imparted within a humid environment (pool water, sea water, etc.)



2.3 Basic equipment: Equipment consisting of the following items:

- Mask
- Fins
- Snorkel

2.4 Breathing gas: Appropriate mixture of oxygen and nitrogen or other gases

2.5 Certification: Confirmation that a student has completed all the requirements of a course according to this standard, 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 limited to a maximum depth of 25 meters / 80 feet)

2.6 Cold water: Water less than 10°C / 50°F of its highest average temperature or water of 10°C / 50°F or less

2.7 Competencies: What a diver can do once certified

2.8 Confined spaces: Condition applicable when there is no direct access to the surface, such as inside a wreck, a cave, etc.

2.9 Confined water: Pool with a depth appropriate to the activity, or body of water that offers similar conditions (maximum depth of 6 meters / 20 feet in the entire area where the activity takes place)

2.10 Diving courses without certification: Diving courses where participants do not receive an ACUC certification at the end of the course, such as: Introduction to Diving, Diving Refreshment Course, Buoyancy Clinic, etc,

2.11 Diving equipment: Equipment consisting of the following items (Note: Specific environments may require additional appropriate equipment (e.g. underwater compass, cutting device, flashlight, etc...)).:

- Basic equipment plus:
- Tank,
- Regulator,
- Alternative breathing gas system that could range from a single octopus system to a dual breathing system with a separate breathing gas supply,
- Tank support system and float control device including (if appropriate) a rapid discharge weight system,
- Submersible pressure gauge (respiratory gas pressure monitor),
- Means of measuring depth and time to safely limit exposure to inert gas,
- Diving suit (if appropriate).

2.12 Dry Specialty: Specialty Course where there is no training in water, such as First Aid, O2 Administration, etc,

2.13 Levels of knowledge:

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

2.14 Open water: A body of water significantly larger than a swimming pool, offering conditions typical of a natural body of water found in the region where the training takes place.

2.15 Open water training dive: Open water training experience under the direct supervision of a qualified instructor, including at least the following activities:

- Pre dive briefing
- Preparation for diving
- Check before the dive
- Entrance to the water
- Descent procedures
- Underwater activity
- Ascent and water exit procedures
- Water exit
- After Dive briefing
- Procedures after the dive
- Recording of the dive.

2.16 Reduced visibility: Condition applicable to diving at night or when visibility is less than one arm, for whatever reason

2.17 Scuba: Acronym in English for “Self-Contained Underwater Breathing Apparatus”.

2.18 Scuba or diving instructor: An individual qualified and authorized by ACUC to teach, evaluate and certify divers.

2.19 Theory knowledge: The knowledge imparted in a dry environment (classroom, outside the pool, etc.)

2.20 Training prerequisites: What a diver needs or the preconditions he must meet to start training

3 Competencies of a certified recreational ACUC Advanced Diver

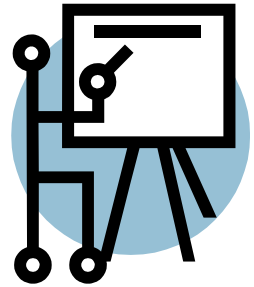
In addition to the competencies of an ACUC Open Water Diver, an ACUC Advanced diver will be trained to have sufficient competencies through knowledge, skills and experience, to dive with other certified divers of any level in open water. ACUC Advanced Divers will dive within the following parameters:



- Dive to a maximum depth of 40 meters / 130 feet
- Only dive when the appropriate support is available on the surface,
- Dive under conditions that are equal to or better than the conditions where they were trained.

If accompanied by a duly qualified ACUC instructor, a certified ACUC Advanced Diver can gain progressive experience beyond these parameters (except depth) and develop competencies handling dives with different and more challenging conditions, designed for higher grades.

When additional experience is required, this can be provided by a suitably qualified ACUC Divemaster. When additional instruction is required, this can only be provided by a suitably qualified ACUC instructor.



4 Training prerequisites

To enrol in a course according to this standard, the student must meet the following prerequisites:

4.1 Minimum age: 12 years. The consent of the parents or guardians is required when the applicant is a minor. (The definition "minor" will be according to the legislation of the country or area where the course is held).

4.2 Health requirements: Students must pass an appropriate medical examination for recreational diving or, if the legislation of the country where the course is held allows it, fill out an appropriate questionnaire. In case of doubt, students should be referred to a suitable physician. If the student is not examined by a doctor, the student must be obliged to confirm by signing, a written information given by the instructor about diseases or physical conditions that may be a risk related to diving. Students will be counselled on the importance of proper regular medical examinations.

4.3 Previous certification: To sign up for the course, ACUC Open Water Diver or similar with at least 2 hours of **bottom time** experience (see also certification requirements)

"The minimum age is 12 years, with parental or legal guardian permission"

5 Instructor:Student ratios during training

- **Theory (dry lessons):** No limit
- **Confined Water:** 10 students per Instructor, with an additional 4 students per Divemaster, with an absolute maximum of 18 students.
- **Open Water:** 4 students per Instructor, with an additional 2 students per Dive-master, with an absolute maximum of 8 students.

6 Initial information

The following information will be offered to students, before or during the first class.

- Prerequisites according to 4
- Limitations of the certification obtained,
- Course scope,
- Course procedures,
- Cost, insurance and contractual issues, according to national regulations,
- Equipment requirements,
- Certification requirements according to 10,
- Legislation related to diving and legal requirements.

7 Course content related to theory knowledge

Candidates must already have the knowledge of an Open Water Diver, and also:



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- 7.1 Equipment maintenance:** students will have a basic understanding of scuba equipment maintenance.
- 7.2 Surface air consumption:** students will have an intermediate knowledge of surface air consumption calculations
- 7.3 Physiology review:** Students will have an intermediate knowledge of:
- The Circulatory System
 - The heart
 - Blood vessels
 - The blood
 - The Respiratory System
 - Airways
 - Lungs
 - The Phases of the Respiratory Cycle
 - The Breathing Rate
- 7.4 Reduced visibility diving:** Students will have a basic knowledge of:
- Lack of light in open spaces
 - Cloudy conditions in open spaces
 - Cloudy conditions or lack of light in confined spaces
- 7.5 Confined spaces diving:** Students will have a basic knowledge of:
- Differences with decompression dives
 - Risks of this type of diving
 - Rules to take into account in this type of dives
- 7.6 Underwater navigation:** Students will have a basic to intermediate knowledge of:
- Procedures for getting the correct direction
 - Using the compass
- 7.7 Underwater biology and Ecology notions:** Students will have a basic to intermediate knowledge of:
- The Marine Environment
 - Underwater Life
- 7.8 Navigation notions:** Students will have a basic knowledge of:
- Small boats
 - Notions of basic navigation

In addition to the above subjects, instructors may also offer, within the scope of this course, additional training regarding diving conditions related to their specific areas, such as for example, Drift Diving, Dry Suit Diving, etc.

8 Course content related to diving skills

8.1 Confined water scuba skills: In addition to those already acquired as Open Water Diver, Students must be able to perform the following skills. Each skill must be mastered in confined water before that skill can be performed in open water.

- Assembly and disassembly of the equipment with the eyes covered
- Putting on and taking off the equipment with the eyes covered
- Act as a donor and a victim in a buddy breathing exercise, blindfolded
- Correct use of a flashlight underwater
- Underwater basic hand signals with a flashlight
- Recognition of a dive zone during daylight hours
- Shore-to-water signs
- Remove and put the vest and tank under the water
- Fining techniques specific to confined spaces
- Using the compass
- Compass readings
- Distance estimation methods

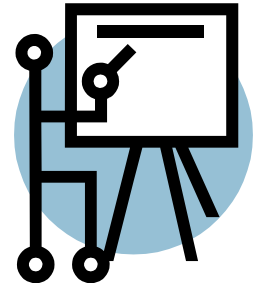
In addition to the above subjects, instructors may also offer, within the scope of this course, additional training regarding diving conditions related to their specific areas, such as for example, Drift Diving, Dry Suit Diving, etc.

8.2 Open water scuba skills: In addition to those already acquired as Open Water Diver, students should be able to perform the following skills in typical local environmental conditions.



- Putting on and taking off the equipment with the eyes covered
- Correct use of a flashlight underwater
- Underwater basic hand signals with a flashlight
- Recognition of a dive zone during daylight hours
- Shore-to-water signs
- Fining techniques specific to confined spaces
- Using the compass
- Compass readings
- Distance estimation methods

In addition to the above subjects, instructors may also offer, within the scope of this course, additional training regarding diving conditions related to their specific areas, such as for example, Drift Diving, Dry Suit Diving, etc.



9 Practical training parameters

9.1 All underwater skills in confined water will be introduced, directly led and assessed by an ACUC instructor who will be in the water during each session. The diving instructor will be in direct control of the students throughout all sessions.

9.2 Before participating in open water dives, the student will have demonstrated in confined water the theory knowledge and sufficient diving skills to be able to do the open water dives in the prevailing conditions.

9.3 The maximum depth during training dives will not exceed 25 meters / 80 feet, except in the case of a deep dive, where the absolute maximum depth can be 40 meters / 130 feet.

9.4 During open water dives the student will be equipped with at least the diving equipment according to 2.11.

9.5 All open water underwater skills will be introduced, conducted directly, and assessed by an ACUC instructor. The dive instructor will be in the water and in charge of each open water dive.

9.6 According to clause 5, the absolute maximum number of students per diving instructor in open water, under ideal conditions, for surveillance and accompaniment under water is four. The maximum number of students per qualified assistant for underwater surveillance and accompaniment is two. At no time should a student be left unsupervised in or under water.

9.7 Before each dive the dive instructor will prepare an "emergency plan". In the immediate vicinity of the dive site there will be:

- A proper first aid kit
- An emergency oxygen unit capable of delivering at least 15 l / min for at least 20 min.
- Adequate communication system to alert emergency services.

9.8 The dive instructor will cancel or abort the open water dive if environmental conditions or the physical or mental condition of a student so requires.

9.9 There will be a maximum of 3 training dives per day

9.10 Under no circumstances will students in a different type of course or divers already certified be mixed in the same dive under the supervision of the same instructor.

10 Assessment and certification requirements

10.1 Knowledge: The student will demonstrate, through a written exam (**) provided by ACUC, knowledge of diving theory according to 7 and knowledge of skills according to 8.

10.2 Scuba skills: The student will satisfactorily demonstrate to an ACUC instructor, diving skills according to 8.

10.3 Minimum dives: The student must have at least 10 hours of bottom time before obtaining the certification

(**) If for any reason, the student cannot take a written exam, then the Instructor can give the student an oral exam based on the written exam provided by ACUC.

"Divers should know what the limitations of their certification are"



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If this is the case, the Instructor will transfer the oral answers from the student to the written exam. In any case, the written exam must be completed, either directly by the student or indirectly by the Instructor, using the student's oral responses. Instructors may, if they wish, do additional tests to the student, however the test provided by ACUC must be done.

11 Training dives

Important: although the Advanced Diver course can be taught by any Open Water Instructor or higher level, depending on the course dives to be done, it is possible that the Instructor needs to be a specialty Instructor of some of the course dives that are going to be done. If the instructor does specialized dives during the Advanced Diver course defined as NR2 (see document of standards on ACUC specialties), the instructor does not need to be an instructor of these specialties to do these specialized dives, since it is considered that the instructor already has the experience required to do such specialized dives, but if he is going to do specialized dives during the course of those defined as NR3 or R, then the instructor must be an instructor for those specialties.

To become certified, students will complete at least four open water training dives under the direct supervision of an ACUC instructor. Of the four dives, one should preferably be a night dive (night training dives should be done in a location with direct access to the surface. Therefore, night training dives in wrecks, caves or under ice are not allowed. See also point 9.3 on depth), another an easy penetration of a wreck (easy entry and exit) or easy cavern (exit always visible) and another must be for underwater navigation. Instructors can add additional dives according to their environments to complete the 10 hours minimum of bottom time.

The underwater duration of each of these dives must be at least 20 minutes. (except in the case of extreme cold water - below 10°C / 50°F - where 15 minutes will be enough, or in case of deep dives, where the maximum bottom time will be one that does not require mandatory decompression stops, depending on the depth reached). In no case should training dives be dives where mandatory decompression stops are required, unless a decompression dive is scheduled as part of the course experience.

12 Deviations

None requested