

INTRODUCTION OR INITIATION TO DIVING STANDARDS

ACUC - INTRODUCTION
OR INITIATION TO
DIVING STANDARDS
V0422

Points of special consideration

- *These are courses where no certification is obtained*
- *They only include one dive, either in a pool or protected waters with 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 introductory and initiation diving courses are not certification courses. They both end with a dive; In the case of the initiation course, it must be done in a pool or confined water with similar characteristics and at a maximum depth of 3 meters (10 feet), and in the case of the introductory course, it is done in open water and at 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 level.

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

Regarding required training hours, none are specified because these could vary depending on many factors (number of participants, 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.

1. SCOPE

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

2. DEFINITIONS

For definitions, please see this [page](#)



3. COMPETENCES

Participants must be trained to have sufficient competencies 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 Instructor or higher level who gave them the course.

If accompanied by an ACUC instructor, participants can gain progressive experience beyond these parameters by taking a certification course, and develop competencies managing dives with more challenging conditions designed to earn higher qualifications.

4. TRAINING PREREQUISITES

To enroll in a course under this standard, the participants must meet the following prerequisites:

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

4.2 Medical requirements: Participants must pass a medical examination suitable for recreational diving, or if the legislation of the country where the course takes place allows it, fill in an appropriate questionnaire. In case of doubt, participants should be referred to an appropriate doctor. If the participant is not examined by a doctor, the participant shall be required to confirm, by signing it, written information given by the instructor about illnesses or physical conditions that may be a risk related to diving. Participants will be advised on the importance of appropriate regular medical examinations

4.3 To know how to swim.

5. INSTRUCTOR:PARTICIPANT RATIOS

- **Theory (in dry environment):** No limit
- **Pool/Confined Water:** 4 participants per Divemaster or higher level, with 2 additional participants for each Divemaster or higher level, with an absolute maximum of 8 participants.
- **Open Water:** 2 participants per Instructor, with 2 additional participants for each Divemaster or higher level, with an absolute maximum of 4 participants.

6. INTRODUCTORY INFORMATION

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

- Prerequisites according to 4,
- Scope of course,
- Course procedures,
- Costs, 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
- Compensating vest
- Pressure gauge

7.3. Assembly and disassembly of the equipment

7.3.1 Equipment Assembly

- Attaching the vest to the tank
- Valve check
- Attaching the regulator to the tank
- Attaching the vest hose to the vest
- Air opening
- 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 unless under the direct supervision of a divemaster or higher ACUC level.

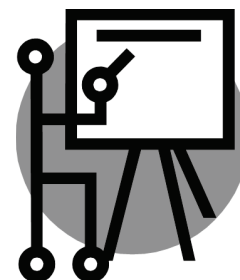
7.5.1 Snorkeling exercises

- Snorkel rinse
- Release of weight belt (if it is going to be used)
- Water entries
 - Giant step
 - Controlled sitting
 - Backwards roll
- Surface dives
 - Head first
 - Feet first
- Underwater swimming without a mask

Note: Special precautions should be taken when taking the mask off underwater, in open water, especially in cold water areas.

7.5.2 Practices with scuba

- Dropping of weight belt
- Water entries
 - Giant step
 - Controlled sitting
 - Backwards roll
- Surface dives
 - Feet first



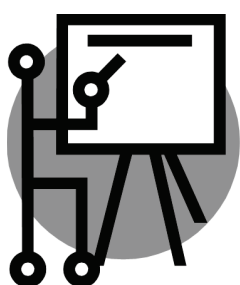
“The minimum age for the Initiation courses is 8 years and for the Introduction courses, 12 years”



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- Compensating 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

8. PRACTICAL TRAINING PARAMETERS



“Scuba divers should know what the limitations of the course are”

- 8.1 All **confined** water underwater skills will be introduced, 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 participants throughout all sessions. Once introduced, the Divemaster or higher level will be able to use experienced divers to demonstrate the skills, but always under their direct supervision.
- 8.2 Before the open water dives the participant will demonstrate to a diving instructor the aquatic skills in confined waters, in order to be able to do it properly during the open water dives.
- 8.3 The maximum depth of the dive will not exceed the parameters indicated before (conditions permitting). Underwater visibility should be at least 3 meters (10 feet); there should be no significant currents and there should be no waves greater than 50 cms (around 2 feet).
- 8.4 Open water dives shall be done during daylight hours in water that allows direct vertical access to the surface. Open water diving will therefore not be done in caves, inside wrecks or under ice.
- 8.5 During the open water dives the participants will be equipped with at least the diving equipment according to 2.9 (see [Definitions](#)).
- 8.6 According to clause 5, the absolute maximum number of participants per diving instructor, under ideal conditions, for direct supervision and escort in open water is two. The maximum number of participants per qualified assistant for direct supervision and accompaniment in open water is two.
- 8.7 At no time should a participant be left unattended on or under the water.
- 8.8 Under no circumstances will groups of certified divers (certified diver as buddy of another certified diver and so on) and groups of participants from an introductory course be allowed on the same dive, under the direct supervision of the same instructor.
- 8.9 Under no circumstances is it allowed to pair a certified diver with a participant (unless said diver has the necessary certification — Divemaster as a minimum).
- 8.10 Before the dive the diving 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.
- 8.11 The diving instructor will cancel or abort the open water dive if the environmental conditions or the physical or mental condition of a participant so requires.

9. COURSE DIVE

These courses include only one 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 participant qualified to do more dives, every time the participant wants to do a new dive, the participant must be informed that he must do an initiation or introduction course again.



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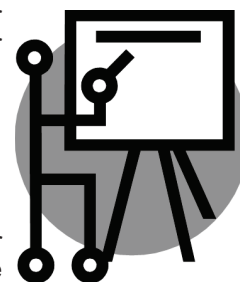
Therefore, it is recommended that if the participant likes the experience, the instructor suggests that they complete a full certification course, such as the ACUC Open Water Diver course.

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

11. DEVIATIONS

None requested



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