

INSTRUCTOR TRAINER STANDARDS

ACUC

Points of special consideration

- *This is an optional certification*
- *The IT must train a minimum number of Instructors every year in order to maintain the status.*



FOREWORD

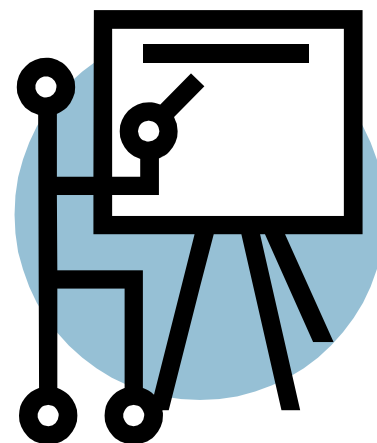
The ACUC Instructor Trainer is an **optional** certification that can be obtained by those ACUC Advanced Instructors who fulfil a series of prerequisites. This certification can only be offered by the President of ACUC, either at his own decision or as a request of at least one ACUC Instructor Trainer Evaluator. The main characteristics of this certification is that besides doing the same as an ACUC Advanced Instructor, the candidate who obtains this level, can also teach, evaluate and certify, the Entry Level Instructor course, and can teach but not evaluate or certify, the ACUC Open Water Instructor course. Instructor Trainers can also, through an ACUC crossover, evaluate and certify as ACUC Instructors, up to the level of ACUC Open Water Instructors, candidates that are already Instructors of other organisations recognised by ACUC. They can also teach certain specialties for which they have requested and obtained from ACUC, the Specialty Instructor rating.

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 (Point 12)

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.

1. Scope

This Standard specifies safety related minimum competencies to be achieved in recreational scuba training at the ACUC Instructor Trainer level. This Standard applies only to contractual training and certification 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.
- 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 under-water breathing apparatus.
- 2.17 scuba instructor:** A qualified individual, sanctioned by ACUC to teach, evaluate and certify divers.
- 2.18 theoretical knowledge:** knowledge imparted in a dry environment (classroom, pool deck, etc)



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- 2.19 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
 - under-water activity
 - ascent and surfacing procedures
 - exit from water
 - Debriefing
 - post dive procedures
 - recording the dive.
- 2.20 water skills:** knowledge imparted inside a wet environment (pool water, sea water, etc)

3. Competencies of a certified, recreational ACUC Instructor Trainer

An ACUC Instructor Trainer shall be trained to have sufficient competencies by knowledge, skill and experience to, in addition of what an Advanced Instructor must know, teach, evaluate and certify, the ACUC Entry Level Instructor courses and to teach, but not evaluate or certify, the Open Water Instructor program. They can also evaluate and certify through crossover, Instructors from other agencies recognised by ACUC, previous authorization from ACUC. ACUC Instructor Trainers shall dive within the following parameters:

- Dive and lead divers to a maximum depth of 40 meters / 130 feet
- Dive and ensure that others dive only when appropriate support is available at the surface,
- Dive and ensure that others dive under conditions that are equal or better than the conditions where they were trained.
- Assist certified divers in new environments which the Instructor Trainer is familiar with.

If accompanied by an ACUC instructor of superior level, certified ACUC Instructor Trainers may gain progressive experience beyond these parameters (except depth) and develop competency in managing more challenging diving conditions designed to lead to higher qualifications. Where further instruction or experience is required this can only be provided by a suitably qualified ACUC instructor.

4. Prerequisites for training

In order to qualify, according to this Standard the student shall meet the following prerequisites:

4.1 Minimum age: 22 years old

4.2 Health requirements: Candidates shall be medically screened as suitable for recreational diving by means of an appropriate medical examination.

4.3 Previous Certification: ACUC Advanced Instructor. Also must be an ACUC specialty instructor in at least 7 specialties, two of which must be Diving Emergency Responder (DER) Instructor and Oxygen Emergency Responder (O2ER) Instructor,.

4.4 To have at least 60 credits obtained in the last 24 months previous to the date when evaluation takes place; credits are obtained the following way:

- Preparing and presenting for evaluation, and that they satisfactorily pass it, at least 2 Entry Level instructors (25 credits per Instructor) or
- Certifying at least 6 new Divemasters (10 credits per Divemaster) or
- Certifying at least 60 new divers (1 credit per diver), any level including specialties or



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- Cooperating with ACUC if ACUC requests and determines so (credits to be determined by ACUC) or
- A combination of all the above

5. Instructor: Student Ratios during training

- **Theory (classroom or pool):** No limit
- **Confined Water:** 10 students per Instructor, with an additional 4 students per Divemaster or Assistant Instructor, with an absolute maximum of 20 students.
- **Open Water:** 8 students per Instructor, with an additional 2 students per Divemaster or Assistant Instructor, with an absolute maximum of 12 students.

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,
- certification requirements according to 10,
- diving related legislation and legal requirements.

7. Course content relating to theoretical knowledge

Candidates must already have the knowledge of an Advanced Instructor, plus:

7.1 Teaching Techniques:

Students shall have an advanced knowledge of:

- Teaching and evaluating the Entry Level Instructor course
- Teaching the Open Water Instructor course
- Evaluating Instructor candidates from other organisations

8. Course content relating to scuba skills

8.1 Confined water scuba skills:

Besides the already acquired skills of an Advanced Instructor, students shall be able to perform the following skills. Each skill shall be mastered in confined water before that skill is performed in open water.

- Teaching and evaluating the Entry Level Instructor course
 - Teaching the Open Water Instructor course
 - Evaluating Instructor candidates from other organisations
-



8.2 Open water scuba skills:

Besides the already acquired skills of an Advanced Instructor, students shall be able to perform the following skills in conditions typical of the local environment.

- Teaching and evaluating the Entry Level Instructor course
- Teaching the Open Water Instructor course
- Evaluating Instructor candidates from other organisations

9. Practical training parameters

9.1 All skills shall be introduced, directly supervised and evaluated by an ACUC Instructor Evaluator, who shall be in the water during each session. The Instructor Evaluator shall be in direct control of students throughout all sessions.

9.2 When open water dives are involved, before participating in open water dives a student shall have demonstrated sufficient theoretical knowledge and scuba skills in confined water to be able to perform the open water dives in the prevailing conditions.

9.3 The maximum depth during training dives shall not exceed 25 meters / 80 feet

9.4 All training open water dives shall be conducted during daylight hours in water that allows direct vertical access to the surface. Open water dives therefore shall not be conducted in underwater caves or below ice.

9.5 During open water dives the student shall at least be equipped with diving equipment according to 2.9.

9.6 As per clause 5, the absolute maximum number of students per scuba instructor in ideal conditions for supervision and escorting under water is eight. The maximum number of students per qualified assistant for supervision and escorting under water is two. At no time shall a student in or under water be left without supervision.

9.7 Prior to open water dives 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.

9.8 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.

9.9 A maximum of 3 daily training dives will be allowed

10. Assessment and certification requirements

10.1 Knowledge: The student shall demonstrate, by means of the written test (**) supplied by ACUC, knowledge of scuba diving theory according to 7 and knowledge of skills according to 8.

10.2 Teaching Techniques: The student shall demonstrate, by means of at least 2 classroom presentations, knowledge of teaching techniques according to 7 and 8.

10.3 Scuba Skills: The student shall satisfactorily demonstrate to an ACUC instructor, the scuba skills according to 8.

(**) If for some reason, the student can not do a written test, then the Instructor can do an oral examination to the student based on the written test provided by ACUC and if this is the case, the Instructor will transfer the student's oral answers to the written test. Whatever the case, the written test must be completed, either directly by the student or indirectly by the Instructor, using the student's oral answers. Instructors can, if they wish, offer additional tests to the student, however, the ACUC provided test must be done.



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10.4 Additional requirements: Advanced Instructors must also:

- Prepare at least 2 Entry Level Instructors, that must pass the evaluation done by an Instructor Trainer Evaluator with the active participation of the candidate Advanced Instructor
- Participate as an observer in at least 2 full Open Water Instructor courses
- The candidate must also have the Instructor specialties mentioned in Point 4.3

11. Training Dives

No additional training dives, except those in which the student participates as a Divemaster, Assistant Instructor, Open Water Instructor or Instructor Trainer-in-training, are required for this level.

12. Deviations

None requested

13. Updates

Last revision: April 2021
