

STANDARDS FOR INTRODUCTION OR INITIATION TO DIVING

ACUC - STANDARDS FOR INTRODUCTION OR INITIATION TO DIVING V0821

ACUC

Points of special consideration

- *These are courses where participants do not get a certification*
- *They only include one dive, either in a pool or protected waters of similar characteristics (initiation) or in open water (introduction)*
- *The initiation course can be offered by an ACUC Divemaster or higher level*
- *The introductory course can be offered by an ACUC Entry Level Instructor or higher level*



FOREWORD

ACUC Initiation to Diving and Introduction to Diving courses are not certification courses. Both end with one dive; In the case of the initiation course, it must be done in a pool or confined water of similar characteristics and in a maximum depth of 3 meters (10 feet) and in the case of the introduction course, it is done in open water and a maximum depth of 10 meters (33 feet).

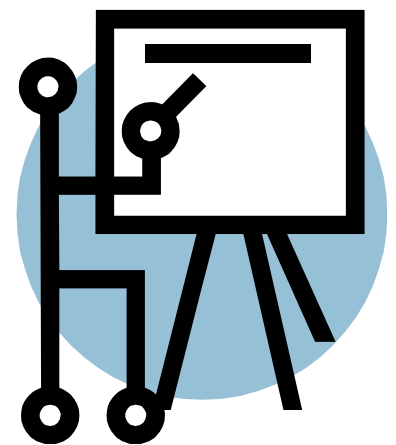
The initiation course can be taught by any ACUC Divemaster or higher level, while the Introduction course must be taught by an ACUC Entry Level Instructor or higher.

Only those courses in which participants are pre-registered and obtain the ACUC Introduction to Diving manual before taking the course or are registered in the elearning course and are given by an ACUC Divemaster or higher level (initiation) or a ACUC Entry Level Instructor or higher level (introduction) and who meet ACUC standards will be considered as ACUC courses. Courses that do not comply with the above can not be considered ACUC courses.

This is an International ACUC standard and therefore it is always subject to different national or local laws. In cases where there are laws that differ from this standard, the ACUC delegation of the country or area, if it exists, must request in writing a "Deviation" from this standard to the ACUC central office to satisfy the area's legislation, supporting the claim 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 local or national legislations are more restrictive than the ACUC Standard, 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, local legislation will be complied with as well.

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



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I. SCOPE

This standard specifies the minimum safety-related competencies that must be achieved in recreational diving training in ACUC's Initiation and Introduction to Diving courses. This standard applies only to contractual training in recreational diving

2. DEFINITIONS

For the purposes of this standard and any other standards published by ACUC, 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 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.)

2.5 cold water: Water less than 10°C of 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 applicable when there is no direct access to the surface, such as inside a wreck, a cave, etc.

2.8 confined water: Pool with a depth appropriate to the activity, or body of water that offers similar conditions (maximum depth of 6 meters)

2.9 diving courses without certification: Diving course 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.,

2.10 diving equipment: Equipment consisting of the following items:

- Mask,
- Fins,
- Snorkel,
- Tank,
- Regulator,
- Alternative breathing gas system that could range from a simple 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).

Note: Specific environments may require additional appropriate equipment (e.g. underwater navigation aid, cutting device).

2.11 dry specialty: Specialty Course where there is no training in water, such as First Aid, Oxygen Administration, etc.,

2.12 levels of knowledge:

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

2.13 logistics: logistics can be owned or rented and includes: classroom or space with a minimum capacity for number of students (1.5m² / student); diving equipment (see point 2.10); appropriate boat (if necessary), etc ...



2.14 open water: A body of water significantly larger than a swimming pool that offers 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:

- Briefing
- Preparation to dive
- Check before the dive
- Entry to the water
- Descent procedures
- Underwater activity
- Ascent and descent procedures
- Water exit
- Dive report
- Procedures after the dive
- Dive recording.

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

2.17 respiratory gas: Appropriate mixture of oxygen and nitrogen.

2.18 scuba: Acronym in English for “Self-Contained Underwater Breathing Apparatus”.

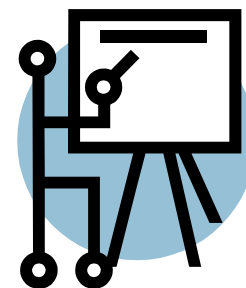
2.19 scuba or diving instructor: An individual qualified and authorized by ACUC to teach, evaluate and certify divers.

2.20 supervision: act of supervising or directing an activity or group of people. There are 3 levels of supervision:

- Direct: being physically present and close to the people or activity to be supervised. If supervision is underwater, be in the water and close to the people or activity to be supervised
- Indirect: being physically present. If supervision is underwater, be in the water
- General: the supervisor directs the activity in general lines, but it is not necessary to supervise each participant or specific activity and if the activity is underwater, it is not necessary for the supervisor to be in the water.

2.21 theory knowledge: Knowledge imparted in a dry environment (classroom, outside the pool, etc.)

2.22 training prerequisites: what a diver needs or the preconditions he must meet to start training



The minimum age for Initiation courses is 8 years and for Introduction courses, 12 years

3. COMPETENCES

Participants must be trained to have sufficient competence through knowledge and ability to dive in confined spaces (initiation) or in open water (introduction) under the direct supervision of the Divemaster or Instructor who gave them the training. Participants must dive within the following parameters:

Initiation courses:

- Dive to a maximum depth of 3 meters (10 feet) in confined water
- Dive as long as they are directly under the supervision of the Divemaster (or higher level) who gave them the course.

Introduction courses:

- Dive to a maximum depth of 10 meters (33 feet) in open water
- Dive as long as they are directly under the supervision of the entry level or higher level instructor who gave them the course.



If accompanied by an ACUC instructor, participants can gain progressive experience beyond these parameters, taking a certification course, and developing competencies handling dives with more challenging conditions, designed to obtain higher certifications.

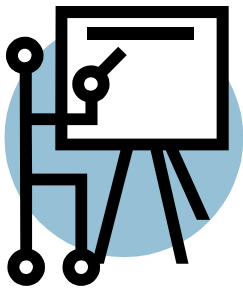
4. TRAINING PREREQUISITES

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

4.1 Minimum age: Initiation Course: 8 years; Introductory Course: 12 years. The consent of the parents or guardians is required when the applicant is a minor. (The “minor” definition will be according to the legislation of each country).

4.2 Medical 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 it, 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 Know how to swim.



Divers should know what the limitations of the course are

5. INSTRUCTOR:STUDENT RATIOS

- **Theory (in dry environment):** No limit
- **Pool / Confined Water:** 4 students per Divemaster or higher level, with an additional 2 students for each Divemaster or higher level, with an absolute maximum of 8 students.
- **Open Water:** 2 students per Instructor, with 2 additional students for each Divemaster or higher level, with an absolute maximum of 4 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 qualification obtained,
- scope of the course,
- course procedures,
- cost, insurance and contractual issues, according to national regulations,
- equipment requirements,
- Diving related legislation and legal requirements.

7. COURSE CONTENT

7.0. Introduction and brief history of diving

7.1. Physics and physiology of diving

- pressure
- vision
- sound

7.2. The equipment



- mask
- snorkel
- fins
- weight belt
- regulator
- buoyancy compensator vest
- pressure gauge

7.3. Assembly and disassembly of the equipment

7.3.1 Assembly

- vest to tank coupling
- valve check
- regulator coupling to tank
- coupling the vest hose to the vest
- opening the air
- regulator check

7.3.2 Equipment disassembly

7.4. Hand signals and marine life

7.5. Aquatic skills

Important note: none of these exercises should be done if it is not under the direct supervision of an ACUC Divemaster or higher level.

7.5.1 snorkelling exercises

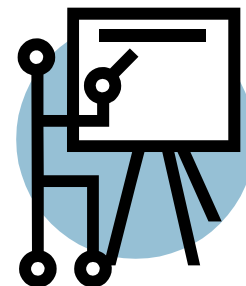
- Snorkel clearing
- Weight belt release (if it is to be used)
- Entries to the water
 - Giant step
 - Controlled sitting
 - Backwards
- Surface dives
 - Head first
 - Feet first
- Underwater swimming without a mask



Note: Special precautions should be taken when removing and replacing the mask in open water, especially in cold water areas.

7.5.2 practices with scuba

- Weight belt release
- Entries to the water
 - giant step
 - controlled sitting
 - backwards
- Surface dives
 - feet first
- Buoyancy compensator vest
 - inflation and deflation of the vest on the surface
 - inflation and deflation of the vest on the bottom and obtaining neutral buoyancy
- Breathing from an alternate air source
- Descents and ascents



All skills must be supervised by an ACUC Divemaster or higher level, who must be in the water in each session



8. PRACTICAL TRAINING PARAMETERS

8.1 All underwater skills in **confined** water will be introduced and directly supervised by an ACUC Divemaster or higher level, who will be in the water during each session. The Divemaster or higher level will be in direct control of the students throughout all sessions. Once introduced, the Divemaster or higher level may use experienced divers to **demonstrate** skills, but always under his direct supervision.

8.2 Before the open water dive the student will demonstrate to a diving instructor the aquatic skills in confined water, to be able to do them properly during the open water dive

8.3 The maximum depth of the dive will not exceed the parameters indicated before (if conditions allow). Underwater visibility should be at least 3 meters / 10 feet; there should be no significant currents and there should be no swell greater than 50 cms. / 2 feet.

8.4 The open water dive must be done during daylight hours in water that allows direct vertical access to the surface. Open water dives will therefore not take place in caves, inside wrecks, or under ice.

8.5 During the open water dive the student will be equipped with at least the diving equipment according to 2.10.

8.6 According to clause 5, the absolute maximum number of students per diving instructor, under ideal conditions, for direct supervision and accompaniment under open water is two. The maximum number of students per qualified divemaster for direct supervision and accompaniment under open water is two. At no time should a student be left unsupervised in or under water. Under no circumstances will groups of certified divers (certified diver as companions of another certified diver and so on) and groups of students of an introductory course be allowed in the same dive, under the direct supervision of the same instructor. Under no circumstances is it allowed to pair a certified diver with a student (unless said diver has the necessary certification - Divemaster as a minimum).

8.7 Before the 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 with a capacity to deliver at least 15 l / min. for at least 20 min.
- Adequate communication system to alert emergency services.

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

9. COURSE DIVE

These courses include **one** single dive and must be directly supervised by the Divemaster or instructor who gave the course. The maximum depth for the initiation course is 3 meters / 10 feet (confined water) and for the introductory course it is 10 meters (33 feet) in open water and only in ideal conditions.

Under no circumstances is the student able to do more dives, each time the student wishes to do a new dive, the student must be informed that he / she must do an initiation or introduction course again. Therefore, it is recommended that if the student likes the experience, the instructor suggests that he/she take a full certification course, such as the ACUC Open Water Diver course.

10. WHO CAN OFFER THESE COURSES

The theory and the pool (confined water) can be given by any ACUC Divemaster or higher level in "active" status, with the necessary logistics and with valid CL insurance. The open water portion must be taught by any ACUC Entry Level Instructor or higher level in active status, with the necessary logistics and with valid CL insurance, as long as this instructor has been directly involved in the pool or confined water training of the student. In cases where the course dive is done in a pool or confined water, instead of in open water, this can also be taught by any ACUC Divemaster or higher level in active status and valid CL insurance, as long as he/she was directly involved in the student's pool or confined water training

11. DEVIATIONS

None requested