



CMAAS

CONFÉDÉRATION MONDIALE
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

STANDARDS & REQUIREMENTS DIVER AND INSTRUCTOR

(VERSION 2002/00)

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INTRODUCTION

The system of CMAS International Diver Certificates exists to allow divers who have been trained in accordance with the standards of CMAS to have their qualification recognised in countries throughout the world which are part of the CMAS family of divers.

CMAS International Diver Certificates can be obtained in two ways:

1. A diver who holds a diving qualification awarded by a National Federation which is a member of the CMAS Technical Committee, and whose qualifications have been recognised by the Technical Committee, can obtain the CMAS International Diver Certificate which is recognised as equivalent to the national certificate held. In some countries the CMAS International Certificate will be awarded in place of a national certificate.
2. A diver who has been trained by a diving school or centre which is recognised directly by CMAS will be awarded the CMAS International Diver Certificate appropriate to the standard reached.

AIMS OF THE CMAS INTERNATIONAL DIVER CERTIFICATES SYSTEM

It is intended that, no matter where in the world a diver receives training, he or she will be able to visit other areas and be accepted as a diver with competence and experience equal to that indicated by the qualification held. The CMAS International Diver Certificates are evidence that the holder has received training up to the minimum level defined for each grade of certificate. They should then be allowed to participate in diving activities to the extent that a holder of the equivalent national certificate would be.

It is not the aim of the system that the holder of a CMAS International Diver Certificate should be given the equivalent national certificate. However, they should be accepted for training to the next higher level.

The principles governing the CMAS International Instructor Certificates are precisely the same.

DEFINITIONS OF DIVER AND INSTRUCTOR GRADES

The system consists of four levels of diver qualification and three levels of instructor qualification. In all cases, increased competence and experience is indicated by an increasing number of stars in the description and the emblem.

ONE STAR DIVER

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area and is ready to gain open water diving experience in the company of an experienced diver

TWO STAR DIVER

A diver who has gained some open water diving experience and is considered ready to take part in dives partnered by a diver of at least the same or a higher grade. The two star diver may dive with a One Star Diver in sheltered shallow water .

THREE STAR DIVER

A fully trained, experienced, and responsible diver who is considered competent to lead other divers of any grade in open water.

FOUR STAR DIVER

A three star diver who has attained a higher than average level of knowledge and ability supported by broad experience. He will be competent to use divers and diving in order to achieve major tasks or project objectives.

ONE STAR INSTRUCTOR

A three star diver who has a knowledge of the techniques of diving instruction and is competent in practical instructional skills: he is qualified to direct and certify a full CMAS One Star Diver Course.

TWO STAR INSTRUCTOR

An experienced one star instructor who has the knowledge, skills, and experience required to teach groups of divers in the classroom, pool, and in open water, and to assist in the training of One Star Instructors. He is qualified to direct and certify all CMAS diver levels and all CMAS snorkel Instructor levels.

THREE STAR INSTRUCTOR

A fully experienced two star instructor who is competent to train all grades of divers and instructors and to take responsibility for the conduct of diving schools, centres, and specialised training courses and events.

THE FORM OF THE CMAS INTERNATIONAL DIVERS CERTIFICATES

For each level of diver and instructor, C.M.A.S. produces

a. a double sided plastic pocket card

The front side of the card is the C.M.A.S. one with

- a tri dimensional C.M.A.S. hologram
- the diver or instructor level of the card holder

For the divers, this side is printed in red and for the instructors in blue.

The reverse side is the Federation or CDC one with

- on its ¼ upper part, the logo and the name of the federation or CDC
- the Name, First Name and country of the card holder
- the number of the card (see below C.M.A.S. numbering system)
- the expiry date of the card (five year after issuance for all the instructor cards)

b. a round badge to stick on the wet suit

c. a wall diploma

PROCEDURE FOR OBTAINING EQUIVALENT GRADES FOR NATIONAL QUALIFICATIONS

Any federation wishing to obtain recognition of their national certificates and equivalence with International Certificates must fulfil certain obligations.

1. The Federation must be affiliated to the CMAS Technical Committee.
2. They must submit full details of their training, evaluation, and certification system for each grade requested to the C.M.A.S. Technical Committee. Alternatively, if they have not established such a system they may undertake to follow the system offered and detailed by CMAS.
3. Subject to approval by the C.M.A.S. Technical Committee, the equivalence will be proposed for approval by the Executive Bureau. Should there be any part of the national system which requires amendment or clarification then it may be necessary for an appointed observer to witness the training or evaluation procedures in use before equivalence can be granted.

PROCEDURE FOR ISSUING INTERNATIONAL CERTIFICATES

From January 1st, 2003, all the C.M.A.S. cards have to be ordered to C.M.A.S. They can be ordered by affiliated federation, recognised CDC or individuals.

Federations and CDC have to use the relevant C.M.A.S. purchase orders which can be fulfilled directly on the C.M.A.S. web site (<http://www.cmas@cmas.org>)

Except for the individual orders, all the information required to personalise the card with the information concerning the card holder are in charge of the Federation or the CDC.

Federations and CDC must send quarterly to C.M.A.S. HQ the list of the issued cards with the following data

- Name
- First Name
- Nationality
- Full address of the card holder
- C.M.A.S. code number of the card

C.M.A.S. Numbering system

All the cards must be numbered as follows:

XXX/Y00/ZZ/99/888888

Where

XXX = Olympic acronym of the country of the federation or CDC

Y = F for Federation

O for CDC

00 = Code number given by C.M.A.S.

ZZ = Level of the card (P1, P2, P3, P4, I1, I2, I3)

99 = Year of issuance in two positions

888888 = Sequential number in 6 position mandatory yo initialise to 000001 ean year on January 1st

Exemple 1: ESP/F00/I3/02/000025

Is the 25th card issued in 2002 by the Spanish federation and the card holder is a * Instructor**

Exemple 2: If the 168th card issued in 2003 by the Italian federation is a * Diver, its number will be**

ITA/F00/03/P3/000168

MEDICAL EXAMINATIONS

National regulations will generally recommend a medical examination to determine the student's fitness to dive before awarding the first International Certificate. Periodical medical examinations carried out by doctors having specialised knowledge of the requirements of diving are also strongly recommended. A suitable form of medical examination is available from CMAS if required and the assistance of the Medical Commission can also be requested.

ASSESSMENT AND EVALUATION

There are two methods currently in use to assess the competence and ability of divers and instructors under training.

In the traditional system a period of training is generally followed by a final examination in which all of the required skills and knowledge are assessed. This method is usually more physically demanding and more likely to induce stress and apprehension in the student. However, it will prove suitable where these factors are considered appropriate.

In the second, more modern, system the increasing skill and ability of the student are assessed continuously and the student's rate of progress adjusted accordingly. Since the instructor is able to assess the student's competence and knowledge at regular intervals during the training programme, and during their diving experience, far more information can be gained on the student's true strengths and weaknesses and any such weaknesses can be adjusted during the programme. Thus, at the end of the period of training the student will have reached the required level of competence with a minimum need for final assessment

Although the second system is considered more desirable in the context of teaching diving as a leisure activity, elements of both approaches are usually present in most national systems.

The instructor should consider a skill as acquired if the student has successfully carried it out one or more times in real conditions during the course of one or more dives.

There is no laid down marking system. Each element in the training programme, once carried out successfully,

is marked as adequate in the training records. The chronological order of the training programme elements is not inflexible. Certain elements from a later part of the programme can be carried out before the completion of all elements of the earlier part of the programme. This allows for the aptitude of the student to be recognised, and for the practicality of the diving facilities and opportunities to be considered. However, all elements must be completed before the certificate can be awarded. A higher level certificate cannot be awarded before a lower level certificate.

When assessing the difficulty of a diving or training experience it is important to take into account not only the depth at which the activity takes place, but also the temperature of the water and its clarity.

Suggested depth ranges are shown in the 'Requirements' section for each certificate.

DIVING LOG BOOKS

It is compulsory that all students maintain good records of their diving and training experience.

Dives

should be noted in a diving book. While most national log book, and the award of qualifications may be noted in this, or another federations will supply these, a log book is also available from CMAS.

VALIDITY OF INTERNATIONAL CERTIFICATES

The period of validity placed on the International Diver Certificates issued by CMAS is that of their equivalent National Certificate. International Instructor Certificates have an expiry date fixed at five year from the date of their issue.

AWARDING CMAS INTERNATIONAL DIVING CERTIFICATES

All divers wishing to obtain a CMAS International Diving Certificate must satisfy certain conditions.

1. They must
 - a). be a member of .a Federation which is a member of the CMAS Technical Committee, or
 - b) be a student at a CMAS recognised diving school.
2. In the case of 1 (a) above, they should hold the national diving certificate of their Federation which has been recognised by the International Certificates Commission as being equivalent to the appropriate CMAS International Certificate.
3. It is recommended that they hold a current diving medical certificate confirming their fitness to dive.
4. They must satisfy all other conditions of the certificates detailed in the following section.
5. They must be familiar with the CMAS Code of International Diving Signals, and the International Diving Code.

The detailed conditions and recommended content of the training course for each certificate level will be found in the CMAS publication "CMAS Training Programmes and Standards". The following is a summary of this information.

I. CMAS ONE STAR DIVER

1 Definition

A diver who is competent in the safe and correct use of all appropriate open water scuba diving equipment in a sheltered water training area and is ready to gain open water diving experience in the company of an experienced diver.

2 Entry requirements

Must be at least 14 years old.

3 Course content

3.1 Knowledge

Must have a basic understanding of :

Pressure/volume relationships and their effect on the diver and his equipment.

What the body needs to sustain life and the complications caused by being underwater.

The purpose, function, and features of sports diving equipment to be used in the course, and its correct use.

The rules of safe diving, self help, and elementary rescue procedures.

The techniques of no-decompression diving.

3.2 Skills

Be competent in the preparation, care, and use of sports diving equipment, adjustment of buoyancy, maintenance of water-free air ways.

Be able to control movement in all directions and to swim using fins efficiently and economically, and be able safely to enter and leave the water.

Be able to perform self-rescue techniques and basic buddy rescue techniques.

Be able to act as a member of a diving group under supervision, and demonstrate the required discipline.

Motion from G.A. the CMAS one star diver (must) have a minimum of 5 open water dives.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the diver is judged to have reached the required standard.

In order to achieve the level of CMAS Two Star Diver the students should demonstrate in the course of the programme that they have the ability to carry out the following under diving conditions.

- 4.1 Enter the water by jumping or diving and swim free style at least 100 metres, without the use of equipment.
- 4.2 Prepare and fit diving equipment including cylinder, regulator, life jacket/B.C., mask, fins, weight belt, snorkel, diving suit appropriate to the conditions envisaged, and other accessories.
- 4.3 Demonstrate techniques for entering and leaving the water under different conditions; jetty, diving boat, small boat, beach.
- 4.4 Demonstrate techniques for leaving the surface and making a descent, and for making a controlled ascent to the surface.
- 4.5 Demonstrate techniques for maintaining position and self-support at the surface, with and without use of mask and regulator.
- 4.6 Refit mask underwater, and remove and replace regulator mouthpiece.
- 4.7 Demonstrate familiarity with alternate air sources and/or shared breathing techniques, and their use in an emergency, together with the associated safety signals.
- 4.8 Demonstrate techniques for controlling buoyancy underwater, and for providing positive buoyancy at the surface.

A test, using oral or written techniques, can be used to establish that the diver's standard of knowledge matches that outlined in 'Knowledge' above.

The assessment will normally be made in accordance with the rules of the National Federation, but when awarded directly at a CMAS recognised diving school the assessment must be made by an Instructor of at least CMAS 1 Star grade.

II. CMAS TWO STAR DIVER

1 Definition

A diver who has gained some open water diving experience and is considered ready to take part in dives partnered by a diver of at least the same or higher grade.

The two star diver *may dive with* a one star diver in sheltered shallow water.

2 Entry requirements

2.1 Must be at least 15 years old.

2.2 Should have a 1 Star CMAS Diver certificate or equivalent

2.3 No specified number of dives are necessary to start the course

2.4 Must have minimum 20 open water dives at time of certification, of which at least 10 should be in the 10-30 meter range.

A dive must be minimum 20 minutes and maximum 2 dives per day.

3 Course content

3.1 Knowledge

Must have a basic understanding of :

Diving physics and physiology, the causes and effects of diving-related illnesses and disorders.

Basic first aid, resuscitation techniques.

The problems associated with diving to greater depths, calculation of air requirements, correct use of decompression tables.

The selection of dive sites and the principles of dive planning.

The principles and practices of underwater navigation.

3.2 Skills

Be competent in the use of mask, fins, and snorkel.

Be able to swim on the surface wearing full diving equipment but using a snorkel.

Be fully familiar with use of the diving equipment at medium depths.

Be competent in self-rescue and buddy rescue techniques from depths in the 10-30 metre range.

Be familiar with the use of buoyancy adjustment equipment.

Be competent in the use of decompression tables for single and consecutive dives.

Be competent in practise of underwater navigation.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the diver is judged to have reached the required standard.

In order to achieve the level of CMAS Two Star Diver the students should demonstrate in the course of the programme that they have the ability to carry out the following under diving conditions.

4.1 Demonstrate competence in the use of mask, fins, and snorkel, by swimming 800 metres, with a snorkel dive to 5m depth for a horizontal distance of 10m.

4.2 Be able to swim on the surface wearing full diving equipment but using a snorkel, at least 500 metres, and swim on the back or side for 100m without using snorkel or regulator.

4.3 Demonstrate full familiarity with the equipment while diving in the 10-30 metre range, replacing mask and regulator mouthpiece.

4.4 Demonstrate self-rescue and buddy rescue techniques from depths in the 10-30 metre range, followed by surface tow of victim.

4.5 Demonstrate ability to assist a diving partner who is 'out of air' through use of alternate air source or buddy-breathing techniques, including a safe return to the surface.

4.6 Demonstrate use and control of buoyancy adjustment equipment without use of emergency air supply.

4.7 Demonstrate use of decompression tables for single and consecutive dives.

4.8 Be able to act as a member of a diving team, both while submerged, and during the surface preparation for the dive.

4.9 Demonstrate ability to navigate underwater with and without use of compass over a distance of 50 metres.

A test, using oral or written techniques, can be used to establish that the diver's standard of knowledge matches that outlined in 'Knowledge' above.

The assessment will normally be made in accordance with the rules of the National Federation, but when awarded directly at a CMAS recognised diving school the assessment must be made by an Instructor of at least CMAS 2 Star grade.

III. CMAS THREE STAR DIVER

1 Definition

A fully trained, experienced, and responsible diver who is considered competent to lead other divers of any grade in open water dives.

2 Entry requirements

- 2.1 Must be at least 16 years old.
- 2.2 Should have a 2 Star CMAS Diver certificate or equivalent
- 2.3 No specified number of dives are necessary to start the course
- 2.4 Must have minimum 50 dives at the time of certification of which 20 dives should be on the 30 meter range.

3 Course content

3.1 Knowledge

Must have a comprehensive understanding of :

Diving physics and physiology, the causes and effects of diving-related illnesses and disorders and their treatment.

Diving first aid, resuscitation techniques.

The problems associated with diving beyond 30 metres, calculation of air requirements, correct use of decompression tables.

The selection of dive sites, the principles of dive planning, and the selection and assessment of divers.

The principles and practices of underwater navigation.

The basic principles of seamanship and small boat handling.

Hazards due to flora and fauna or resulting from local and weather conditions.

The legal responsibilities of divers.

3.2 Skills

Be fully competent and familiar with sports diving equipment,* and its use at all depths.

Be competent in the organisation of diving activities for groups both from the shore and from boats.

Be competent in self-rescue and buddy rescue techniques from depths in the 10-30 metre range, and the care and treatment of victims.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the diver is judged to have reached the required standard.

In order to achieve the level of CMAS Three Star Diver the students should demonstrate in the course of the programme that they have the ability to carry out the following under diving conditions.

- 4.1 Demonstrate competence in the use of mask, fins, and snorkel, by swimming 1500 metres, followed by a 10 metre surface dive to recover an object.
- 4.2 Demonstrate fitness and ability to support self and/or victim following fast surface swim of 100 metres and 20 second surface dive, a surface period of 10 seconds maximum followed by a further snorkel dive to 3m to recover a mannequin of 1.5 kg apparent weight, to be towed on the surface for 50m.
- 4.3 Wearing full equipment, swim on the surface 1000 metres using snorkel.
- 4.4 Demonstrate self-rescue and buddy rescue techniques from depths in the 10-30 metre range, followed by surface tow of victim.
- 4.5 Demonstrate ability to navigate underwater with and without use of compass during a dive ..
- 4.6 Demonstrate ability to handle ropes and tie knots underwater.
- 4.7 Be able to participate in the normal running of a dive boat.
- 4.8 Be able to lead a group underwater, maintaining control, following a dive plan and route, and returning safely to the surface from any depth range.
- 4.9 Demonstrate the ability to use charts and tide tables in the selection and location of dive sites.

A test, using oral or written techniques, should be used to establish the diver's standard of knowledge.

The assessment will normally be made in accordance with the rules of the National Federation, but when awarded directly the assessment must be made by an Instructor of at least CMAS 2 Star grade and confirmed

by the responsible National Technical Committee.

IV. CMAS FOUR STAR DIVER

1 Definition

A three star diver who has attained a higher than average level of knowledge and ability supported by broad experience. He will be competent to use divers and diving to achieve major tasks or project objectives.

2 Entry requirements

- 2.1 Must have held a 3 Star Diver Certificate for at least 2 years.
- 2.2 Must have been a member of his Federation for at least 5 years.
- 2.3 Must have carried out at least 100 dives, under varying conditions, since obtaining 3 Star Diver Certificates.

3 Course content

It is not considered that this level will be reached following a course of fixed content, but rather as the result of experience acquired over an extended period and incorporating a broad range of conditions and requirements.

4 Assessment

The diver must be able to prove his capabilities in organising diving expeditions and other diving activities with a particular stress on safety and emergency procedures, and by proving his competence in a given specialised area or in a scientific discipline.

The assessment will be made at a national level by a panel composed of 3 Star Instructors and confirmed by the responsible National Technical Committee.

V. CMAS ONE STAR INSTRUCTOR

1 Definition

A three star diver who has a knowledge of the techniques of diving instruction and is competent in practical instructional skills: he is qualified to direct and certify a full CMAS One Star Diver course.

2 Entry requirements

- 2.1 Must hold a 3 Star Diver Certificate.
- 2.2 Must be at least 18 years old.

3 Course content

3.1 Knowledge

Must have a basic understanding of :

- The principles of teaching.
- The learning process.
- Instructional methods appropriate to sport diving.
- Equipment used in diving instruction.

3.2 Skills

- Be able to control and lead a group of students in sheltered open water.
- Be able to instruct a group of students in sheltered open water.
- Be able to teach the contents of the 1 Star Diver course to a group of students in a surface/classroom situation and in open water
- Be able to communicate effectively with the students at all times.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the course, and the certificate will only be awarded if the instructor is judged to have reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under sheltered water diving conditions.

5 Skills

- 5.1 Demonstrate the ability to control and lead a group of students in a dive in sheltered open water.
- 5.2 Demonstrate the ability to instruct a group of students in basic diving techniques in sheltered open water.
- 5.3 Demonstrate familiarity with the contents of the 1 Star Diver course and the ability to teach a group of students in a surface/classroom situation and in open water.
- 5.4 Demonstrate the ability to communicate effectively with the students at all times.

The assessment will be made at a national level by a panel composed of 2 Star and 3 Star Instructors.

VI. CMAS TWO STAR INSTRUCTOR

1 Definition

An experienced one star instructor who has the knowledge, skills, and experience required to teach groups of divers in the classroom, pool and open water, and to assist in the training of One Star Instructor.

He is qualified to direct and certify all CMAS diver levels and all CMAS Snorkel Instructor levels..

2 Entry requirements

2.1 Must hold a 1 Star Instructor Certificate.

2.2 Must be at least 19 years old.

2.3 Must have gained further practical instructional experience since obtaining 1 Star Instructor Certificate.

3 Course content

3.1 Knowledge

Must have a complete understanding of :

- The Principles of teaching.
- The learning process.
- Instructional methods appropriate to sport diving.
- Equipment used in diving instruction.

3.2 Skills

- Be able to control and lead a group of students in varying diving conditions.
- Be able to instruct a group of students in open water conditions.
- Be able to teach the contents of the 1,2 and 3 Star Diver courses to a group of students in a
 - ✓ surface/classroom
 - ✓ situation and in open water.
- Be able to communicate effectively with the students at all times.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during their course, and the certificate will only be awarded if the instructor is judged to have reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under sheltered water diving conditions.

5 Skills

5.1 Demonstrate the ability to control and lead a group of students in a dive to take place in open water.

5.2 Demonstrate the ability to instruct a group of students in selected diving techniques in sheltered and open water.

5.3 Demonstrate familiarity with the contents of the 1,2 and 3 Star Diver courses and the ability to teach a group of students in a surface/classroom situation and in open water.

5.4 Demonstrate the ability to communicate effectively with the students at all times.

The assessment will be made at a national level by a panel composed of 3 Star Instructors.

VII. CMAS THREE STAR INSTRUCTOR

1 Definition

A fully experienced two star instructor who is competent to take responsibility for the conduct of diving schools, events, to train all grade of divers and instructors and centres, and specialised training courses and

2 Entry requirements

- 2.1 Must hold the 2 Star Instructor Certificate.
- 2.2 Must be at least 20 years old.
- 2.3 Must have gained considerable instructional experience since obtaining 2 Star Instructor Certificate, probably including experience at Regional or National level.

3 Course content

It is not considered that this level will be reached following a course of fixed content, but rather as the result of experience acquired over an extended period and incorporating a broad range of conditions and requirements.

The instructor should have an excellent knowledge of all subjects covered in the diver and instructor courses up to this grade, and should be thoroughly competent to teach all theoretical and practical aspects of these courses. Additionally he should be capable of applying teaching skills and experience to related topics not forming part of a standard course.

4 Assessment

In the 'continuous assessment' system the above knowledge and skills will be assessed at various points during the instructor's diving experience and the certificate will only be awarded if the instructor is judged to have reached the required standard.

If the 'testing' system is used then the final assessment should establish the instructor's ability to carry out the following under all diving conditions.

5 Skills

- 5.1 Demonstrate the ability to control and lead a group of students in a dive planned to take place in open water.
- 5.2 Demonstrate the ability to instruct a group of students in selected diving techniques in sheltered and open water.
- 5.3 Demonstrate familiarity with the contents of the full range of Diver and Instructor courses and the ability to teach groups of students in a surface/classroom situation and in open water.
- 5.4 Demonstrate the ability to communicate effectively with students or other audiences at all times.
- 5.5 Demonstrate the ability to compose a training programme to fit any stated requirement, location, or situation.

The assessment will be made at a national level by a panel composed of selected 3 Star Instructors appointed by the responsible National Technical Committee.