

AIDA POOL COMPETITION SAFETY FREEDIVER COURSE

COURSE STANDARDS AND OVERVIEW

This course is designed to give the student the necessary knowledge and skills to act as safety freedivers in AIDA competitions.

PREREQUISITES

To enroll in the AIDA Pool Competition Safety Freediver course, an individual must:

- **Be 18 years of age or older**
- **Have completed an AIDA 1 Freediver Course or an AIDA 2 Pool Freediver course (or equivalent) to enroll on the Pool Safety Freediver**

INSTRUCTOR SUPERVISION

The AIDA Pool Competition Safety Freediver course may be conducted by an Active AIDA Instructor, with current CPR and First Aid training (completed within the last two years). The instructor should carry liability insurance for teaching freediving in countries where this is required by local law. The AIDA Instructor must be an AIDA International Judge or must be assisted during the course by an AIDA International Judge for the parts of the course that cover AIDA competition regulations.

The maximum student diver-to-instructor ratio for open water training dives is four students per instructor (4:1). This may rise to six students per instructor (6:1) when the instructor is assisted by another freediver qualified to at least AIDA 4.

The maximum student diver-to-instructor ratio in confined water is eight students per instructor (8:1).

ADMINISTRATION AND PAPERWORK

Before commencing any in-water training, each student freediver must complete the following documents:

- **AIDA Medical Statement** – this must be completed in full with students marking YES or NO to each of the medical conditions listed. If the student answers YES to any condition, they must seek medical approval before taking part in any in-water activity. The physician must sign the form to indicate this approval. Whether or not the student is then accepted onto the course is left at the discretion of the instructor.
- **AIDA Liability Release or local equivalent**
- **AIDA Course Registration**

The AIDA Instructor should hold these documents on file for a minimum of seven years or longer if required by local legislation.

COURSE OVERVIEW

The purpose of the AIDA Pool Competition Safety Freediver course is to familiarize freedivers with the safety procedures and rules in place during an AIDA competition. Students will develop their knowledge and skills so they can act as a Safety Freediver during AIDA Pool competitions.

To conduct an AIDA Pool Competition Safety Freediver course, the following material must be covered:

KNOWLEDGE DEVELOPMENT

This theory session will take place in a classroom-like environment.

The AIDA Instructor should supply the student with a handout of the current AIDA Regulations for International Freediving Competitions. You may find it useful to have other reference materials handy such as freediving competition DVDs.

1. General Information on AIDA International Competitions

- Introduction to AIDA International and AIDA International Competitions
- The AIDA International Ranking system
- AIDA competition rules: 2.1, 2.3, 3, 3.1.4, 3.1.11 3.1.12, 3.1.14, 3.1.15, 3.1.17, 3.1.18, 3.2, 3.3, 3.5, 3.5.5, 3.5.9, 4, 4.1.5, 4.1.6, 4.1.7, 4.2, 4.3, 4.5, 5, 5.2.2, 5.2.3, 5.2.4, 5.2.8, 5.2.9, 5.3, 6, 6.1.6, 6.1.7, 6.1.9, 6.1.12, 6.2, 6.2.2, 6.2.4, 6.2.7, 6.10, 6.14, 6.15, 6.16.
- Classification of AIDA International Competitions (National, International, World Championship Competitions)
- Differences between Competitions and Record Events

2. Pool Competitions

- **General Characteristics of AIDA International Pool Competitions**
 - Disciplines of AIDA International Pool Competitions.
 - AIDA International Rules specific to Pool Competitions
 - Safety Systems/Procedures During Pool Competitions

- **Static Competitions**
 - **Static Competition Setup**
 - Warm-up Zone
 - Transition Zone
 - Competition Zone
 - Role of the Safety Freediver
 - Safety Freediver procedures
 - Interaction with the judges

- **Dynamic / Dynamic No-Fins Competitions**
 - **Dynamic Competition Setup**
 - Warm-up Zone
 - Transition Zone
 - Competition Zone
 - Role of the Safety Freediver
 - Safety Freediver procedures
 - Interaction with the judges

The AIDA Pool Competition Safety Freediver exam must be completed by any student certified as an AIDA Pool Competition Safety Freediver. The passing score is 75%. Any wrong answers must be explained to the student and the student must sign at the end of the exam to indicate that this has taken place. If the student does not pass the exam on first sitting, they may retake the exam after 24 hours.

CONFINED WATER SESSIONS

These sessions should be conducted in a swimming pool (minimum 25m in length is recommended) or similar confined water. The student safety freediver should have access to a floatation device to support them during each rescue scenario.

Static Apnea and Dynamic Apnea Session

By the end of this session the student safety freediver will have:

- **Demonstrated knowledge of the warm-up, transition and competition zones in a simulated pool competition setup.**
- **Demonstrated proper safety practices during a static apnea attempt.**
- **Demonstrate proper communication with the judge during a static apnea showing the correct tapping procedure.**
- **Conduct a rescue for a black out incident during a competition static apnea performance (demonstrate rescue for black out occurring both during the hold and after surfacing of the diver)**
- **Demonstrate proper safety practices during a dynamic apnea.**
- **Conduct a rescue for a black out incident during a competition dynamic apnea performance (both during the performance at the bottom of the pool and after surfacing of the diver)**
- **Tow an inert freediver for a distance of at least 15m on the surface**

CERTIFICATION PROCEDURES

Freedivers who complete all the performance requirements outlined in bold text above may be certified as AIDA Pool Competition Safety Freediver. The certifying instructor completes the certification request procedure on the AIDA EOS. This should be accompanied by payment of the certification fee by Paypal or Bank Transfer. Students will receive their certification card within 1 week of AIDA receiving payment.

EQUIPMENT

Required Student Equipment – mask, bifins, weightbelt, appropriate exposure protection.

Required Instructor Equipment – mask, snorkel, bifins, weightbelt, appropriate exposure protection, stop watch, floatation device, lines, first aid kit, oxygen administration kit (in countries where this is permitted by local law)

Optional Equipment – nose clip, goggles, underwater video camera, surface video camera

KEY STANDARDS

Prerequisite certifications: AIDA * or AIDA ** Pool Freediver (or equivalent) for Pool Safety Freediver Certification

Minimum Age: 18

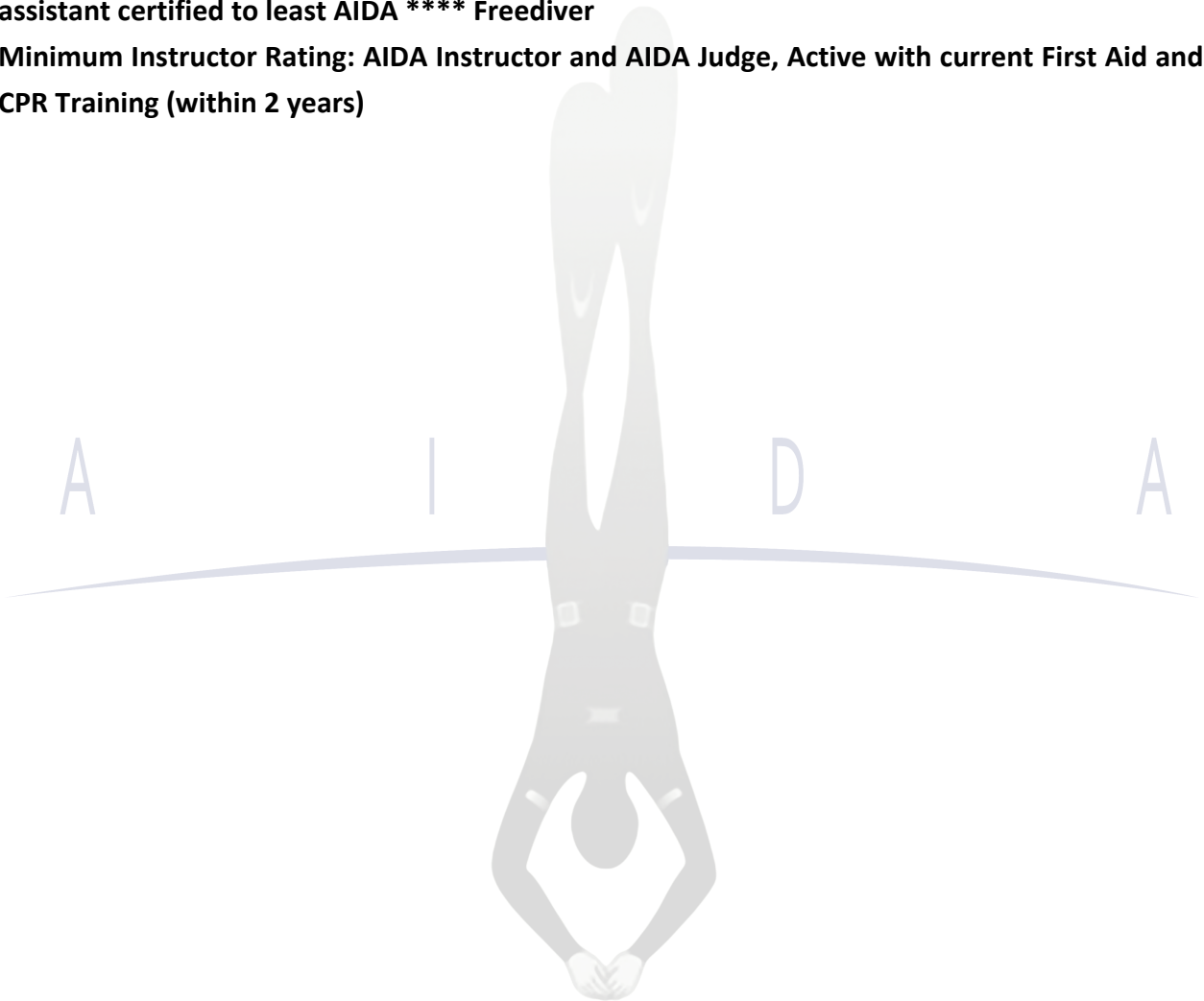
Minimum Theory Session – 1 session

Minimum Open Water Training – 1 session

Minimum Course Duration – 1 days

Student to Instructor Training: 8:1 (confined water) 4:1 (open water) 6:1 (open water with an assistant certified to least AIDA ** Freediver**

Minimum Instructor Rating: AIDA Instructor and AIDA Judge, Active with current First Aid and CPR Training (within 2 years)



AIDA COMPETITION SAFETY FREEDIVER FINAL EXAM

Name: _____

Date: _____



1. List the six Competitive disciplines in AIDA Competitions (6 pts)

2. List the three steps of the Surface Protocol (3 pts)

3. Which of the following will disqualify the athlete for "Black-Out"? (circle the correct answers) (5pts)

- A. Failure to perform the Surface Protocol
- B. Respiratory arrest
- C. Loss of consciousness
- D. Post-blackout mechanical movements
- E. Conscious but with the inability to maintain the airway out of the water requiring intervention

4. At a pool competition what is the role of the safety diver at the Warm up Zone? (3 pts)

5. At a pool competition what is the role of the safety diver at the Official Competition Zone? (3 pts)

6. When are taps given by an official safety freediver during a Static Apnea performance? (3 pts)

7. What safety equipment does the safety freediver use at a pool competition? (3 pts)

8. Name at least 3 cases when a safety freediver at a pool competition intervenes during the athlete's performance? (3 pts)

9. What can happen if the athlete or his coach acts in an unsportive and disturbing manner? (1 pt)

10. How is the official count down conducted in an AIDA pool competition (3 pts)

11. How much time does each athlete have to complete their warm up during a pool competition? (1 pt)

12. Which 5-6 people are allowed in the competition zone (the performance area)? (5 pts)

13. Why is it necessary to have two safety divers in each lane during a dynamic competition? (1 pt)

14. How do the judges ensure that the athletes are not breathing O₂ prior to the dive? (1 pt)

15. What are post-blackout mechanical movements? (2 pts)

A I D A

16. Under what conditions can the safety diver stop the athlete from starting their performance when in the competition zone? (3 pts)

17. The athlete is at the surface after completing their dynamic competition performance. Circle the correct sentences: (2 pts)

- A. The safety diver gets in front of the athlete facing him/her.
- B. The safety diver doesn't touch the athlete
- C. The athlete has to complete the surface protocol towards a judge
- D. The safety diver tells the athlete to breathe

Exam Score: _____ / 48 Points

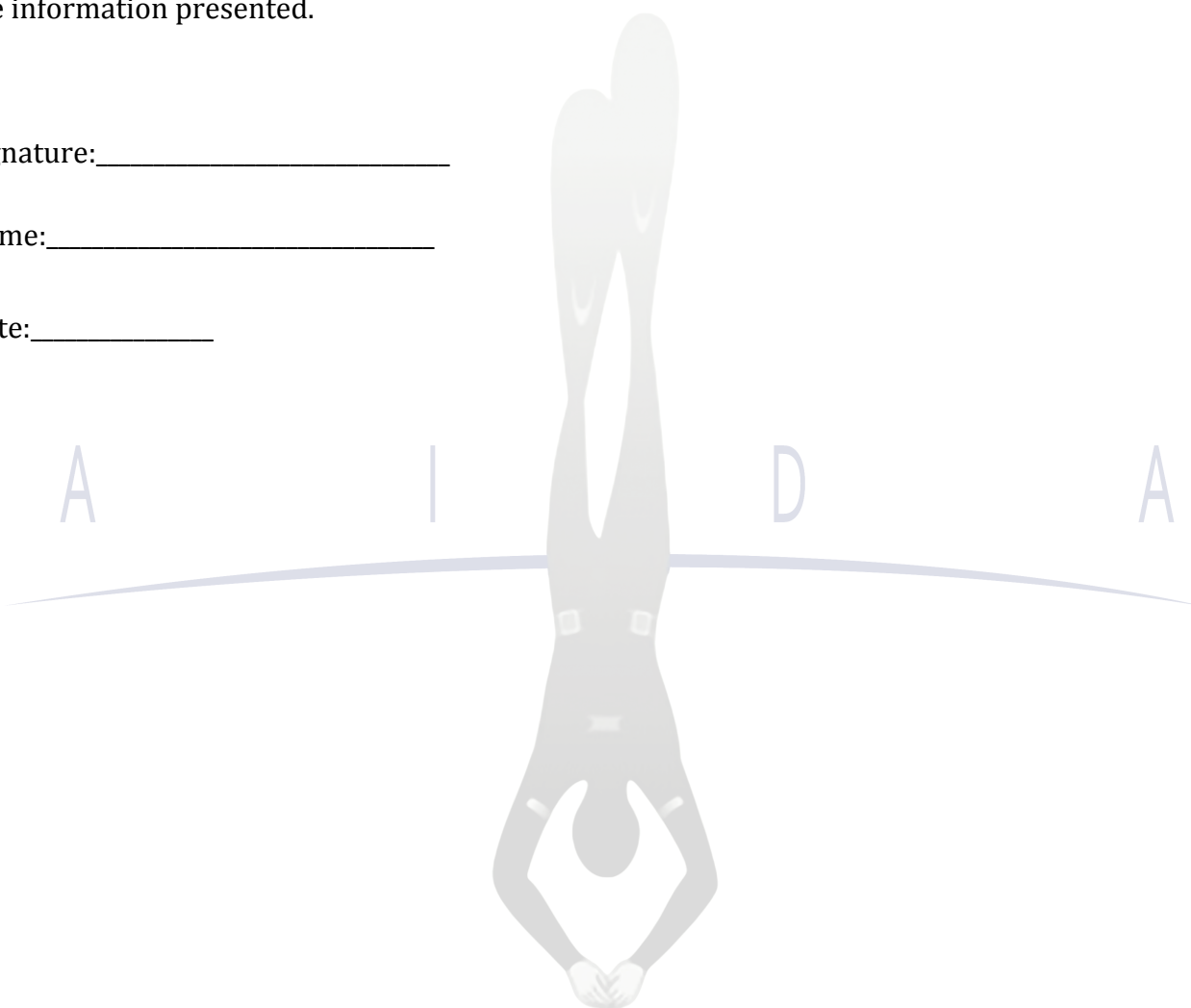
Minimum Pass is 36/48

My instructor has reviewed with me any questions that I missed and I now fully understand the information presented.

Signature: _____

Name: _____

Date: _____



AIDA POOL COMPETITION SAFETY FREEDIVER FINAL EXAM ANSWER KEY

1. List the six main Competitive disciplines in AIDA Competitions?

CONSTANT WEIGHT WITH FINS, DYNAMIC WITH FINS, STATIC, FREE IMMERSION, CONSTANT WITHOUT FINS, DYNAMIC WITHOUT FINS

2. List the three steps of the Surface Protocol

1. Remove all facial equipment
2. Give an OK Sign to the Judge
3. Say "I am OK"

3. Which of the following will disqualify the athlete for "Black-Out" (circle the correct answers)?

- A. Failure to perform the Surface Protocol
- B. Respiratory arrest
- C. Loss of consciousness
- D. Post-blackout mechanical movements
- E. Conscious, but with the inability to maintain the airway out of the water requiring intervention.

4. At a pool competition what is the role of the safety diver at the Warm up Zone?

To ensure the safety of the athletes

To maintain a calm and quite environment at his/her area of responsibility

To assist the athletes in any way possible

To ensure and assist in the unobstructed progression of the competition

To follow the instructions of the competition organizer and the AIDA judges.

5. At a pool competition what is the role of the safety diver at the Official Competition Zone?

To ensure the safety of the athletes

To follow the performance of the athletes in his/her area of responsibility and be ready to intervene in case it is required.

To follow any instructions given by the AIDA Judges or the competition organizers.

To maintain a calm and quite environment at his / her area of responsibility

To ensure and assist in the unobstructed progression of the competition

6. When are taps given by an official safety freediver during a Static Apnea performance?

First tap at 1min before AP

Second tap at 30sec before AP

Third tap at AP

After AP taps are given every 15secs

7. What safety equipment does the safety freediver use at a pool competition?

Buoyancy support, watch with official time, stopwatch

8. Name at least 3 cases when a safety freediver at a pool competition intervenes during the athlete's performance?

When the athlete cannot maintain their airway above the surface

When the judges instruct the safety diver to intervene

When the athlete has lost consciousness or experiences a respiratory arrest during the performance.

When intervention is needed to ensure the athlete's safety

9. What can happen if the athlete or his coach acts in an unsportive and disturbing manner?

The athlete can be disqualified

10. How is the official count down conducted in the pool disciplines:

2 minutes, 1'30, 1'00, 30", 20", 10", 5", 4", 3", 2", 1", official top, 1", 2", 3", 4", 5", 6", 7", 8", 9", 10", 20", 30" start cancelled.

10. How much time does each athlete have to complete their warm up during a pool competition?

45 min

12. Which 5-6 people are allowed in the competition zone (the performance area)?

The athlete

His/her partner (captain/coach)

A judge (or two when it is a record announcement)

One or two safety freedivers

Official competition videographer / photographer

13. Why is it necessary to have two safety divers in each lane during a dynamic competition?

To have each safety cover only half the length of the pool to prevent exhaustion.

To assist each other during rescues.

14. How do the judges ensure that the athletes are not breathing O2 prior to the dive?

The athlete has to be in the general area of the competition area the last 60min before his/her OT.

15. What are post-blackout mechanical movements?

Post-Blackout Mechanical Movements are characteristic, physical movements occurring during short successive losses of consciousness (head dropping forwards and backwards repetitively)

16. Under what conditions can the safety diver stop the athlete from starting their performance when in the competition zone?

If they are instructed to do so by the AIDA Judges

If the athlete has not started their performance within 30secs from their OT.

17. The athlete is at the surface after completing their dive. Circle the correct sentences:

- A. The safety diver gets in front of the athlete facing him/her
- B. The safety diver doesn't touch the athlete
- C. The athlete has to complete the surface protocol towards a judge
- D. The safety diver tells the athlete to breathe

