



Training guidelines for recreational divers and instructors 2025

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Abbreviations

ABC Mask, fins and snorkel	IE Instructor Examination; 2-day final examination for i. a. c. Instructor
AED Automated External Defibrillator	IT Instructor Trainer
AFA Advanced First Aid	ITC Instructor Training Center
BLS Basic Life Support	MD Master Diver
CD Course Director	MI Master Instructor
CMAS Confédération Mondiale des Activités Subaquatiques	OWD Open Water Diver
DAN Divers Alert Network	OWI Open Water Instructor
DIN German Institute for Standardization	Prep Preparation Course; 2-3-day immediate exam preparation
DL Dive Leader	RSTC Recreational Scuba Training Council
DLP Dive Leader professional	SC Specialty course
IDC Instructor Development Course: includes modules 3 -7 of the i. a. c. Instructor Training	

Definitions

Children and young people	Persons between 6 and 15 years of age.
Try Scuba Diving	Also "Try Scuba Diving"; getting to know diving in shallow water
Diving courses for beginners	Courses for divers without significant previous experience with the aim of qualifying the applicant to dive under the supervision of experienced divers after completing the diving course.
Diving courses for advanced divers	(Advanced) courses for certified divers : The aim of the courses is to perfect the existing knowledge and skills, which should also enable the diver to supervise and look after other divers under water after completing their training.
Supervised diver	Also "Diver Level 1", according to ISO 24801-1; is a diver who has just gained sufficient experience to be able to dive under the supervision of a highly experienced diver, according to ISO 24801-3, e.g. i. a. c. Dive Leader.
Independent diver	Also "Diver Level 2", according to ISO 24801-2; is the minimum training level of a diver for the ability to dive under defined conditions (e.g. known environment, familiar depth range) even without the supervision of a diving instructor or experienced diver with divers of the same training level. This level is achieved when the diver has safely mastered the required content (see Training Record Card for OWD), the instructor has confirmed this on the Training Record Card and this has been countersigned by the diver.
Diving group leader	Also "Diver Level 3", according to ISO 24801-3; is a very experienced diver, e.g. i. a. c. Dive Leader who has already gained so much experience that he can also supervise inexperienced divers under defined conditions after completing their training.
Training Record Card	Standardized, personalized routing slip to accompany the training. Serves as a checklist for open or completed training steps, as a referral form and as a binding basis for checking the quality and content of training.
Instructor	Instructor for recreational divers according to ISO 24802-1 and ISO 24802-2.

Scuba Instructor	Also " Assistant Instructor", " Instructor Assistant" or " Basic Instructor"; is the designation for an instructor according to ISO 24802-1, who is already allowed to teach independently, but with restrictions.
Open Water Instructor	Instructor according to ISO 24802-2 with training and examination authorization up to and including i. a. c. Master Diver.
Master Instructor	Instructor according to ISO 24802-2 with training and examination authorization up to and including i. a. c. Dive Leader Professional.
Instructor Trainer	Instructor according to ISO 24802-2 with training and examination authorization up to and including Master Instructor.
Course Director	Instructor Trainer with extended competencies.
Instructor Training Center	Training center for instructor training with approval by the i. a. c. Head
Nitrox	Mixture of nitrogen and oxygen with more than 21% oxygen content.
Freediving	Diving while holding your breath without diving equipment.
Dive	Underwater activity between 5 and 40 meters water depth, with a stay under water of at least 15 minutes.
Introductory dive	An open water dive conducted under the direct supervision of an instructor to introduce participants to the fun and adventure of scuba diving. The introductory dive does not lead to certification. It includes the following minimum components: 1. briefing, 2. preparation for the dive, 3. entry, 4. underwater tour, 5. a maximum depth of 12 meters, 6. exit, 7. debriefing.
Training dive	Dive during which new training content is taught. Depending on the diving course, special depth ranges must be observed, as specified in the respective training record card. Training dives in open water may only be carried out from OWI with the corresponding training authorization.
Practice dive	Also known as a training dive or adventure dive; previously learned content is repeated and practiced during a dive. Practice dives may already be carried out by the scuba instructor.
Examination dive	Dive to test the specified examination content. Examination dives must be carried out by an instructor from OWI onwards, with the corresponding training and acceptance authorization for the respective diving project.
Pool-like conditions	Also known as confined water; characterized by a maximum water depth of 5 m with a water temperature of at least 16 °C at a depth of 1 m. A shallow standing water zone must be present. The bottom of the water must be visible from the surface and the water must have safe, easy procedures on safe entry and exit.
ABC equipment	Equipment for beginners and snorkelers, consisting of mask, snorkel and fins.
Diving equipment	Standard equipment for diving, consisting of: NBC equipment, regulator, alternative air supply (simple octopus configuration or independent, separate, second breathing gas supply, depending on regional regulations and environmental conditions), compressed gas cylinder with suitable carrying device, tare system, weight system with quick release device (if required), instruments for measuring dive time, depth and cylinder pressure, cold protection (adapted to the environmental conditions). Special environmental conditions may require additional equipment (e.g. compass, knife/cutting tool). The instructor's diving equipment must be configured in such a way that he is able to perform all diving skills of scuba divers of training level 1, 2 and 3 according to the respective standards ISO 24801-1, ISO 24801-2 and ISO 24801-3 in demonstration quality.

Direct supervision	A certified instructor in accordance with ISO 24802-2 is in the water and directly present.
Indirect supervision	A certified instructor in accordance with ISO 24802-2 has an overall view and responsibility and can intervene immediately if necessary.
Qualified assistant	Also: certified assistant; a diver according to ISO 24803-3 who also has the basic knowledge and skills of a diving instructor, but has not yet completed full instructor training.
Ratio	The ratio of instructor to student diver.
BLS	Life-saving immediate measures at the scene of an accident (also cardiopulmonary resuscitation = CPR)
AFA/ Advanced First Aid	In addition to pure first aid (= BLS), the AFA course also covers the content of secondary care and the use of AED and oxygen after diving accidents. The content of training courses offered by other qualified institutions (e.g. DRK, ASB) can be recognized.
Emergency alternatives in case of air shortage	Procedures that enable a diver to ascend to the surface in the event of an air shortage (e.. empty tank, defective air supply). Possible procedures include: alternative air supply (e.g. octopus breathing, alternate breathing), emergency ascent, free ascent and redundant air supply (e.g. " spare air").

Introduction

The i. a. c. is one of the most renowned organizations in diving. These training guidelines, together with the safety standards, the regulations for the training of instructors and the standards for instructor trainers and course directors, form the Dive Center for qualified and up-to-date training.

Thanks to its membership of RSTC Europe and EUF as well as ISO certification, i. a. c. training is recognized worldwide.

These training guidelines are supplemented by further standards and documents. These include in particular

1. Training Record Cards
2. Safety standards
3. Regulations for instructor training
4. Standards for Instructor Trainers and Course Directors

These standards and guidelines are relevant for all i. a. c. Instructor and are taught and tested during the instructor training. They apply as a benchmark and guideline for all training courses, both for i. a. c. Instructor as well as for divers. All i. a. c. Instructors have undertaken to keep their knowledge of these standards up to date and to follow them at all times.

In addition, supplementary standards apply to specialty areas such as TEC and rebreather diving, cave diving, freediving and diving with physical disabilities, which are taught in separate seminars and are only relevant for those instructors who train and test in these specialty areas.

Training for all courses and performance levels takes place in diving schools that are officially authorized by the i. a. c. Head Office officially authorized to do so. By signing a license and training contract, the license instructors undertake to comply with all relevant standards and guidelines.

Training objectives

Depending on the training level, the Certifications enable you to dive under the supervision of an instructor, to dive accompanied by an experienced diver, to dive independently with adequate partners or to accompany and guide less experienced fellow divers. The various instructor levels enable recreational divers of all abilities to be trained and further educated safely, initially under the supervision of an experienced instructor and later independently. The highest goal is the qualification to train and/or examine instructors.

i.a.c. Training path

The training path of the i.a.c. diver and instructor is based on the specifications of the RSTC Europe and the DIN/EN/ISO standards.

The training of recreational and hobby divers is divided into different levels. The most important of these are

- Supervised diver with the ability to dive in the company of an experienced diver
- Independent diver with the ability to dive in the company of at least equally qualified divers
- Diving group leader with the ability to accompany inexperienced divers

These training levels are supplemented by various special courses that teach additional skills and abilities.

Training as a hobby and recreational diver is followed by training as a diving instructor. This training also takes place at various levels:

- Scuba Instructor with the ability to assist in diving training
- Instructor with the ability to independently train divers
- Instructor Trainer with the qualification to train instructors

These training guidelines provide an overview of the requirements, content and duration of the various training levels. Detailed information on content and exercises is provided in the respective training record cards, which are an integral part of these guidelines and represent specific, binding instructions for instructors.

Brief overview of i.a.c. standards for divers and instructors

<i>Course name</i>	<i>At least Age</i>	<i>DIVE (K)²</i>	<i>Prerequisites, contents, remarks</i>	<i>DIVE (B)²</i>	<i>Instr. Level</i>
(Junior) ³ Indoor Diver	(10) 15	4	V: none I: Theory, pool and 4 qualifying dives in approved indoor diving centers B: With proof of Scuba Divers (not older than 1 year) only 2 more Dives according to Dive in approved indoor diving centers are required The Indoor Diver certificate entitles you to dive in indoor diving facilities without an instructor	4	Scuba Instructor
(Junior) ³ Scuba Diver	(10) 15	2	V: I: Theory and pool as for OWD, but only 2 qualifying dives B: none	2	Scuba Instructor/ OWI
(Junior) ³ Open Water Diver	(10) 15	4	V: none I: Theory, pool and 4 qualifying dives in open water B: With proof of Scuba Divers (not older than 1 year) only 2 Dive according to Dive in open water are required	4	OWI
(Junior) ³ Advanced Open Water Diver	(12) 15	5	V: OWD or cf. I: SC Navigation, SC Deep Diving plus at least 1 further SC NO deep diving for young people under the age of 15 B: at least 6 qualifying dives during compact training or at least 2 Dives per SC with 3 individual courses Upgrade from JAOWD to AOWD only after completing SC Deep Diving	9	OWI
Master Diver	15	-	V: i. a. c. AOWD or similar plus SC Stress & Rescue and another SC I: none B: Recognition certificate without examination	20	OWI
Dive Leader	18	5	V: i. a. c. Master Diver or cf. plus SC Stress & Rescue or cf. and SC Dive Group Management I: Deepening of skills in group leadership, supervision of inexperienced divers and larger groups under water, instruction in local diving and at least 5 qualifying dives B: none	65	MI

Dive Leader Professional	18	-	V: Dive Leader or cf. I: Try scuba diving with beginners in pool and confined water, refresher courses, local diving, support in the training of divers, etc. B: The qualified scuba instructor course	65	MI
Scuba Instructor	18	20	V: Dive Leader or cf. I: Instructor training in the form of an internship or modular training B: Proof of DLP= Shortening possible	100	IT/TL3
Open Water Instructor	18	6	V: Dive Leader or see ⁴ I: Instructor course with preparation for the exam B: Training duration depends on previous experience (see requirements)	120	IT/TL3/CD
Specialty Instructor	18	see below.	V: Scuba Instructor I: Acquisition of acceptance authorizations for SC B: as SI not possible for all SC	100	IT/TL3
Master Instructor	18	-	V: OWI or cf. I: Proof of training experience after obtaining the OWI: at least 50 i. a. c. certifications or at least 25 i. a. c. Certifications and attainment of at least 3 additional acceptance authorizations for SC, of which at least 1 per course concept B: Recognition certificate without further instructor examination, Master Instructor is not equal to TL2 (see CMAS standards)	220	Head Office
Instructor Trainer	23	5+	V: Proof of outstanding training activity: at least 150 diving trainings, thereof at least 50 i. a. c. certifications since MI, Successful work shadowing at i. a. c. Instructor Seminar I: Participation in instructor seminar as a member of the trainer team, teaching, coaching and evaluating instructor candidates B: IT cannot be obtained via crossover	500	Head Office

Course Director	25	5+	<p>V: Proof of outstanding training activity: At least 50 i. a. c. certifications since IT, Proof of training of at least 3 scuba instructors or completion of 3 crossover seminars, participation as a trainer in at least 3 instructor seminars</p> <p>I: Organizing and conducting instructor seminars, teaching, coaching and evaluating instructor candidates</p> <p>B: CD cannot be obtained by crossover, CD can be appointed as examiner for certain exams</p>	500	Head Office
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¹Dive(K)= Minimum number of dives during the course

²Dive (B) = minimum number of dives for certification

³Detailed regulations and all information on diving with children and young people are regulated separately in the " Appendix on Diving with Children" and can be viewed there.

⁴The entry level (= DL, DLP or Scuba Instructor) determines the duration of the instructor course and the training modules to be completed.

Notes

General requirements for participation in all courses

- Current health and fitness
- Presentation of a self-declaration or medical certificate of fitness to dive in accordance with i. a. c. safety standards
 - From Dive Leader Professional, the option of self-disclosure is no longer available; a medical certificate of fitness to dive is mandatory. The certificate can be issued by any licensed doctor, unless national jurisdiction requires otherwise.
- Sufficient swimming skills as specified in the respective Training Record Card.

Specialty Instructor

- Optional additional qualification after acquiring the training authorization
- At least 20 Dive in the respective specialty area
- Dives as specified in the respective SC
- Submission of a meaningful course concept and/or attainment of the relevant qualification in an ITC authorized to provide training (see also 4.6).

Brief overview of CMAS standards for divers and instructors

<i>Course name</i>	<i>At least Age</i>	<i>DIVE (K)¹</i>	<i>Prerequisites, contents, remarks</i>	<i>DIVE (B)²</i>	<i>Instr. Level</i>
CMAS*	14	5	V: none I: Theory, pool and 5 qualifying dives in open water B: After certification as i.a.c. OWD only 1 additional dive and ABC part within 12 months	5	TL1
CMAS**	16	5	V: OWD, CMAS* or see plus SC Navigation, Dive Group Management and Advanced First Aid I: Theory, pool and 5 qualifying dives in open water B: none	25	TL2
CMAS***	18	5	V: Master Diver, CMAS** or similar. I: Dive Group Management and at least 5 qualifying dives B: none	65	TL2
TL1	18	6	V: Dive Leader or see ³ I: Instructor course with preparation for the exam B: Training duration depends on previous experience (see requirements)	120	IT/TL3/ CD
TL2	20	6	V: OWI, TL1 or cf. I: Instructor course with preparation for the instructor exam B: Qualification through participation in a 5-day examination	220	IT/TL3/ CD
TL3	23		V: MI, TL2 or cf. Proof of outstanding training activity: At least 50 i.a.c. certifications since TL2, Work shadowing at i.a.c. Instructor Seminar I: Participation in instructor seminar as a member of the trainer team, teaching, coaching and evaluating instructor candidates B: TL3 cannot be obtained via crossover	500	Head Office

¹Dive(K)= Minimum number of dives during the course

⁽²⁾Dive (B)= Minimum number of dives for certification

³The entry level (= DL, DLP or Scuba Instructor) determines the duration of the instructor course and the training modules to be completed.

Brief overview of i.a.c. standards for specialty courses

<i>Course name</i>	<i>Min. Age¹</i>	<i>DIVE (K)²</i>	<i>Requirements for participation</i>	<i>Instr. Level</i>
Advanced First Aid	12	-	-	Acceptance authorization for the corresponding SC
Navigation	12	2	OWD or see ³	
Dive Group Management	15	2	OWD or cf.	
Deep Diving	15	2	OWD or cf.	
Stress & Rescue	15	4	AOWD or see ³	
Nitrox Basic	15	-	OWD or see ³	
Night Diving	12	2	OWD or see ³	
Dry Suit Diving	12	2	OWD or see ³	
Environmental Diver	10	2	OWD or see ³	
Altitude Diving	12	2	OWD or see ³	
Underwater Photographer	10	Pool	OWD or see ³	
Equipment	12	-	OWD or see ²³	
Scooter	15	5	OWD or cf.	
Search & Recovery	12	4	OWD or see ³	
Full Face Mask	12	2	OWD or see ³	
Perfect Buoyancy	10	2	OWD or see ³	
Drift Diving	12	2	OWD or see ³	
River Diving	15	2	OWD or cf.	
Wreck Diving	15	2	OWD or cf.	
Ocean Cavern Diving	15	2	AOWD or cf.	
Ice Diving	18	2	AOWD or cf.	
Sidemount Diving	12	2	OWD or see ³	

¹ All specialty courses for young people under the age of 15 are as certified junior versions, if

²Dive(K)= Minimum number of dives during the course

³ These courses can already be attended with the junior version of the required brevet level

Rules and recommendations for putting together diving groups

In addition to the minimum requirements of ISO certification, the following recommendations for safe diving apply at i. a. c:

Diver 1 certification level		Diver 2 certification level		Safe diving possible	Remarks/ Recommended max. diving depth
Scuba Diver	with	Scuba Diver	=	NO	-
Scuba Diver	with	Dive Leader	=	YES	12 meters
Indoor Diver	with	Indoor Diver	=	Restricted, see footnote ¹	
OWD	with	OWD	=	Restricted, see footnote ²	
OWD	with	AOWD	=	Restricted, see footnote ²	
OWD	with	Master Diver	=	Restricted, see footnote ²	
AOWD	with	AOWD	=	YES	See footnote ³
AOWD	with	2 OWD	=	NO	-
Master Diver	with	2 OWD	=	NO	-
Master Diver	with	Master Diver or AOWD	=	YES	See footnote ³
Master Diver	with	2 Master Diver	=	YES	See footnote ³
Dive Leader ⁴	with	Scuba Diver	=	YES, see footnote ⁴	See footnote ⁴
Dive Leader ⁴	with	OWD	=	YES, see footnote ⁴	18 meters
Dive Leader ⁴	with	AOWD	=	YES, see footnote ⁴	See footnote ⁴
Dive Leader Professional	with	Taster diver	=	YES	Confined Water

¹The i. a. c. Indoor Diver is qualified to undertake dives in indoor diving centers with a second, equivalently trained diving partner without being under the supervision of an experienced diving instructor or diver. At least one of the two diving partners must be of legal age. The Indoor Diver does not entitle you to dive in open water.

²In accordance with DIN/EN/ISO standards, the OWD has the necessary skills and abilities to undertake dives with a second, equivalently trained diving partner without being under the supervision of an experienced diving instructor or diver. However, the independent diving of two such inexperienced divers is subject to certain conditions. Diving in this constellation is only permitted if:

1. the present conditions are equivalent or better than those under which the i. a. c. OWD has been trained and adequate support above water is ensured,
2. is dived within the no-decompression time, whereby the maximum diving depth may not be deeper than the maximum depth dived with an instructor during the training,
3. at least one of the two diving partners is of legal age.

For all other cases, supervision by a more experienced, adult diving partner or diving instructor is required. The experience of a diver is not only dependent on the diving certification, but also on the number of dives carried out and the current level of activity. For example, an AOWD or Master Diver with more than 100 dives can also be considered experienced

³The i. a. c. recommends a maximum depth of 40 meters for all dives with optimal environmental conditions (e. g. warm, clear salt water). In less than optimal conditions (e. g. limited visibility, cold, current), the depth should not exceed 30 meters. All dives are carried out as no-decompression dives

⁴The i. a. c. Dive Leader has learned during his training to assess the environmental conditions and the diving skills of his diving partners and to adapt the dive plan to the situation at hand. This applies in particular to the choice of dive site, the composition of the diving group, the number of fellow divers and the maximum diving depth. The i. a. c. recommends that the diving group should always be reduced to a number of divers that allows the dive leader to make physical contact with each individual diving partner at all times without losing the overall view of the group. If necessary, the group should be reduced in size and/or the diving depth should be reduced and the support of a qualified assistant should be utilized.

Implementation regulations

Diving courses and diving activities that lead to an extension of previously learned skills and abilities may only be carried out by appropriately qualified and certified diving instructors who have the training and examination authorization for the respective performance levels, courses and SC.

The i.a.c. courses include theoretical and practical training. Achievement of the training course objectives is ensured by testing practical skills and theoretical knowledge. The theory examination is carried out by means of knowledge reviews, knowledge tests or special examination questions. If a final theoretical examination is required, this should be in written form. In justified individual cases, an oral examination is also permitted. In this case, a written record must be kept by the instructor.

The practical skills test is integrated into the exercises. The training section is only deemed to have been passed once the respective parts of the exercise have been mastered. All completed training sections are recorded in the training record cards, stating the date, and countersigned by both the instructor and the student.

The training for the various diving courses is carried out in accordance with the requirements of the respective current training record cards. These must be read together before the start of training and completed by the instructor and student during training. The current version is available in the password-protected internal area at www.diveiac.com.

Theoretical and practical exercises may be combined as desired. Before diving students carry out practical exercises, they must be familiar with the required theoretical content. Diving students must first master the required skills in the pool or in confined water before they are allowed to perform them in open water. The exercises are practiced with the instructor until they are safely mastered. Exercises in which the applicant is unsure may only be repeated immediately if there is no risk to the instructor or student. It may be possible to carry out preliminary tests or exercises at a lower depth in order to gradually increase the student's confidence.

All dives may only be carried out with full standard diving equipment. Each diver carries an octopus on all training dives with equipment, and in cold waters (= water temperature <10°C at the planned diving depth) a complete second regulator on a separately lockable cylinder valve. Diving students and diving instructors must use the same equipment configuration.

The instructor must be in the water during each training session and ensure direct control of each student; both in the pool/limited open water and in open water.

Training dives may only be carried out in daylight, vertical and direct ascent, not in wrecks or under ice (exceptions: SC Ice Diving, Wreck Diving, Night Diving, Ocean Cavern Diving).

The pupil-teacher ratio must never exceed 8:1. This ratio is only to be used in optimal conditions. If conditions are not optimal, the ratio must be reduced accordingly, if necessary to a ratio of 1:1. In any case, the instructor must ensure that he can make immediate physical contact with each of his students at all times during the training dives. A certified, qualified assistant can increase diving safety and thus the possible ratio, but more than 8 students per instructor and more than 12 students under water are not possible under any circumstances.

Dives in preparation for the next higher level are all scuba dives in open water between 5 and 40 meters deep in salt water or between 5 and 30 meters deep in fresh water and lasting at least 15 minutes. The respective maximum depths depend on the training level and the respective conditions. All dives with Scuba must always be carried out as no-decompression dives.

The maximum diving depth for training and practice dives is determined by the instructor, taking local conditions into account. Until successful completion of SC Deep Diving, the maximum permitted diving depth is 18m. The maximum diving depth is restricted for children and young people under the age of 15:

The age in years gives the maximum permitted diving depth, e.g. a 13 year old diver may dive to a maximum depth of 13m.

With certification as a Deep Diver, the depth limit is extended to diving depths of up to 30 or 40m (see conditions above).

The instructor who conducts the first exercise for an i.a.c. certificate checks the requirements to be fulfilled and confirms them on the corresponding training record card. Certifications with the prefix "Junior" are issued for young people under the age of 15. On reaching the age of 15, this diving license can be converted into a diving license without the suffix "Junior" (e.g. Junior OWD becomes OWD). To do this, a new diving license with a current passport photo must be issued - if necessary after completing a refresher course (more details can be found on the respective training record card).

Exception: The diving certificate Junior Advanced Open Water Diver can only be converted to AOWD after successfully completing the specialty Deep Diving.

The number of training dives specified in these guidelines must be adhered to in all cases. The prescribed exercises must also be completed in full, but they can be combined and distributed over the prescribed practice dives as the instructor sees fit.

The instructor determines whether the applicant has achieved the respective training course objectives by evaluating the written examination and by instructing and monitoring the exercises as part of the practical training. The instructor regularly discusses the current level of performance in theory and practice with the applicant during and at the end of the course. The instructor confirms all successfully completed exercises and practice dives on the training record card and has these confirmed by the student.

The instructor who confirms the last open exercise for an i.a.c. certificate will note this in the logbook and on the training record card candidate's .

All exercises for an i.a.c. diving license (theory and practice) must be successfully completed within a maximum of 12 months and confirmed in the Training Record Card. Otherwise, all already confirmed exercises expire and the i.a.c. Diving Certificate must be started from scratch.

Requirements for participation in diving courses

The following requirements must be met in order to participate in training:

- Minimum age as stated on the Training Record Card
- For minors, a declaration of consent from a parent or legal guardian is required. The restrictions on children's diving must be observed.
- Proof of swimming ability in a suitable manner, e.g. by swimming on the surface without aids for at least 10 minutes and a distance of at least 200 meters.
- Proof of health requirements. The i.a.c. recommends an examination in accordance with the recommendations of the Gesellschaft für Tauch- und Überdruckmedizin (GTÜM). Alternatively, a consistently positive medical self-disclosure on the standardized form of the RSTC Europe may be sufficient, provided there are no legal requirements to the contrary.
- Current physical fitness and mental aptitude.

Preliminary information for the training

Before the start of the training, i.e. before or during the first training unit (e.g. in an orientation meeting), the following information must be given to the student, and additionally to the parents in the case of minors:

- Requirements regarding the state of health and information about the importance of regular medical examinations.
- Validity and limits of the desired qualification with reference to the fact that at least one member of the diving group must be of legal age for diving activities after the course (country-specific regulations must be observed).
- Content, procedure and costs of the course with information on insurance issues and legal requirements.
- Equipment requirements.

certification

Upon completion of the course, the student will receive a digital version of the diving license obtained as well as a physical, biodegradable card. The course is not considered complete until the corresponding card application has been received online by the i.a.c. Head Office has been received.

1.0 Diver training for beginners

Beginners within the meaning of these training guidelines are persons who require the supervision of a very well trained, advanced and specially trained diver or diving instructor during the preparation and execution of the dive. For diving courses with children and young people under the age of 12, additional qualifications as a children's diving instructor may be required, provided that these contents were not explicitly part of the diving instructor training. After completing the training, in individual cases, sufficient competence may have been achieved to allow diving under known, optimal conditions without the direct supervision of an experienced diver. The other requirements are described under the respective courses.

Details on prerequisites, course content, performance review and certification can be found in the current i. a. c. Training Record Card for the respective course.

1.1 i.a.c. Snorkeling

Prerequisites:

- Minimum age 6 years
- Proof of swimming ability
- For minors, a declaration of consent from a parent or legal guardian is required.

training course objectives

The snorkeling diving certificate should be fun, motivating and familiarize you with the basics of snorkeling. The applicant should get to know:

- Minimum equipment for snorkeling
- Nature, function, operation, care and maintenance
- Basics of temperature balance, pressure/pressure equalization and fin swimming technique
- Swimming rules and their application to snorkeling
- Tips for handling the ABC equipment
- Swimming and diving exercises

Instructor qualification

From **i. a. c. Dive Leader Professional**.

1.2 i.a.c. Try Scuba Diving

Prerequisites

- Minimum age 8 years
- Proof of swimming ability
- Proof of fitness to dive
- For minors, a declaration of consent from a parent or guardian is required. The restrictions on children's diving must be observed.

training course objectives

The applicant should be offered first impressions of diving. This includes in particular: Breathing under water, equalizing pressure and swimming under water.

After this dive, he should be interested in a further diving course if possible. Trial dives must be carried out in the swimming pool or confined open water.

Instructor qualification

From **i. a. c. Dive Leader Professional** for dives in the pool or confined water. Dives in open water only from **i. a. c. Open Water Instructor**

1.3 i.a.c. DSD - Discover Scuba Diving

Prerequisites

- Minimum age 10 years
- Proof of swimming ability
- Proof of fitness to dive
- For minors, a declaration of consent from a parent or legal guardian is required. The restrictions on children's diving must be observed.

training course objectives

The applicant should be offered first impressions of diving. This includes in particular Breathing under water, equalizing pressure and swimming under water.

In addition to the contents of the "Try Scuba Diving" course, an open water dive to a maximum depth of 12 m should be carried out with the applicant. The prerequisite for this is that all exercises, as listed in the Training Record Card, have been learned in advance in the pool or confined open water and are adequately mastered.

Instructor qualification

From **i.a.c. Dive Leader Professional** for dives in the pool or confined water. Dives in open water only from **i.a.c. Open Water Instructor**

Dividing with scuba equipment (SCUBA) From 8 years old

For all junior courses, a declaration of consent from a parent or legal guardian must be submitted before the start of the course.

1.4 i.a.c. Junior Diver

Prerequisites

- Minimum age 8 years
- Proof of swimming ability
- Proof of fitness to dive

training course objectives

The applicant should be taught the basics of diving and gain their first experience underwater.

Instructor qualification

From **i.a.c. Scuba Instructor** with child diving certification.

Dividing with scuba equipment (SCUBA) From 10 years of age

For all junior courses, a declaration of consent from a parent or legal guardian must be submitted before the start of the course.

1.5 i.a.c. Indoor Diver/Junior Indoor Diver

Prerequisites

- Minimum age 10 years
- Proof of swimming ability
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the principles for participating in dives in indoor diving centers specially designed for diving activities. After completing the course, the candidate should be able to dive with at least equally trained diving partners in appropriate environments.

To obtain the **i.a.c. Indoor Divers**, at least 4 qualifying dives must be completed in accordance with the current Training Record Card.

Further training (e.g. OWD or specialty courses, open water diving) that leads to a higher training level or a special authorization may only be carried out by a qualified diving instructor.

The recommended maximum depth for **i.a.c. Indoor Diver** is 18 meters. For children, the maximum diving depth depends on age, as described in the additional standards for children's diving.

Special regulations

No more than three training dives (with SCUBA) may be carried out per day.

Upon presentation of the **i.a.c. Scuba Diver**, only two further qualifying dives are required, provided that the period between the start of the **i.a.c. Scuba Diver** certification and completion of the **i.a.c. Indoor Divers** is no more than 12 months.

The special conditions for diving with children apply to the training of young people under the age of 12.

During training, Nitrox may be used up to a maximum of 40% oxygen content, provided that the special features of diving with O₂-enriched breathing gases are part of the course and no other regulations (e.g. laws, minimum age) contradict this.

The **i.a.c. Indoor Diver** may participate in specially approved SC if these take place under at least the same conditions (e.g. exclusively in authorized indoor pools).

The qualification **i.a.c. Indoor Diver qualification** can be extended to OWD by successfully completing 2 qualifying open water dives in accordance with the current Training Record Card.

Instructor qualification

From **i.a.c. Open Water Instructor**. If necessary with certification for children's diving.

1.6 I.a.c. Scuba Diver/Junior Scuba Diver

Prerequisites

- Minimum age 15 years (or 10 years for Junior Scuba Diver)
- Proof of swimming ability
- Proof of fitness to dive
- For minors, a declaration of consent from a parent or legal guardian is required. The restrictions on children's diving must be observed.

training course objectives

After training, the **i.a.c. Scuba Diver** must have sufficient knowledge, skills and experience to be able to dive in open water under the direct supervision of a diver - at least **i.a.c. Dive Leader** - in open water. The maximum diving depth is 12 meters for divers aged 12 and over. For children, the maximum diving depth depends on age, as described in the additional standards for children's diving.

Instructor qualification

From **i.a.c. Scuba Instructor**. If necessary with certification for children's diving.

The qualifying open water dives may only be conducted by the **i.a.c. Scuba Instructor** under the direct supervision and with the approval of an instructor from **i.a.c. Open Water Instructor**.

It must be possible to ensure physical contact at all times. The maximum ratio of one level 24801-1 diver to one level 1 diver must not be exceeded under any circumstances.

1.7 I.a.c. Open Water Diver/Junior Open Water Diver

Prerequisites

- Minimum age 15 years (or 10 years for Junior Open Water Diver)
- Proof of swimming ability
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the principles for participating in open water dives. In this context, they should also learn the basics for carrying out dives in open water independently with diving partners who have at least the same level of training. After completing the course, he should

- can safely participate in dives led by an experienced diver (e.g. **i.a.c. Dive Leader** or equivalent),
- can dive in open water with other divers, at least of the same training level, without the supervision of a diving instructor, if
 - the present conditions are equivalent or better than those under which the **i.a.c. OWD** as long as no thorough briefing on the local diving conditions (e.g. temperature, visibility, modified equipment) has taken place
 - is dived within the no-decompression time, whereby the maximum diving depth may only be deeper than the maximum depth dived with an instructor during the training after additional training,
 - adequate support on the water surface is ensured (e.g. emergency equipment, supervisor, safety diver, boat crew).

To obtain the **i.a.c. OWD**, at least 4 qualifying open water dives must be completed in accordance with the current training record card.

Further training (e.g. diving or specialty courses, diving greater depths than learned in the training, diving unknown waters or dive sites), which leads to a higher training level or a special authorization, may only be carried out by a qualified diving instructor.

The recommended maximum depth for **i.a.c. OWD** is 18 meters.

For children, the maximum diving depth depends on age, as described in the additional standards for children's diving.

Special regulations

No more than three training dives (with SCUBA) may be carried out per day.

Upon presentation of the **i.a.c. Scuba Diver**, only two qualifying dives in open water are mandatory, provided that no more than 12 months have passed between the start of the **i.a.c. Scuba Diver** certification and the completion of the **i.a.c. OWD** is no more than 12 months.

The special conditions for diving with children apply to the training of young people under the age of 12.

During training, Nitrox may be used up to a maximum of 40% oxygen content, provided that the special features of diving with O₂-enriched breathing gases are part of the course and no other regulations (e.g. laws, minimum age) contradict this.

Instructor qualification

From **i.a.c. Open Water Instructor**. If necessary with certification for children's diving.

2.0 Diver training for advanced divers

Advanced divers within the meaning of these training guidelines are divers who, due to their experience, are already able to dive without special supervision by an experienced diver or to supervise and look after other divers - before, during and after diving. Depending on the level of training/objective, holders of these diving certificates can accompany beginners or other advanced divers or supervise them underwater.

Regardless of the level of training, the following general conditions apply:

- Diving in new/unknown diving areas without adequate instruction is only permitted if the existing conditions are equivalent or better than those under which the diver was trained.
- Further training or experience leading to a higher level of training or special training may only be carried out by an appropriately qualified diving instructor.

2.1 i.a.c. Refresher

Prerequisites

- Minimum age 10 years
- Possession of a recognized diving certificate from **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be brought up to date in theory and practice with regard to:

- Diving theory
- Diving equipment
- Skills

and thus - especially after a longer break from diving - get fit again for participation in various diving activities.

Instructor qualification

From **i.a.c. Dive Leader Professional**.

2.2 i.a.c. Advanced Open Water Diver (AOWD)/Junior Advanced Open Water Diver (JAOWD)

Prerequisites

- Minimum age 15 years (or 12 years for J AOWD)
- Proof of the i.a.c. **OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the principles of underwater navigation (SC Navigation) and diving deeper than 18 meters (SC Deep Diving), as well as gaining further experience by completing at least one additional specialty course of their choice. After completing the course, the applicant should:

- Be able to safely plan and conduct dives with equally experienced divers,
- navigate safely underwater, with or without the aid of a compass,
- be able to dive safely to the recommended depths defined by the i.a.c. safety standards. For children, the maximum diving depth depends on age, as described in the additional standards for children's diving.

Special regulation

At least 5 qualifying dives are required for compact training, at least 2 Dives per specialty are required for 3 individual courses.

The Junior AOWD is only possible without Deep Diving! An upgrade to AOWD therefore also requires successful participation in SC Deep Diving (possible from the age of 15).

Instructor qualification

From i.a.c. **Open Water Instructor**.

2.3 i.a.c. Master Diver

Prerequisites

- Minimum age 15 years
- Proof of i.a.c. **Advanced Open Water Divers** or comparable, according to the current i.a.c. equivalence list,
- Proof of SC Navigation, Deep Diving, Stress & Rescue or equivalent
- Proof of two further SCs
- At least 20 logged dives for certification
- Proof of fitness to dive

training course objectives

Qualification as an i.a.c. **Master Diver** is achieved through diving practice. The applicant should further deepen the skills and knowledge acquired to date. By gaining diving experience and participating in the specialty courses Navigation, Deep Diving, Stress & Rescue (compulsory courses) and at least two further courses of their choice, the diver should be familiarized in theory and practice with the important content for the safe execution of any dives in open water with equally trained diving partners.

Certification takes place without further examination by proving that the requirements have been met.

Instructor qualification

From i.a.c. **Open Water Instructor**.

2.4 i.a.c. Dive Leader

Prerequisites

- Minimum age 18 years
- Proof of **i.a.c. Master Divers** or comparable, according to the current i.a.c. equivalence list
- Proof of the required for the Master Diver specialties
- Proof of SC Dive Group Management
- At least 65 logged dives for certification
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the principles for organizing and leading dives under difficult conditions. This includes group leadership with inexperienced diving partners as well as accompanying/leading diving groups with more than one diving partner. After completing the course, he should be able to safely plan and conduct dives under difficult conditions and also simple dives with inexperienced divers (at least **i.a.c. Scuba Diver**).

The **i.a.c. Dive Leader** must be able to cope with the most demanding conditions in their environment and competently lead appropriately trained dive buddies.

The training objective is, among other things, the safe handling of inexperienced divers and their accompaniment under water with the following content:

- Planning, organizing and carrying out dives and guiding other divers, including inexperienced divers, in open water,
- Planning and execution of emergency measures taking into account local diving conditions and diving activities,
- Introduction to local diving.

During the course, at least 5 qualifying dives must be completed in accordance with the Training Record Card.

Instructor qualification

From **i.a.c. Master Instructor**.

2.5 i.a.c. Dive Leader Professional

Prerequisites

- Minimum age 18 years (country-specific special regulations must be observed and complied with)
- Proof of the **i.a.c. Dive Leader** or comparable, according to the current i.a.c. equivalence list
- valid medical fitness to dive (no more than 1 year old)
- Instructor liability insurance

training course objectives

In addition to the skills and abilities learned in the Dive Leader course, the applicant should learn how to support diver training and thus gain their own training experience. They should learn how to support students in achieving their training course objectives and gain their first experience in the everyday life of a dive instructor.

The **i.a.c. Dive Leader Professional** should, at the end of the course, be able to independently conduct training

- Snorkeling,
- DSD in Confined Water and Pool,
- Refresher,
- Familiarization dives and introduction to the local underwater features,
- Group tours also with larger groups and beginners

to be carried out

He shall assist the instructor in checking and securing students during a course, but shall not test students or teach skills or knowledge.

The **i.a.c. Dive Leader Professional** must have the following additional skills as a result of their training:

- Supporting an instructor in diving training. His use as a qualified assistant can increase the ratio of instructor to student diver by a maximum of 4 students in the pool and a maximum of 2 students in the open water, if conditions permit.
- Conception and implementation of DSD courses in pool and limited open water
- Design and implementation of refresher courses

Special regulations

At the latest upon certification, the **i.a.c. Dive Leader Professional** must have liability insurance.

Under indirect supervision, the **i.a.c. Dive Leader Professional** can undertake practice dives with students on the OWD course, provided that no new learning content is being taught.

Open water dives as part of an OWD course may only be conducted by the **i.a.c. Dive Leader Professional** may only conduct open water dives under the direct supervision of an instructor of at least **i.a.c. Open Water Instructor level**.

Instructor qualification

From **i.a.c. Master Instructor**.

3.0 i.a.c. Specialties (SC)

The specialty courses offer interested divers a wide range of opportunities to expand their knowledge and skills. The i.a.c. recommends participation in specialty activities, such as night diving, dry suit diving etc., only after taking part in the corresponding course.

The Navigation and Deep Diving specialties are of particular importance, as they are an integral part of the **i.a.c. Advanced Open Water Diver** course. The same applies to the SC Stress & Rescue. This is an integral part of the **i.a.c. Master Divers**.

From a few exceptions, the various specialties can be attended by applicants with an **i.a.c. OWD** or equivalent. In the case of specialties for which a higher level of proficiency is required, this is noted accordingly under **prerequisites**. The following applies to all specialties:

Details on prerequisites, course content, performance review and certification can be found in the current i.a.c. Training Record Cards for the respective SC.

3.1 i.a.c. Advanced First Aid

Prerequisites

- Minimum age 12 years
- For minors, a declaration of consent from a parent or legal guardian is required

training course objectives

The **i.a.c. Advanced First Aid** course includes immediate life-saving measures as well as further support for the casualty. For this purpose, aids such as oxygen and AED, as well as instruments and aids from the emergency kit are also used, if appropriate for use by lay medical assistants. The course consists of a theoretical and a practical part with exercises on/with the various devices:

- BLS with exercises on the resuscitation manikin
 - Rescue route from finding the casualty to the arrival of the emergency services
 - Cardiopulmonary resuscitation
 - Stable lateral position
 - First aid for airway obstruction
 - First aid for severe external bleeding (life-threatening)
 - First aid for shock
- O2 application and presentation of various systems
 - Advantages of using oxygen and its effects after diving accidents
 - Legal aspects and dangers when handling oxygen
 - Precautionary measures
 - Getting to know the different systems: constant-flow, demand system
- Use of an automated external defibrillator
 - Cardiovascular basics
 - Operating an AED
 - Areas of application and limitations of AEDs

- Secondary care for casualties (= treatment of injuries that are not immediately life-threatening)
 - Recognizing and assessing an emergency situation
 - Treatment of wounds and fractures
 - Shock position, stable lateral position
 - Rescue and transport handles
 - Measures in the event of hypothermia or overheating
 - Measures following injuries caused by marine animals

Instructor qualification

From **i.a.c. Scuba Instructor** with Advanced First Aid certification, not older than 2 years.

3.2 i.a.c. Navigation

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The candidate should be able to determine his course and location during the dive and return safely to the starting point of the dive. After completing the course, he should:

- know and be able to use natural aids to navigation,
- know and be able to use technical aids for navigation,
- be able to safely master dives using these aids.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for navigation.

3.3 i.a.c. Dive Group Management

Prerequisites

- Minimum age 15 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive
- Proof of SC Navigation
- Recommended: Proof of SC Stress & Rescue and SC Deep Diving

training course objectives

The applicant should be familiarized in theory and practice with the basic elements of Dive Group Management and their interaction. After completing the course, he should:

- know the basic elements of Dive Group Management,
- have experience of their interaction within the diving group,
- be able to assess group members,
- be able to respond to his diving partner,
- ensure communication within diving groups,
- secure diving groups above and under water,
- know the tasks of the security group.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Dive Group Management.

3.4 i.a.c. Deep Diving

Prerequisites

- Minimum age 15 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with deep diving to a maximum of 40 meters. After completing the course, he should:

- Have basic knowledge of psychology, physics, physiology, decompression theory,
- have a basic theoretical and practical knowledge of the technical requirements of the equipment (especially when diving in cold water in accordance with EN 250),
- group members for deep diving,
- be able to respond to his diving partner during deep diving.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for deep diving.

3.5 i.a.c. Stress & Rescue

Prerequisites

- Minimum age 15 years
- Proof of **i.a.c. AOWD** or comparable, according to the current i.a.c. equivalence list
- Proof of a course in **i.a.c. Advanced First Aid** (or similar), not older than 2 years
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with preventive accident avoidance and the measures to be taken in the event of a diving accident. After completing the course, he should:

- be aware of the particular importance of preventive accident avoidance,
- be able to carry out dives in such a way that situations that could lead to problems or even accidents for themselves or other divers are avoided as far as possible right from the start,
- Mastering accident situations,
- be able to perform rescue and transportation techniques in the water and on land,
- know the efficient use of rescue and signaling equipment,
- know and initiate the rescue chain and be able to apply first aid and resuscitation techniques.

Note

The ascent and rescue exercises may be carried out from a maximum depth of 9m!

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Stress & Rescue.

3.6 i.a.c. Nitrox Basic

Prerequisites

- Minimum age 15 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of nitrox dives with gas mixtures consisting exclusively of nitrogen and oxygen, with a maximum oxygen content of 40%. After completing the course, he should:

- know the special problems and dangers of nitrox dives,
- be able to assemble and master the right equipment for nitrox dives,
- can carry out safe dives within the above-mentioned limits,
- know the precautionary rules that are a prerequisite for safe handling of nitrox and oxygen.

The Nitrox Basic Diver course can be completed with or without dives. In any case, the practical part involves measuring the current oxygen content, labeling the tanks accordingly and determining the MOD.

Note

From the age of 12, young people may attend a Nitrox Basic course and receive a Junior Nitrox Basic Certification. This allows them to dive with Nitrox, but only when accompanied by an adult Nitrox diver.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Nitrox Basic.

3.7 i.a.c. Night Diving

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of SC Navigation and Perfect Buoyancy
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of night dives. After completing the course, he or she should be a safe diver in a group:

- be able to master the special problems and dangers of night dives,
- can put together the right equipment for night dives,
- be able to use orientation aids at night,
- be able to behave correctly with regard to their buddy before, during and after the dive.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Night Diving.

3.8 i.a.c. Dry Suit Diving

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the operating and movement techniques for diving with dry suits. After completing the course, he should:

- have greater confidence in dry diving and knowledge of the special features,
- have acquired more safety through correct handling and special exercise techniques,
- have improved their assessment of their performance when using their own drysuit.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Dry Suit Diving.

3.9 i.a.c. Environmental Diving

Prerequisites

- Minimum age 10 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should gain an initial insight into aquatic biology with the following content:

- the interrelationships in the aquatic ecosystem,
- the large habitats and communities, in particular representatives of the most important animal groups and their biology,
- typical plants in the water,
- Planning, organization, procedures, techniques, problems and dangers of diving (fresh and salt water),
- Overview of the systematics of the main underwater life forms,
- Fact-based information to debunk myths about potentially dangerous life forms,
- Overview of the interaction and connection of underwater life forms,
- Responsible human interaction with underwater life,
- Diving techniques that help to protect life forms on the bottom and minimize disturbance to underwater life,
- Protection of the riparian regions,
- Resting and spawning grounds

Instructor qualification

From **i.a.c. Scuba Instructor** with certification for Environmental Diving.

3.10 i.a.c. Altitude Diving

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Diving equipment suitable for cold water according to EN 250
- Additional equipment (e.g. lamp, adapted cold protection)
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of mountain lake dives. After completing the course, he should:

- be able to carry out the preparation, logistics and organization of mountain lake dives,
- be able to determine the altitude of the mountain lake (altimeter or map) in order to precisely plan the approach and departure routes in terms of time and pressure before and after diving in the mountain lake in the saturation or desaturation zone,
- know the basics of meteorology so that he can rule out possible dangers,
- know that, in terms of environmental protection, the riparian regions, spawning grounds and resting places in particular must be protected,
- have learned to pay attention to optimal equipment and buoyancy control,
- know the physical and medical aspects of mountain lake diving,
- know and master the technical aspects of mountain lake diving with the appropriate equipment above and under water in accordance with EN 250, suit and the necessary additional equipment,
- master the execution of dives in the mountain lake.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Altitude Diving.

3.11 i.a.c. Underwater Photographer

Prerequisites

- Minimum age 10 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should gain a first insight into underwater photography. He should:

- get to know the most important technical and practical basics,
- be able to take underwater photos, also taking into account environmental aspects,
- Get to know the basics of image processing.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Underwater Photographer.

3.12 i.a.c. equipment

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should acquire an intensive basic knowledge of diving equipment. He should:

- get to know the most important pieces of equipment and how they work,
- receive useful tips on care and maintenance:
 - What can/should the diver do himself?
 - What must the qualified specialist do?
- get to know helpful additional equipment:
 - Diving equipment (e.g. instruments),
 - Auxiliary/care products,
 - useful tools and spare parts.

Instructor qualification

From **i.a.c. Scuba Instructor** with equipment certification.

3.13 i.a.c. Scooter

Prerequisites

- Minimum age 15 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of SC Perfect Buoyancy
- Proof of fitness to dive

training course objectives

The applicant should be familiarized with the safe planning, preparation and execution of scooter dives. Above all, they should get to know

- different systems,
- Advantages and disadvantages of scooter diving,
- Special features/dangers,
- Group division/behavior.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for scooters.

3.14 Search & Recovery

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of SC Navigation and Perfect Buoyancy
- Proof of fitness to dive

training course objectives

The candidate should be able to plan and carry out effective underwater search operations with and without aids.

He should learn to do this:

- Basics of underwater navigation and effective use of aids,
- Search methods and dangers,
- Selection of equipment and diving partner.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Search & Recovery.

3.15 i.a.c. Full Face Mask

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should learn about the advantages and disadvantages of diving with a full face mask, such as:

- Development, design and function of a full face mask,
- special demands on the user,
- (Breathing) exercises specific to men,
- the correct reaction to the ingress of water into the mask,
- Communication with the full face mask.

Special regulation

In any case, a correctly and tightly fitting mask is required. If a suitable mask is not available, the course cannot be held.

Instructor qualification

From **i.a.c. Open Water Instructor** with full face mask certification.

3.16 i.a.c. Perfect Buoyancy

Prerequisites

- Minimum age 10 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

Additional knowledge and sufficient practical exercises should improve buoyancy control, the use of the buoyancy compensator and the general water position. The applicant should be taught the following content:

- Connection between breathing and buoyancy control,
- Interaction of weight and tare system and breathing,
- Effects of buoyancy control under water on the water position,
- Positioning and distribution of weights.

Instructor qualification

From **i.a.c. Scuba Instructor** with certification for Perfect Buoyancy.

3.17 i.a.c. Drift Diving

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of drift dives. After completing the course, he should:

- have knowledge of the formation and course of currents,
- Recognize and assess trends,
- be able to plan and carry out drift dives from shore and from a boat,
- take the right measures in the event of suddenly difficult conditions.

Special regulation

The strength of the current must correspond to the age and level of training of the participants. The younger or weaker the divers, the less current may be present.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Drift Diving.

3.18 i.a.c. River Diving

Prerequisites

- Minimum age 15 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be able to plan, prepare and carry out river dives independently. To this end, the applicant should become familiar with:

- Special features of diving in flowing waters,
- specific flow characteristics in rivers,
- Differences between river dives and other drift dives in the sea (e.g. drift dives),
- Environmental problems with river diving,
- Differences between drift diving and river diving

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for River Diving.

3.19 i.a.c. Wreck Diving

Prerequisites

- Minimum age 15 years
- Proof of **i.a.c. AOWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of wreck dives. After completing the course, he should:

- be able to master the special problems and dangers of wreck dives,
- can put together the right equipment for wreck dives,
- use orientation aids on and in wrecks.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Wreck Diving.

3.20 i.a.c. Ocean Cavern Diving

Prerequisites

- Minimum age 15 years
- Proof of **i.a.c. AOWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the safe planning, preparation and execution of cave dives. After completing the course, he should:

- know the decision criteria for selecting suitable grottos,
- be able to master the special problems and dangers of cave dives,
- know the equipment for cave dives and can put it together accordingly,
- know how to behave correctly for their own safety and that of their diving partners,
- know how to behave in an environmentally friendly manner during cave dives.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Ocean Cavern Diving.

3.21 i.a.c. Ice Diving

Prerequisites

- Minimum age 18 years
- Proof of **i.a.c. AOWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should be familiarized in theory and practice with the logistical and organizational requirements and the operating and movement techniques for diving under ice. After completing the course, he should:

- be able to carry out the preparation, logistics and organization of ice dives or dives in cold water,
- be able to organize and carry out the securing and execution of the dive including personnel on the ice,
- know the basics of meteorology so that he can rule out possible dangers,
- know that, in terms of environmental protection, the riparian regions, spawning grounds and resting places in particular must be protected,
- have learned to pay attention to optimal equipment and buoyancy control,
- know the knots and line signals for ice diving,
- know the physical and medical aspects of ice diving,
- know and master the technical aspects of ice diving with the appropriate equipment above and under water in accordance with EN 250, suit and the necessary additional equipment,
- master the execution of dives under ice or in cold water,
- know general safety aspects of ice diving and emergency plan/rescue chain,
- be familiar with self-rescue and rescue in the event of an ice accident,
- know the environmental protection conditions.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for Ice Diving.

3.22 i.a.c. Sidemount Diving

Prerequisites

- Minimum age 12 years
- Proof of the **i.a.c. OWD** or comparable, according to the current i.a.c. equivalence list
- Proof of fitness to dive

training course objectives

The applicant should become familiar with the possibility of an alternative way of attaching or carrying the diving device. The course will teach him how to use the side-mounted DTG as an alternative to the traditional back-mounted DTG. After completing the course, he should:

- have a basic knowledge of sidemount diving and its limitations,
- know the most important advantages and disadvantages of sidemount diving,
- know the different equipment (cold/warm water equipment) for sidemount diving and how to use it.

Instructor qualification

From **i.a.c. Open Water Instructor** with certification for sidemount diving.

3.23 i.a.c. Distinctives

A Distinctive specialty is a specialty that is not included in the general training guidelines but is developed and by an instructor presented. For this purpose, the instructor must prepare at least the following documents in accordance with the standard i.a.c. specialties:

- Comprehensive and informative course outline / Course Outline.
- Matching Training Record Card
- Question and answer sheet for theory test
- Literature references/ Teaching material

Only the instructor who has developed this Distinctive and has received the training and certification authorization from the i.a.c. Head Office.

4.0 i.a.c. Instructor standards

General

The i.a.c. is one of the founding members of RSTC Europe and has been working closely with CMAS Germany and CMAS Austria for many years. This means that every i.a.c. Instructor has the choice between:

- i.a.c. Instructor without CMAS title or
- i.a.c. Instructor with CMAS title.

The CMAS Germany or CMAS Austria Instructor qualification is completed during an additional date (e.g. crossover or supplementary day after an IE). Further details are described under point 7.0.

Only certified instructors with a valid i.a.c. license are entitled to train and certify instructors . Certification is only possible via the i.a.c. Head Office by means of a corresponding acceptance letter and an instructor card .

The training to become an i.a.c. Instructor training takes place at an i.a.c. dive center in Germany or abroad that is authorized to train Instructor . Diving centres of other organizations can also be used if they meet the i.a.c. standards and the appropriate training personnel are available.

General conditions for the i.a.c. Instructor training

The following general conditions apply to all training levels for i.a.c. Instructor and are supplemented by the specific content of the individual training levels.

Information before the start of training

The diving instructor candidate must be informed of the following points before commencing training:

- Prerequisites for training (e.g. certification, minimum practical experience, theoretical knowledge, teaching techniques, teaching and supervision of diving skills, supervision and management of diving activities and any emergency measures to be taken)
- Validity and limits of the qualification sought
- Content and scope of the course
- Course schedule
- Costs and other contractual matters, taking into account national regulations
- Equipment requirements
- Insurance modalities for your own training and for the training of diving students

Requirements for the training center

The training center must be suitable for the training of diving instructors in terms of equipment, opening and operating hours, staff, diving facilities and environment, and range of services. The i. a. c. Head Office will grant approval as an Instructor Training Center upon request, provided that all necessary requirements are met and proven.

This applies in particular:

- active status as i. a. c. Dive Center
- Suitable training room with modern media (e.g. flipchart, whiteboard, presentation walls, OHP)
- Regular training and diving operations
- Proof of above-average training activity in the i. a. c. training system,
- suitable diving opportunities in the pool or confined open water and in open water for training the relevant training content
- Suitable teaching and illustrative material (e.g. books, sectional drawings, 3D models)
- suitable diving equipment and accessories in sufficient quantity
- Possibility to fill the diving equipment at any time
- Workshop for at least small maintenance tasks
- permanent training team with at least one experienced **i. a. c. Instructor Trainer** in active status.

The other features of a suitable Dive center are listed in detail in ISO 24803.

Requirements for training personnel

The instructors and trainers involved in the training must have the necessary qualifications.

At least two authorized instructors must be involved in the training of prospective diving instructors. In particular, the responsible head of the respective training course must:

- supervise and accompany the entire training program
- have the required minimum qualification and training/acceptance authorization

In addition to the Instructor Trainer, a qualified Course Director approved by the i. a. c. Head Office must be present at the final examination at the latest. Head Office must be present. This person's main tasks include

- evaluate the quality of the training provided by the trainer(s)
- make a final evaluation/assessment of the candidate
- check the completeness of the documents to be submitted.

The Course Director must at least randomly check the qualifications of all participants and be present for at least Module 9 of the training. While the Course Director is present, at least one other Instructor Trainer must be present as long as no more than four candidates are present. For larger groups, the ratio for Instructor Seminars is four candidates per Instructor Trainer.

Training to become an i.a.c. Instructor

The training comprises various sections. These can either be completed in modules or en bloc. The modules can be combined with each other as desired.

Modules 1-9 described below represent the training to become an Open Water Instructor. Completion of modules 1-2 already leads to Dive Leader Professional status. They can also be certified as Scuba Instructors by participating in an IDC (modules 3 -7). The intermediate certifications DLP and SI can be completed, but are not mandatory.

Modules 8-9 represent the final examination to become an Open Water Instructor. Prerequisites for participation and completion are listed in the corresponding Training Record Card.

Training Record Cards (TRC) provide more detailed information on the respective content. Each training course must be carried out on the basis of the respective TRC, the use of which is mandatory. The Training Record Cards must be kept for a period of at least eight years. The respective national regulations must be observed.

The individual modules can be completed at any active and approved Instructor Training Center and do not have to take place in one go. The maximum training period is 12 months. The training must be completed within this period, otherwise the modules already completed expire and must be repeated.

Standards of conduct for i.a.c. Instructor

General

i.a.c. Instructors work professionally and independently. They respect their competitors, including those from other training organizations. They are role models for diving guests, employees and colleagues in sporting, professional and social terms.

They should represent the interests and standards of ISO, EUF and RSTC. This applies above all in the areas of safety and mutual recognition.

Safety and self-assessment

The well-being and safety of diving guests and course participants is a top priority for i.a.c. Instructor top priority. They only go about their work if their own health and fitness allow it. In order to be able to act correctly in emergencies, they regularly refresh their AFA skills by attending courses/training sessions. i.a.c. Instructors only look after their guests if their physical and psychological circumstances allow it. Any form of overtraining or overestimating oneself is to be avoided - both when diving and when teaching or assessing candidates.

A change in the framework/environmental conditions may require an adjustment of the dive plan or lessons at any time. If necessary, the ratio, dive depth and duration, group composition or dive site, for example, must be adjusted accordingly. In the event that a diving guest is unable to cope, the diving activities may have to be canceled or aborted. This also applies to any signs of stress or panic.

Respect and esteem

All diving students and guests participating in diving activities are treated with respect - regardless of age, gender, religious beliefs, nationality, disabilities or sexual orientation. Particular attention and measures are taken when dealing with children and young people.

Training guidelines and safety standards

i.a.c. Instructors must comply with and follow the applicable training guidelines and safety standards. Any claims for recourse arising from breaches of these shall be borne by the instructor.

Unless there is a good reason, diving is not permitted deeper than 40 meters in salt water or 30 meters in fresh water.

Environment

i.a.c. instructors protect the environment and utilize all possibilities in their area to protect the environment. They also undergo further training in sustainability and environmental protection and pass on their up-to-date knowledge to diving students, employees, colleagues and guests.

Quality and control

The i.a.c. attaches great importance to high quality. This applies in particular to the areas of diving training, sustainability, conveying fun and safety when diving and guest satisfaction. i.a.c. instructors are committed to honesty, support in clarification and rectification, especially in the case of justified complaints.

Module overview

Prerequisites for course participation

Minimum age: 18 years

Training level: **i. a. c. Dive Leader** or comparable, according to the current i. a. c. equivalence list

General:

- Valid diving fitness certificate, not older than 12 months
- Proof of the required SC
- Logbook proof of at least 80 dives (Dive) in different waters (at least 30 of them in the sea), of which at least 25 Dive must be proven as group leader

The i. a. c. Instructor training can be carried out either as a modular or compact course. In the compact course, all the content of modules 1-9 is taught and examined during a comprehensive practical training course. Depending on the previous knowledge of the participants, the location of the seminar, the schedule and agreement between candidate and ITC, this can take between 4 weeks and several months.

The modular design enables learning and practicing.

Regardless of the choice of training method, the training period comprises at least 100 training hours.

Module 1: Getting started

- Processing and checking the formalities
- Review of skills and knowledge for **i. a. c. Dive Leader** - theory and practice according to Training Record Card and theory exams with corresponding corrections
- Training and certification system, safety standards and regulations for the training of i. a. c. instructors.
- Briefing on the expectations of a Dive Leader Professional
 - Professional competence
 - Social competence
 - Self-competence
- Introduction to the special features of trial diving

Module 2: Diving practice

- At least 20 dives since Dive Leader certification with the following content
 - Dives as a group leader/dive guide, even under difficult conditions, such as group leadership with inexperienced divers or leading larger dive groups
 - Accompanying/supporting dives and training modules as part of (beginner) diving courses
- Update/ Repetition of the AFA and Stress training content & Rescue
- Conducting trial dives courses

After passing the training, candidates can be certified as Dive Professional Leader or continue directly with the Scuba Instructor training.

Module 3: Development of theoretical knowledge

- Repetition and consolidation of diving physics and diving medicine
- Learn and improve your knowledge of diving equipment and compressors
 - Get to know the structure and basic n operation of diving equipment, regulators and compressors
 - The equipment of diving students and instructors
 - Care and maintenance of diving equipment - what is allowed, what requires additional training?
 - Design and operation of compressors

Module 4: Working on diving bases

- General basic work, e.g. equipping guests, filling scuba tanks, preparing, cleaning/ disinfecting and putting away used diving equipment
- Knowledge of the structure, organization and function of a diving school/dive center
- Basic knowledge in sales (e.g. diving courses, equipment)

Module 5: Fundamentals of teaching

- Teaching theory: methodology, didactics and rhetoric in theory and practice
- Development of course programs and teaching units for beginner training in theory and practice
- Participation (shadowing) in SC and conducting at least one course (under the direct supervision of an instructor, at least **i.a.c.** level). **Open Water Instructor**, with the certification authorization for the respective SC)
- Training of beginners in theory and practice under the supervision/guidance of an instructor trainer

Module 6: Developing and communicating specialties

- Preparation and calculation
- Elaboration
- Mediation
- The following specialties must be completed: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
Checks are carried out randomly at the discretion of the instructor trainer

Module 7: Scuba Instructor exam (certified as Scuba Instructor Level 1 according to ISO 24802-1)

- Theory test
- Practical test: two dives with selected exercises according to the Training Record Card
- Demonstration of appropriate teaching ability

Module 8: Preparation Course or Prep Course

- Improve existing or identified deficits in theory and practice
- Practice dives for exam preparation according to TRC and instructor training regulations
- Standards, philosophy and working methods of the i.a.c. via crossover/ Instructor -presentation

Module 9: Open Water Instructor Examination (IE)

- Theory test
- Practical test: at least two dives with selected exercises according to the Training Record Card
- Teaching samples in theory and practice
- Rescue exercises

= Completion of the Open Water Instructor training

Module 10 (optional): Upgrade to CMAS Germany or CMAS Austria Instructor (see 7.0)

= Completion of training to become an Open Water Instructor and CMAS Germany or Austria Instructor*

4.1 i.a.c. Scuba Instructor (certified as Scuba Instructor Level 1 according to ISO 24802-1)

Prerequisites

- Proof of **i.a.c. Dive Leader** or comparable, according to current i.a.c. equivalence list
- Proof of successful completion of the training and examination modules 1-7. Alternatively, individual modules from other organizations may be considered comparable/equivalent and accepted. The decision on this is the sole responsibility of the i.a.c. Head Office.
- Logbook proof of at least 80 dives
- Submit the following complete instructor documents to the instructor trainer:
 - Application for admission
 - Passport photo digital
 - Diving curriculum vitae with supporting documents
 - Study Guide Solution Sheet Training Guidelines
 - Study Guide Solution Sheet Safety Standards
 - Valid medical fitness to dive (no more than 1 year old)
 - Diving instructor liability insurance
 - Proof of the last logged dives
 - Completed and signed Training Record Card

After completing the Scuba Instructor training, the candidate can:

- attend the next advertised instructor seminar to become an Open Water Instructor without further requirements or seminars
- work as a scuba instructor
- take the Open Water Instructor exam at a later date (no time limit). In the event of a longer break between completing the Scuba Instructor and taking the Open Water Instructor exam, participation in a special preparatory seminar is strongly recommended.

The Scuba Instructor may, after confirmation by the i.a.c. Head Office and proof of diving instructor liability insurance, the Scuba Instructor may train and issue the following Certifications (the requirements for diving activities with children and young people must be observed):

- Snorkeling brevets
- Discover Scuba Diving
- Scuba Diver
- Selected SC according to separate acceptance authorization

Training dives in open water during the training for Discover Scuba Diving, Scuba Diver or Open Water Diver may only be carried out by the **i.a.c. Scuba Instructor** under the direct supervision of an instructor of at least the level **i.a.c. Open Water Instructor level**

4.2 i.a.c. Open Water Instructor (certified as Scuba Instructor Level 2 according to ISO 24802-2)

Prerequisites

- Proof of successful completion of training and examination modules 1-9; alternatively, individual modules from other organizations may be considered comparable/equivalent and accepted. The decision on this is the sole responsibility of the i. a. c. Head Office.
- Logbook proof of at least 120 dives
- Submit the following complete instructor documentation to the Course Director, if not already available through prior certification:
 - Application for membership
 - Passport photo digital
 - Diving curriculum vitae with supporting documents
 - Study Guide Solution Sheet Training Guidelines
 - Study Guide Solution Sheet Safety Standards
 - valid medical fitness to dive (no more than 1 year old)
 - Diving instructor liability insurance
 - Proof of the last logged dives
 - Completed and signed Training Record Card
 - Proof of completed specialty certifications: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue

Upon certification, the instructor is qualified to carry out the following training courses independently in addition to the training courses for which the Scuba Instructor is already authorized:

- Open Water Diver
- Advanced Open Water Diver
- Master Diver
- Specialties: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
- Child diving

The training of further specialties requires further training in accordance with these standards.

4.3 i.a.c. Master Instructor

Prerequisites

- Minimum age 18 years
- Valid diving instructor license as **i.a.c. Open Water Instructor** or comparable with additional practice at home or abroad. Proof of (training) practice is primarily the training courses and completed certifications since obtaining the first examination authorization as well as the training and practice dives carried out since this time
- Proof and submission of acceptance authorizations for at least the following specialties: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
- Proof of certification of at least 50 diving students in the i.a.c. training system, including at least 10 Open Water Divers **or**
- Proof of certification of at least 25 diving students in the i.a.c. training system, of which at least 10 are Open Water Divers, as well as the attainment of three further certification authorizations in addition to the compulsory OWI courses, of which at least one is via the submission of a course concept to the i.a.c. Head Office.
- Logbook proof of at least 220 dives
- Proof of diving instructor liability insurance
- Proof of valid medical fitness to dive (no more than 1 year old)

Status and certification

The candidate qualifies as an **i.a.c. Master Instructor** by providing the above-mentioned evidence of his diving activities and training work. There is no further examination. After certification, the candidate is authorized to carry out the following further training:

- **i.a.c. Dive Leader**
- **i.a.c. Dive Leader Professional**
- SC as confirmed by the i.a.c. Head Office confirmed

4.4 i.a.c. Instructor Trainer

Prerequisites

- Minimum age 23 years
- Valid diving instructor license as **i.a.c. Master Instructor** or an equivalent license recognized by the i.a.c.
- Proof of three years of active training as an **i.a.c. Master Instructor** or equivalent. For candidates who work professionally as commercial instructors in a diving center/school, the waiting period can be shortened to one year if corresponding training activity can be proven.
- Proof of commercial work as an instructor as follows:
 - own diving school with trade license or
 - Employment contract with a diving school/shop or
 - Proof of active activity as an instructor in a club
- Proof of successful work shadowing at an instructor training center approved by the i.a.c.
- Proof of diving instructor liability insurance
- Proof of valid medical fitness to dive (no more than 1 year old)
- Proof of at least 150 diver training courses, including at least 50 certified diving students in the i.a.c. training system since certification as an **i.a.c. Master Instructor**
- Proof of current acceptance
- Logbook proof of at least 500 dives

Status and certification

The candidate qualifies as an **i.a.c. Instructor Trainer** by attending an i.a.c. Instructor Trainer Seminar in accordance with the Training Record Card. For all training and qualification parts, the candidate is assessed by the trainer team as described in the regulations. The training and examination includes in particular

- Philosophy and standards
- Content of the instructor training
- Planning, calculation, organization and implementation of instructor seminars
- Assessment of examination performance of seminar participants
- Proof of high personal, social and professional competence in theory and practice (e.g. diving skills, teaching ability, suitability as a coach/trainer)
- General update

After certification, the Instructor Trainer is authorized to conduct the following further training courses:

- independently authorized to examine up to **i.a.c. Scuba Instructor**
- Independent implementation of **crossover seminars** and **instructor updates** up to i.a.c. Master Instructor according to the i.a.c. standards for Instructor Trainers and Course Directors
- Implementation of IDC's and Prep Courses up to **i.a.c. Master Instructor** according to the i.a.c. standards for Instructor Trainer and Course Director

The instructor training and the implementation of crossovers determine the quality of training in the i.a.c. system and must be reserved exclusively for highly qualified and specially qualified instructors. The **i.a.c. Instructor Trainer** therefore bears an enormous responsibility for the quality of future instructors. For this reason, the examination to obtain this qualification may be repeated a maximum of once. In the event of repeated failure, there is no possibility of subsequently obtaining the **i.a.c. Instructor Trainer qualification** at a later date. The i.a.c. standards for Course Directors regulate further details.

4.5 i.a.c. Course Director

Prerequisites

- Minimum age 25 years
- Valid diving instructor license as **i.a.c. Instructor Trainer** with at least three years of active service. If suitability is proven, other equivalent certificates from recognized organizations can be regarded as equivalent. The candidate must then have been involved in at least one IDC and IE.
- Proof of at least three successfully trained Scuba Instructors within the last 36 months or participation as Instructor Trainer in at least three IDC/IE with consistently positive assessment by the trainer team and candidates.
- Proof of commercial work as a diving instructor with proof of own diving school in accordance with the i.a.c. requirements for an Instructor Training Center (trade license). Alternatively, a contractual commitment to a recognized i.a.c. Instructor Training Center can also be accepted as proof. The candidate must then have been significantly involved in the preparation and implementation of at least three IDC/IE.
- Proof of Instructor or, if applicable, dive center liability insurance
- Proof of valid medical fitness to dive (no more than 1 year old)

Status and certification

The candidate qualifies as **i.a.c. Course Director** by participating in a qualifying seminar as an active, responsible trainer and by teaching and reviewing the following content and evaluating the performance of the participants up to Instructor Trainer:

- Philosophy and standards
- Content of the instructor training
- Planning, calculation, organization and implementation of instructor seminars
- assessing the appearance and performance of the instructor trainer(s) Supporting the examination by the instructor trainers and seminar participants
- Proof of the highest level of personal, social and professional competence in theory and practice (e.g. profound knowledge of the i.a.c. and its standards, training materials and routes, diving theory, diving skills, teaching ability, suitability as a coach/ trainer)
- General update

After certification, he is authorized to carry out the following further training:

- Specialty acceptance authorizations
- IE Implementation

The **i.a.c. Course Director** is the highest level of training and the link between diving training and the i.a.c. Head Office. He decides on the success or failure of instructor seminars. The i.a.c. standards for course directors regulate further details.

4.6 i.a.c. Specialty Instructor

In addition to the acceptance authorizations for the i.a.c. specialties obtained in the instructor training:

- Navigation,
- Dive Group Management,
- Deep Diving,
- Perfect Buoyancy,
- Stress & Rescue,

further acceptance authorizations (according to these standards) can be acquired.

This can be done by:

- Submission of a course concept (only possible after completion of the Open Water Instructor or higher)
- Study Guides; if available (only possible after completion of the Open Water Instructor or higher)
- Course in an Instructor Training Center (from Scuba Instructor for a limited number of specialties)

The certification authorization for the following specialties can already by the certified be obtained **Scuba Instructor i.a.c.** :

- Advanced First Aid
- Environmental Diver
- Underwater Photographer
- Equipment
- Perfect Bouyancy

Special regulations

In order to obtain the Advanced First Aid Instructor certification, an additional update is required every two years.

5.0 i.a.c. Crossover standards

General

The i.a.c. crossover events offer trained instructors from other organizations recognized by the i.a.c. according to the current equivalence list the opportunity to crossover into the i.a.c. system. Classification into the various instructor levels following the crossover is primarily based on proven knowledge, skills and competencies. No claims can be made for classification to a specific performance level as an instructor.

The i.a.c. recognizes, as far as possible, all achievements made with other recognized organizations. All crossover seminars are therefore always based on the previous knowledge of the participants. All candidates from CMAS, EUF and RSTC partners are eligible for crossover. All other candidates require an individual examination.

Prerequisites

- Minimum age 18 years
- Valid diving instructor license, at least as Scuba Instructor, or equivalent training from an organization recognized by the i.a.c.
- Logbook proof of at least 120 dives
- Submission of the following complete instructor documentation :
 - Application for membership
 - Digital passport photo
 - Diving curriculum vitae with supporting documents
 - Study Guide Solution Sheet Training Guidelines
 - Study Guide Solution Sheet Safety Standards
 - valid medical fitness to dive (no more than 1 year old)
 - Diving instructor liability insurance
 - Proof of the last logged dives
 - Completed and signed Training Record Card
 - Proof of at least the following specialty certifications: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
- current instructor status (if not yet licensed by the i.a.c.)

Contents of the crossover seminar

The crossover seminar primarily teaches content that the candidate has not experienced in their previous training. This includes above all

- Philosophy of the i.a.c. - in particular differences/advantages compared to competitors
- Training-specific differences (e.g. tables, skills) compared to competitors
- Advantages of the combination i.a.c. & diving and traveling
- Training system i.a.c.
- Opportunities for cooperation
- Contents of the internal area of the i.a.c. homepage
- E-Academy and eLearning
- Ordering process (teaching material, merchandising etc.)
- Certification process
- Dive Center System
- Insurances
- Tourism

The training is carried out in accordance with the current i.a.c. Training Record Cards.

Status and certification

Depending on the initial qualification, the crossover graduate is classified as:

- **i. a. c. Scuba Instructor**
 - Acceptance authorization up to and including **i. a. c. Scuba Diver**
 - Acceptance authorization for all specialties recognized by the i. a. c. Head Office

- **i. a. c. Open Water Instructor**
 - Acceptance authorization up to and including **i. a. c. Master Diver**
 - Acceptance authorization for all specialties recognized by the i. a. c. Head Office

- **i. a. c. Master Instructor**
 - Acceptance authorization up to and including **i. a. c. Dive Leader Professional**
 - Acceptance authorization for all specialties recognized by the i. a. c. Head Office

A direct crossover to Instructor Trainer or Course Director is not possible.

To achieve these levels, additional content is taught so that the aspirants can fulfill the activities in accordance with these standards

The instructor trainer should be able to train and supervise . After , must prospective instructorssuccessfully completing the crossoverknowledge about the i. a. c. and the i. a. c. specific philosophy in training content and examination questions be developed and further deepened.

The standards for Instructor Trainers and Course Directors provide further details.

6.0 CMAS standards for diving students

The i.a.c. Certification OWD, Master Diver and Dive Leader can be supplemented by taking an additional examination with a CMAS card. The additional exercises required for this are also carried out using the corresponding i.a.c. Training Record Cards.

Only i.a.c. instructors are authorized to train. Instructor with the additional license as CMAS Germany or Austria Instructor and a valid CMAS Instructor card.

Details and requirements for all courses

- Details on prerequisites, course content and certification can be found in the current i.a.c. Training Record Card.
- For minors, a declaration of consent from a parent or legal guardian is required.
- Proof of fitness to dive

Important note

The i.a.c. has license agreements with various CMAS partners!

According to the current standards of the CMAS, divers may only be certified with a CMAS Germany card if the training takes place in Germany. This applies to divers of all nationalities. Outside of Germany, CMAS Germany Certifications may only be issued if the diver:

- a) is a German citizen or
- b) has a registered place of residence in Germany.

A CMAS Austria card may only be issued if the training takes place in Austria. This applies to divers of all nationalities. CMAS Austria Certifications may only be issued outside Austria if the diver:

- a) is an Austrian citizen or
- b) has a registered place of residence in Austria.

Deviations from this regulation are only permitted with the prior consent of the respective national CMAS federation. In case of doubt, the i.a.c. Head Office before certification.

6.1 CMAS 1 star

training course objectives

In addition to the content already taught in the OWD course, the applicant should also be able to demonstrate the physical and motor skills of a CMAS 1 star diver. In addition to the additional training in the swimming pool, a further open water dive is required.

Prerequisites

- Minimum age 14 years
- Completed OWD diving course - there must be no more than 12 months between the start of OWD training and completion of CMAS 1 star diver training.

Instructor qualification

From **i.a.c. Open Water Instructor** with **CMAS 1 Star Instructor License**.

6.2 CMAS 2 star

training course objectives

After completing the OWD or CMAS 1 star, the applicant should learn further knowledge and skills for safe, independent diving and also be able to obtain the CMAS 2 star diver's license.

Prerequisites

- Minimum age 16 years
- Proof of **i. a. c. Open Water Divers** or CMAS 1 star
- Possession of the Dive Group Management, Navigation and Advanced First Aid Certifications
- At least 25 logged dives for certification

Instructor qualification

From **i. a. c. Master Instructor** with **CMAS 2 Star Instructor License**.

6.3 CMAS 3 star

training course objectives

In addition to the content already taught in the Dive Leader course, the applicant should also the physical and motor skills of a CMAS be able to demonstrate 3-star diver. This requires an additional examination in the swimming pool.

The applicant must pass the theory test to become a CMAS 3 star diver.

Prerequisites

- Minimum age 18 years (country-specific special regulations must be observed and complied with)
- Proof of **i. a. c. Master Divers** or CMAS 2 star
- At least 65 logged dives at certification.

Instructor qualification

From **i. a. c. Master Instructor** with **CMAS 2 Star Instructor License**.

7.0 CMAS Standards for Instructors

General

In addition to the training path for acquiring an i.a.c. instructor license, the i.a.c. training system also offers the opportunity to obtain a CMAS instructor license. This can be achieved either separately - by successfully attending a corresponding instructor seminar - or by attending an additional seminar to the existing i.a.c. Instructor status.

Important note

The i.a.c. has license agreements with various CMAS partners!

According to the current CMAS standards, divers may only be certified with a CMAS Germany card if the training takes place in Germany. This applies to divers of all nationalities. Outside of Germany, CMAS Germany Certifications may only be issued if the diver:

- a) is a German citizen or
- b) has a registered place of residence in Germany.

A CMAS Austria card may only be issued if the training takes place in Austria. This applies to divers of all nationalities. CMAS Austria Certifications may only be issued outside Austria if the diver:

- a) is an Austrian citizen or
- b) has a registered place of residence in Austria.

Deviations from this regulation are only permitted with the prior consent of the respective national CMAS federation. In case of doubt, the i.a.c. Head Office before certification.

Certifications issued contrary to these standards - regardless of the reason - (e.g. inadvertently) are invalid and can be reclaimed.

Implementation regulations

Certified i.a.c. Instructor can also obtain the certification for CMAS Germany or CMAS Austria Certification by participating in an additional seminar. The additional seminars include those exercises that have not already been passed during the completed i.a.c. Instructor seminars.

The integrated i.a.c./CMAS Germany and CMAS Austria Instructor exams include both the i.a.c. and the CMAS exercises.

Corresponding training record cards are available for both variants and must be used.

Duration and implementation of an i.a.c./CMAS Germany or CMAS Austria Instructor Seminar

The preparation module of a complete instructor seminar includes at least four practice dives and the examination module at least six examination dives. The modules do not have to be completed in one go. A maximum of two dives may be carried out in one day.

A crossover seminar primarily serves as an introduction to the CMAS Germany or CMAS Austria system and the differences between training pure i.a.c. courses and courses with CMAS Germany or CMAS Austria additional certification. courses and courses with the CMAS Germany or CMAS Austria additional certification.

All theoretical and practical content required for the respective training levels is described in detail in the corresponding Training Record Card and must be communicated to the candidate in good time before the examination.

Principles

The examination of the instructor levels (CMAS Germany or CMAS Austria Instructor) is carried out exclusively and directly by at least two CMAS 3 Star Instructors. The CMAS 3 Star Instructor is also the highest licensable instructor level in CMAS Germany and CMAS Austria. At least one of the two i.a.c. Instructor Trainer/CMAS TL3 therefore also requires the i.a.c. Course Director qualification. The direction of the seminars is determined by the i.a.c. Head Office.

Crossovers to CMAS 3 Star Instructor are not possible under any circumstances - not even within the CMAS Germany or CMAS Austria license partners. Candidates for the CMAS 3 Star Instructor must attend at least one complete instructor seminar.

For the extension of CMAS examination authorizations, 30 hours of further training must be demonstrated within five years. This training must cover the specialist areas of "diving medicine" and "practical training". Participation can take place through corresponding i.a.c. seminars. Seminars from other providers recognized by the i.a.c. (e.g. aqua med, DAN, CMAS Germany or CMAS Austria license partners) can be accepted.

Reporting obligations

At the latest six weeks before the start of an instructor seminar, the i.a.c. Head Office must be notified of the following information:

- Location, waters and period of the instructor seminar
- Names and Instructor numbers of the inspectors

For CMAS Germany seminars , participants must also no later than be registered 3 weeks before the start of the seminar. The following information is required and must be sent to info@diveiac.com:

- First and last name, date of birth, nationality, address, current Instructor status with examination date and desired Instructor level

CMAS Germany or CMAS Austria or the i.a.c. Head Office are authorized to participate in the instructor seminars as observers. This will be communicated to the i.a.c. Instructor Training Center at least 14 days before the start of the examination, stating the persons who will observe the examination. Any costs incurred for this will not be charged to the ITC.

Exam contents diving theory

For all instructor levels, the following is required at the respective learning and training level of the candidates:

- Written answers to a questionnaire (long questions, short questions)
- Teaching test of 20 minutes duration on a topic chosen by the applicant from the subject areas: Diving training, diving practice, diving physics, diving medicine, diving physiology, diving equipment and diving and the environment. The applicant must have prepared for two teaching samples from different subject areas.
- Demonstration of first aid in the event of diving accidents, including the use of at least one O2 system. The applicant must show that he/she is able to carry out the appropriate first aid measures. Answering technical questions on anatomy, physiology and diving medicine.
- For CMAS 2 Star Instructor and CMAS 3 Star Instructor candidates, the written elaboration of a given topic is also mandatory.

Exam contents diving practice

The following is required for all instructor levels at the respective training level of the candidates:

- Rescue techniques
- Safety on board/at the dive site
- Endurance and apnea skills
- Demonstration of a partner rescue with controlled transport from a depth of about 10 meters to the surface using all equipment, emergency signals on the surface, transport to the shore or boat (about 50 meters) and then ashore or on board, first aid measures, initiation of further measures

In addition, depending on the desired instructor level, further content particularly relevant to the respective performance level must be completed. The examination content is described in detail in the regulations for the training of instructors and in the training record cards.

7.1 CMAS Germany or CMAS Austria 1 Star Instructor

Task

In addition to the tasks of an **i.a.c. Open Water** Instructor, the CMAS Germany or CMAS Austria 1 Star Instructor's activities include the training of beginner divers up to and including CMAS 1 Star divers in theory and practice. **Open Water Instructor** includes the training of beginner divers up to and including CMAS 1 star divers in theory and practice.

Prerequisites

- Minimum age 18 years
- Scuba Instructor according to ISO 24802-1
- CMAS 3 star or equivalent according to ISO 24801-3
- At least 120 logged dives, including at least ten dives at a depth of 30 meters
- Completed courses in diving medicine and night diving
- Participation as an assistant in a complete CMAS 1 star course
- valid medical certificate of fitness to dive

Exam contents diving practice

In addition to the requirements listed on page 53, the following content is required:

- At least six dives with various exercises, including at least one at a depth of at least 25 meters
- Training for beginners
- The examination contents are described in detail in the regulations for the training of instructors and in the Training Record Cards.

7.2 CMAS Germany or CMAS Austria 2 Star Instructor

Task

In addition to the tasks of an **i. a. c. Master Instructor**, the activities of the CMAS Germany or CMAS Austria 2 Star Instructor include the training of CMAS 1 Star to CMAS 3 Star divers as well as all advanced and specialty courses. **Master Instructor** includes the training of CMAS 1 star to CMAS 3 star divers as well as all advanced and specialty courses for which he has received the training and certification authorization.

Prerequisites

- Minimum age 21 years
- Valid CMAS Germany or CMAS Austria 1 star instructor license with at least one year of active training work, including
 - 150 logged dives since completing the CMAS 3 star, of which at least 30 in the 12 months preceding the registration date and at least six at a depth of 30 meters in fresh water or 35 meters in salt water
 - confirmed by an instructor (at least CMAS Germany or CMAS Austria 2 star instructor), responsible leadership of a CMAS 1 star course
 - participation as an assistant (instructor and examiner) in a CMAS 2 Star, CMAS 3 Star, Specialty or Refresher course, including theoretical and practical examinations, confirmed by an instructor (at least CMAS Germany or CMAS Austria 2 Star Instructor)
- valid medical certificate of fitness to dive

Exam contents diving practice

The practical examination is carried out at sea or in inland waters with a water depth of at least 30 meters. At least six dives must be carried out according to the guidelines of CMAS Germany or CMAS Austria, with the following specifications:

- at least two of the six dives to a depth of at least 30 meters
- Organization and management of dives with various exercises, in accordance with the regulations for the training of instructors and the Training Record Cards

7.3 CMAS Germany or CMAS Austria 3 Star Instructor

Task

The activities of the CMAS Germany or CMAS Austria 3 Star Instructor include, in addition to the tasks of the CMAS Germany or CMAS Austria 2 Star Instructor, the training and examination of the individual instructor levels of CMAS Germany or CMAS Austria.

Prerequisites

- Minimum age 23 years
- Valid CMAS Germany or CMAS Austria 2-star instructor license with at least two years of active training work, including
 - 500 logged dives, of which at least 30 in the 12 months preceding the registration date and at least six at a depth of 40 meters
 - Responsible leadership of a CMAS 2 star or CMAS 3 star course confirmed by a diving school or by the licensee or acceptance of at least 50 complete CMAS courses
 - At least two training courses of the practical part for the CMAS 3 star
 - participation as an assistant (instructor and examiner) in a CMAS Germany or CMAS Austria 1-star instructor seminar, including theoretical and practical examinations, confirmed by an instructor (at least CMAS Germany or CMAS Austria 3-star instructor)
- valid medical certificate of fitness to dive

Exam contents diving practice

At least six qualifying dives are required within three consecutive days, according to the guidelines of CMAS Germany or CMAS Austria. At least two of the six dives must be carried out from a boat. The following contents are mandatory:

- at least two of the six dives to a depth of at least 30 meters
- Organization and management of individual parts of a CMAS Germany or CMAS Austria Instructor Seminar
- Presentation of approx. 30 minutes on basic topics of diver or scuba instructor training
- Organization and management of dives with various exercises, in accordance with the regulations for the training of instructors and the Training Record

8.0 CMAS Standards for Crossover

General

The i.a.c. crossover events offer trained instructors from other organizations recognized by the i.a.c. according to the current equivalence list the opportunity to crossover into the i.a.c. system. Classification into the various instructor levels following the crossover is primarily based on proven knowledge, skills and competencies. No claims can be made for classification to a specific performance level as an instructor.

The i.a.c. recognizes, as far as possible, all achievements made with other recognized organizations. All crossover seminars are therefore always based on the previous knowledge of the participants. All candidates from CMAS, EUF and RSTC partners are eligible for crossover. All other candidates require an individual examination.

8.1 Crossover to i.a.c. Open Water Instructor incl. CMAS Germany or CMAS Austria 1 Star Instructor

Prerequisites

- Minimum age 18 years
- valid license as TL1 or equivalent training (e.g. Open Water Instructor) from an organization recognized by the i.a.c.
- Logbook proof of at least 150 dives
- Proof of training and certification authorization for the specialties Navigation, Deep Diving, Stress & Rescue, Dive Group Management and for at least one other specialty.
- Submit the following complete instructor documentation:
 - Application for membership
 - Digital passport photo
 - Diving curriculum vitae with supporting documents
 - Study Guide Solution Sheet Training Guidelines
 - Study Guide Solution Sheet Safety Standards
 - Valid medical fitness to dive (no more than 1 year old)
 - Diving instructor liability insurance
 - Proof of the last logged dives
 - Completed and signed Training Record Card
 - Proof of at least the following specialty certifications: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
 - Current instructor status

Contents of the crossover seminar

The theoretical and practical content is taught in accordance with the current i.a.c. Training Record Card. The crossover programs can be requested via the i.a.c. Head Office or on the Internet at www.diveiac.com.

Status and certification

- Certification up to CMAS 1 star
- Acceptance authorization up to **i.a.c. Master Diver**
- Acceptance authorization for the SC confirmed by the i.a.c. Head Office

8.2 Crossover to i.a.c. Master Instructor incl. CMAS Germany or CMAS Austria 2 Star Instructor

Prerequisites

- Minimum age 21 years
- Valid Instructor 2 licence or equivalent training (e.g. staff instructor) from an organization recognized by the i.a.c. and with at least 12 months of practical experience at home or abroad as well as a successfully completed examination at Instructor 2 star level. In addition to the instructor certificate, the candidate's current activity and wealth of experience, e.g. at professional diving schools/bases worldwide, are decisive for the classification of the current status. The final classification is made by the i.a.c. Head Office.
- valid medical fitness to dive
- Logbook proof of at least 220 dives
- Submit the following complete instructor documentation:
 - Application for membership
 - Digital passport photo
 - Diving curriculum vitae with supporting documents
 - Study Guide Solution Sheet Training Guidelines
 - Study Guide Solution Sheet Safety Standards
 - valid medical fitness to dive (no more than 1 year old)
 - Diving instructor liability insurance
 - Proof of the last logged dives
 - Completed and signed Training Record Card
 - Proof of at least the following Specialty approval authorizations: Navigation, Dive Group Management, Deep Diving, Perfect Buoyancy, Stress & Rescue
 - Current instructor status
- Proof of at least 50 certifications, including at least 30 Open Water Divers
- Proof of participation in an i.a.c. Advanced First Aid Seminar or comparable, not older than 2 years
- Basics of boat handling and seamanship

Contents of the crossover seminar

The theoretical and practical content is taught in accordance with the current i.a.c. Training Record Card. The crossover programs can be requested via the i.a.c. Head Office or on the Internet at www.diveiac.com.

Status and certification

- Certification up to CMAS 3 star
- Acceptance authorization up to **i.a.c. Dive Leader** and **i.a.c. Dive Leader Professional**
- Acceptance authorization for the SC confirmed by the i.a.c. Head Office

9.0 Quality assurance and complaint management

9.1 Quality assurance

In training

The training of i. a. c. recreational divers is regulated by:

- Training guidelines/training standards that regulate the individual course levels and the respective requirements for participation as well as the implementation regulations and limits of the various training courses and qualifications (Certifications)
- Safety guidelines/safety standards, in which further binding statements on risk management and hazard avoidance are set out in addition to the training guidelines
- Regulations for the training of diving instructor assistants and diving instructors/Guidelines for Instructor Training, which define the requirements, content and assessment mechanisms for diving instructor training and examinations.
- Training Record Cards, which, in addition to the training guidelines for each diving course, provide detailed information on training content in theory and practice.

By completing the instructor training program, each i. a. c. Instructor undertakes to unconditionally apply the above-mentioned guidelines in their current version and confirms this by signing the Training Record Card and/or the application for admission.

The training of diving students requires that all training content has been completed in full and to an appropriate standard in accordance with the above-mentioned standards. It is not sufficient to pass an exercise once; rather, the instructor must ensure that all required exercises are performed safely and reproducibly at all times.

During certification

The certification of divers after completion of the course takes place exclusively online via the i. a. c. database. For this purpose, each instructor in active status receives individual and password-protected access to the internal area. The various authorizations (e.g. certification authorizations) of the instructors are stored in the internal area. This ensures that only those courses can be certified for which the instructor is authorized. The respective authorizations are stored in the instructor database and are automatically synchronized during each certification process.

Certifications that are not made via this system are not recognized. Such a serious breach of standards will be penalized in accordance with the provisions of the complaints management system (see p. 60).

The instructor is obliged to inform each course graduate about the limits of the respective training level and to discuss useful or necessary further training measures. Only then may the diving license be issued.

After certification

, which will be on file. Once certification is complete, the student will receive a digital certification sent to the student's email address

The physical cards are produced centrally at the i. a. c. Head Office and sent to the diving student, instructor or diving school within 5 working days, provided that they have been requested

An invitation to the course evaluation is sent with each certification. This is done online by entering a special URL or by scanning the corresponding QR code. The feedback is anonymous.

9.2 Complaints management

Purpose

With the help of complaints management, violations of the i.a.c. standards (see p.59) against ethical values are to be checked, uncovered and punished.

Complaints management is expressly not responsible for complaints that are not related to i.a.c. training.

Complaints management is also an essential part of internal quality control and can be triggered externally even without an explicit complaint. This applies in particular in the event of anomalies in the results of the course evaluation sent with the certification card.

Complaints Committee

The complaint can be made at any time to the i.a.c. Head Office at any time. Once the complaint has been received, it will be forwarded to those responsible. These are

- a. the managing director of the i.a.c.,
- b. the Executive Director of the i.a.c. and
- c. the Training Director of the i.a.c.

The decision on the outcome of the complaint and any measures and sanctions to be initiated must be made by at least 2 of the above-mentioned persons in agreement.

Complaints management process

1. Receipt of a complaint

Complaints can be made to the i.a.c. Head Office verbally (e.g. by telephone) or in writing (e.g. by e-mail). Although all complaints received are taken seriously, only written and signed complaints can be followed up. A verbal complaint therefore requires subsequent written confirmation. Until this point, all information will be treated confidentially.

2. Further procedure

Upon receipt of the complaint, the complainant will be informed that their complaint has been received. They must now confirm within 15 working days that they consent to their personal data being forwarded to a third party or group together with the complaint. If this consent is not given, the case will be closed and no further investigations will be undertaken.

If consent is granted, the instructor or the training center/diving school will be informed of the complaint. From the date of notification of the complaint, the accused has 15 working days to respond to the complaint in writing.

If no response is received within this period or if it is incomplete, the accused will be placed on inactive status until final clarification. From this point on, no more i.a.c. or CMAS courses may be offered, conducted or certified. The obligation to continue paying contributions remains unaffected.

If the written response from the accused is complete, it will be reviewed by the Complaints Committee and a decision made as to whether the standards have been violated. If there is no standard violation, the committee will notify the complainant and the Training Center/Instructor and take no further action. The case is closed.

However, if the committee finds indications that standard violations may have occurred, further investigations are carried out depending on the severity of the allegation.

Further examination measures can be applied:

- The defendant will be asked to submit all training record cards for the training he has received in the last 12 months.
- The complaints committee randomly contacts some of the trained divers and asks about any similar problems.

After reviewing all the facts, the committee decides whether a standard injury has occurred.

If there is no standard violation, the Committee will notify the complainant and the Training Center/Instructor, close the case and take no further action.

If a standard injury may be present, the Committee will, at its discretion, make certain demands on the Training Center/Instructor.

Depending on the type of standard injury:

- the defendant is returned to active status by successfully completing a refresher course,
- a downgrading in the instructor qualification,
- the license will be permanently revoked. Future reinstatement as an i. a. c. Instructor is not possible.

Legal advice may be sought for further review and decision-making before further steps are taken.

Regardless of the outcome of the examination, the instructor/training center will be informed in writing by the i. a. c. Head Office will inform the instructor/training center of the result in writing. This can be done either by e-mail or by registered letter (if necessary).

10.0 Licensing, contributions, use of the license and termination modalities

Admission of instructors from Dive Leader Professional upwards

The applicant must complete and submit the required, currently valid documents and records or copies to the i. a. c. Head Office or submit them to the responsible trainer. By doing so, the applicant recognizes the respective valid guidelines and standards of the i. a. c. and undertakes to always carry out all training courses in accordance with these.

Processing of acceptance authorizations and other applications

All incoming applications will only be processed once they have been submitted in full. Incomplete documents cannot be processed and will be returned to the sender unprocessed. Any costs incurred will be invoiced.

Fees for licensing

Any fees incurred will be communicated to the applicant by the instructor trainer and/or can be requested from the i. a. c. . By submitting the documents, the applicant acknowledges these costs. Once the requested license has been issued, withdrawal with a refund or credit note is excluded.

Annual fee

The annual fee will be invoiced when the license is issued. If the instructor or the i. a. c. does not give notice of termination, the license is automatically extended by 12 months.

Passive instructor status

i. a. c. Instructors can convert their active license into a passive license for the following year after 9 months at the earliest or 3 months before the annual fee is due. The diving instructor liability insurance required by the i. a. c. is not mandatory in this status.

Conversion of the license results in the loss of eligibility for all i. a. c. and CMAS Certifications. A change from passive to active status is easily possible within the first two years on request if a current diving fitness certificate and diving instructor liability insurance are submitted. After more than two years, the change to active status is only possible after participation in an update.

Ordinary termination

Both contracting parties may terminate the license at the latest three months before the due date of the annual fee without giving reasons.

Termination without notice and suspension of the license

If an instructor violates the standards of the i. a. c. or behaves in a way that is detrimental to the contract, the i. a. c. may suspend the license until a final clarification has been reached. The person concerned must be informed of this immediately in writing. An objection must be sent in writing to the i. a. c. head office with a date/postmark up to four weeks after this notification. Head Office with a date/postmark.

In addition, the i. a. c. is entitled to terminate the Instructor's contract without notice for the following reasons:

- failure to settle the invoice after prior reminder,
- gross violation of the guidelines or safety standards of the i. a. c. ,
- Violation of the general standards of conduct of the i. a. c.

Outstanding invoices remain valid and must be paid even after a justified termination without notice.

Use of the license

The use of the registered word and figurative mark "International Aquanautic Club" is expressly permitted for advertising purposes. Logos and further information are available to instructors for download in the internal area of the website. After expiry of the license, advertising with the brand name and the corresponding logos or instructor titles is no longer permitted.

Teaching material

The i. a. c. offers numerous teaching materials (e.g. books and presentations) for purchase, but also for free download via the website. Despite the fact that no teaching materials are available, the instructor should use the i. a. c. specific teaching materials whenever possible. The instructor undertakes to always use the latest versions of the teaching materials in the training. He also undertakes to use all teaching materials marked with copyright only for himself and not to change or reproduce them in any way without the written permission of the owner.

11.0 Appendix Child diving

Introduction

The term "child" does not have the same meaning in all language areas. For the purposes of these standards, pupils are children between the ages of 8 and 15. When the term "child diving" is used here, it refers to diving with underage minors. Minors only have limited legal capacity. This also means that at least one legal representative must sign the application for training.

Minors, i.e. participants or graduates of our children's diving courses, may only go diving after completing their course if accompanied by at least one adult.

Children have a different anatomy to adults. This means that equipment suitable for children is essential. It is not enough to simply use the smallest sizes for adults. All items of clothing and equipment must be tailored to the child's figure in order to avoid negative experiences and, in particular, overloading the young supporting apparatus.

Special care must be taken to ensure that they:

- have the feeling that they are respected as individuals,
- are motivated and want to take part in the training voluntarily,
- feel safe in every situation and are convinced that the chosen dive site is suitable for their abilities,
- are aware that no two dive sites are the same,
- understand that the diving time per day is sufficient for them,
- consider the individual learning steps to be correct and can easily follow them and understand the meaning and purpose of the exercises,
- are able to control themselves,
- can build up unrestricted trust in their instructor.

Notwithstanding the present training regulations for scuba diving, children can also take part in the snorkeling training intended for adults.

11.1 Prerequisites

Medical requirements

Children under the age of 15 are not yet fully mature, both physically and mentally. Dangers are often not recognized in time due to a lack of experience. There are fewer possible solutions to problems and decompensation (organ dysfunction) can occur more easily than with adults. For this reason, minors are not yet solely responsible for themselves, but are under the protection of their parents.

Diving, like other sports, involves certain risks. Unfortunately, diving accidents occasionally occur, mostly due to personal mistakes or misjudgement of one's own ability, or due to an excessive willingness to take risks. In particularly serious cases, this can lead to permanent damage to health, and in rare cases even to death. As responsible instructors, we must therefore never forget that parents must hand over their underage children to us with a clear conscience and we must do everything we can to prepare them safely for practising this beautiful sport.

There are hardly any studies in the medical literature that deal with the subject of "children and diving". The cause of decompression sickness in adults has not yet been conclusively clarified. However, if certain rules are followed, such an accident is rather unlikely for adults. The situation is different for children: they are still growing, i.e. certain areas of the body are not yet fully developed and may be much more susceptible.

For example, the longitudinal growth of bones only ends in the puberty phase. The question arises spontaneously as to whether the formation of vesicles in the sensitive growth zone of the bone could inhibit growth. To prevent this problem from arising in the first place, we must observe and adhere to the following to protect the children:

- shallow diving depths,

- short diving times,
- if possible, no repetitive dives.

Furthermore, compressed air diving equipment with as little volume as possible and therefore less weight must be selected so as not to put too much strain on the child's supporting apparatus (out of the water). Any existing spinal disorders must be given special consideration during the diving fitness examination.

In addition, the following points require a special approach when training children:

- The **lungs** are not yet fully developed at birth. The pulmonary alveoli multiply up to the age of 8, the elastic fibers of the lungs even up to the age of 18. Particular attention must therefore be paid to exhalation during the ascent phases.
- Particular attention must be paid to the **ear, nose and throat system**, as pressure equalization may be much slower. The pressure differences have a much greater effect on the smaller body.
- The **sensation of cold** is often ignored, although heat loss is greatly increased due to the unfavorable distribution of body size and surface area.

The primary aim of children's diving should be for children between the ages of 8 and 15 to enjoy discovering the beauty of the underwater world on their own initiative at shallow depths and on short dives, accompanied by a responsible adult trained in diving with children. Any risk-taking approach must be nipped in the bud to ensure the necessary health protection of the child's organism.

General requirements

Derived from the medical guidelines, which must be at the forefront of any planning, the following principles apply to the child diving instructor:

- The minimum age for children to start diving is 8 years old (8th birthday).
- The child must want to take part in the training completely voluntarily and with pleasure (no compulsory schooling).
- The child must be healthy and provide proof of this by completing the standardized RSTC health questionnaire, which must be signed by the legal guardian.
- In the case of children, a medical assessment may be recommended before starting diving activities. Children often feel completely healthy (sometimes they are not yet able to assess what certain warning signals from the body mean) and parents also consider their children to be healthy. The i. a. c. recommends that children who have not yet reached the age of 12 should not be examined more than six months previously. For children older than 12 years, no longer than 12 months.
- For each individual training course (course to achieve a junior brevet or junior special brevet), the written consent of the legal guardian (legal representative) is required.

11.2 Curriculum

Training process

The most important aspect of children's training is having fun and enjoying the water. The tried and tested sequence of snorkeling, pool training and open water training must always be adhered to during practical training. The question to consider is: Why are the children here and what do they want to learn?

Safe handling of the ABC equipment is certainly a great advantage, but the willingness to learn, especially in children, stands and falls with the level of motivation.

From a pedagogical point of view, the "principles of methodical learning" must also always be observed, e.g.:

- from simple to difficult (e.g. blowing out a mask = easier with a DTG than with a snorkel),
- from the known to the unknown (e.g. swimming/diving without/with fins).

The special rules prescribed for the respective age group (e.g. maximum depth) must always be observed.

Training objective

The aim of the training is to prepare children from the age of 8 for a form of leisure activity with joyful experiences in a playful way.

They should learn in the process:

- to maintain balance in a suspended state,
- to use the legs as the only driving force for forward movement,
- breathe through a snorkel or regulator,
- adapt to a three-dimensional environment,
- to understand the laws necessary for this,
- recognize the dangers posed by the new environment,
- to bear responsibility for others and
- to trust others in an emergency.

Methodical structure

Due to the already limited diving time and the varied nature of the training, the advanced snorkeling training can take place in parallel with the scuba training. It is up to the instructor to decide how the lessons are conducted.

However, the following methodical structure should be adhered to for a meaningful design:

1. Checking swimming skills
2. Swimming with a diving mask
3. Mastering snorkel breathing
4. Swimming with ABC equipment
5. Preparing the immersion device
6. Stationary scuba diving
7. Scuba diving in motion

All training courses take place on the basis of the corresponding Training Record Cards, which must be downloaded in their current form from the internal area of the i.a.c. homepage.

11.3 Training levels

Diving with scuba equipment

In children's diving, we distinguish between four junior certification levels:

- Junior Diver
- Junior Scuba Diver
- Junior Open Water Diver
- Junior Advanced Open Water Diver

In addition, after completing the Junior Open Water Divers, various special courses can be held with children (see Specialties)

The Junior Diver is aimed at children from the age of 8 and may only be carried out in the pool up to a maximum depth of 2 meters. The young aquanauts should get used to breathing underwater in a playful way and learn about floating underwater and pressure equalization.

As a rule, the training should take place in one week or over a longer period of time with similar effort. The minimum time depends on the respective circumstances and is at the discretion of the responsible instructor.

The Junior Scuba Diver course and the Junior Open Water Diver course have the same content as their counterparts for adult divers. However, age-appropriate training and examinations must also be ensured here. Theoretical content in particular (e.g. physical laws and medical content) as well as motor or physically demanding content (e.g. putting on and taking off diving equipment above and under water) require age-appropriate support from the instructor.

Important note for the Junior Open Water Diver:

From a minimum age of 10 years, the Junior Open Water Diver can also be completed without the Junior Diver and Junior Scuba Diver pre-courses. The content of the two previous courses must then be integrated into the training. The "Open Water Diver" training record card is relevant here. In order to conduct a Junior Open Water Diver course in accordance with this Training Record Card, the status of children's diving instructor is not mandatory, but is expressly recommended.

Important note for the Junior Advanced Open Water Diver:

The Junior Advanced Open Water Diver course includes the Navigation specialty and 2 other specialties of your choice. **The Deep Diving specialty is only possible from the age of 15 and may therefore not be part of the training.** A conversion from Junior Advanced Open Water Diver to Advanced Open Water Diver is only possible from the age of 15 and after successfully completing the Deep Diving specialty.

11.4 Brevet levels - Age - Depth limits - Ratio

Achieving a junior brevet level does not depend on depth, but on performing the exercises assigned to the respective level. The individual junior brevet levels require the mastery of more and more special basic rules and techniques, which is why they are also graded according to age.

Junior brevet levels	Minimum age
Junior Diver	8 years
Junior Scuba Diver	10 years
Junior Open Water Diver	10 years
Junior Advanced Open Water Diver	12 years

The Certification and the age of the child are decisive for the maximum depth that can be dived with children.

Age	Certification	Maximum depth
8 to 10 years	Junior Diver	2 meters in the pool
10 to 15 years	Junior Scuba Diver	Maximum diving depth = age in years, preferably in the pool or confined water
10 to 15 years	Junior Open Water Diver	Maximum diving depth = age in years
12 to 15 years	Junior Advanced Open Water Diver	Maximum diving depth = age in years

The term "age" refers to the completed year of life (reference date: birthday).

In addition to the maximum depths, there is a recommendation on how the depths can be increased over the course of the training depending on age:

Instructor/student ratio during training

Training stage	Instructor	Diving student
Dive in the pool ¹⁾ to a maximum depth of 2 meters	From Scuba Instructor	1 to 4 persons ²⁾
Dive in pool or confined water ¹⁾ , deeper than 2	From Scuba Instructor	1 to 2 persons ²⁾
Follow-up dives in open water ¹⁾	From Open Water Instructor	1 person

¹⁾Maximum water depth and age (maturity) of the students must be observed!

²⁾The deeper the pool/diving area, the smaller the number of fellow divers; if conditions are not optimal, only 1 person per instructor

11.5 Brevet levels - authorizations

General

The attainment of Certification and Specialty Certification levels by children does not entitle them to dive alone with each other. At least one member of the group must be of legal age and thus assume legal responsibility for the diving group.

It is strongly recommended that this person has an appropriate level of experience and sufficient knowledge of diving with children. Children who achieve a junior certification or specialty certification should ultimately also be qualified to dive with other divers apart from the instructor. It is primarily up to the legal representatives (legal guardians) to decide who they entrust their child to.

The instructor has to pay attention in any case:

- that the experience and training level of the dive group leaders and any buddies meet the specified conditions,
- that the dive group leaders know the rules of children's diving (diving equipment, choice of dive site, daily, depth and time limits),
- that the focus is on the young dive buddy and in no case on other activities, such as practicing for exams,
- that there is only one child (under 15 years of age) in a diving group at any one time.

Special

The conditions under which a child can dive with someone other than the instructor do not in any case include further training. It can therefore only be a matter of deepening movement experience in practice, to the exclusion of all activities that the child has not yet learned. Recommendations are then made as to what stage of training a child should dive with whom and under optimal conditions after completing the training.

Ratio of certified diver to certified child after training

Qualification child	Qualification Accompanying person(s)
Junior Diver	only in the pool, certified diver as supervisor
Junior Scuba Diver	In the pool: From Dive Leader Professional in confined open water: From Scuba Instructor
Junior Open Water Diver	at least Dive Leader (ISO 24801-3)
Junior Advanced Open Water Diver	at least Dive Leader (ISO 24801-3)

11.6 Safety regulations

General

- The diving area (swimming pool or confined open water) must be suitable for carrying out the planned exercises without any problems and also correspond to the children's level of training. In open water, you should look for places with suitable flora and fauna. Visibility must be more than two meters.
- A convenient and safe entry and exit option must be available.
- The diving depth for the respective age must not be exceeded.
- Night dives may not be carried out with children under the age of 12.
- The water temperature at the surface must not be less than 15°C.
- The diving time must not exceed 25 minutes.
- The physical and mental well-being of the child must always be the priority (adjustment of the diving time to the water temperature, the local conditions and the voluntary and joyful participation of the child).
- The training of a junior brevet must always take place from the shore or the edge of the pool.
- From Junior Scuba Diver upwards, training can also be carried out from a jetty or boat. It must be ensured that an entry and exit point suitable for children is available.
- If the training takes place from an inflatable boat or other small boats, the duration of the trip should be kept as short as possible. In addition, the bottles must be appropriately secured and the equipment well supplied. Each child must be assigned a place and told where the life jackets are located if they do not have to be worn anyway during the trip.
- Children must be supervised at all times on the shore or on the water (boat).
- Showering and changing facilities should be separated from adults and also separated by gender (in terms of space or time).
- Changing rooms and showers are supervised by: Woman ⇔ Girls and man ⇔ Boys.

State of health and fitness

To check the current state of health, the child and their legal guardians should be interviewed. The legal guardians must be informed about possible consequences and give their written consent. The standardized RSTC questionnaire on the state of health must be completed and signed by the legal guardians.

11.7 Dive site

The dive site must be easily accessible. The student diver must not have to walk long distances with the equipment out of the water. If possible, the entry/exit point should be at water surface level. Jumps into the water with full equipment should be avoided.

The maximum depth and the diving conditions of the water must be appropriate for the children's level of ability. In particular, the water must be free of currents, must not have strong waves and must have good visibility (at least two meters). The water temperature must not be below 15°C. The dive must be stopped immediately if the child starts to freeze. Depending on the water temperature, the dive should last between 15 and a maximum of 25 minutes.

About water

- Supervision before the start of the dive (before the briefing) and after the end of the dive (after the equipment has been supplied and the debriefing has taken place) must be carried out by a reliable person who is familiar with the safety rules.
- All activities associated with the dive must be carried out or supervised by the assigned instructor. These are before the dive:
 - Preliminary discussion
 - Preparing and checking the equipment
 - Equipment check
 - Donning and putting on the equipment
 - Partner check
 - Repetition of the exercises
 - Practical preliminary exercises in the dry
 - Air check
 - Boarding

Under water

The responsible group leader must react appropriately to any information provided by the diving partners, especially if it concerns the diving behavior and well-being of the children. Only one dive should be carried out per day. Night dives are not recommended. Children must be secured, especially during and immediately after entry. The descent must not take place without an orientation marker (no "free descent"). Please also note

- Group division for training dives:
 - On the first dive in natural waters, the instructor/student ratio must be 1:1.
 - The instructor must be able to make physical contact with the students at all times
- Ensure maximum dive time and depth.
- As with adults, the dive time is calculated from the beginning of the descent to the end of the ascent. The maximum diving depth for children is not the training depth, but as stated above.
- Reduce the times and depths earlier than with adults.
- The distance to the children must not exceed the reach distance.
- The dive must be aborted if the slightest difficulty arises or if the child's desire to dive is noticeably diminished.

After the dive:

- Get out
- Taking off and removing the equipment
- Supplying the equipment
- Debriefing (can also take place in parallel with the previous activities)

11.8 Safety equipment

In addition to the general safety equipment (see i.a.c. Safety standards), sufficient safety equipment (e.g. life jackets on boats) must be available.

In addition to the usual safety equipment (first aid kit, O2 kit, mobile phone, telephone, on-board radio), a mask suitable for children must be available for oxygen breathing or ventilation.

11.9 Diving equipment

Diving equipment for children

- Diving equipment for children must always be in perfect condition and adapted to the child's needs.
- The fins must not be too hard or too heavy.
- The diving mask must match the size of the child's face.
- The snorkel should have a soft mouthpiece that is adapted to the child's mouth size.
- The compressed air diving device should consist of a BCD and a compressed air cylinder with a minimum volume of four liters and a maximum volume of eight liters, as well as the regulator.
- The BCD must be adapted to the child's height.
- The use of the BCD as a buoyancy aid should be introduced at an early stage (initially the instructor will operate it).
- The regulator must have a pressure gauge. For the first dives in a shallow pool, the otherwise obligatory second regulator can be dispensed with. The second stage should be light, the mouthpiece soft and adapted to the child's mouth size.
- At temperatures below 20°C, the use of a suitable wet suit suitable for children is mandatory.
- The weight system must be easy to operate and must not have any sharp edges. The weight may only be the minimum required to balance the weight of the suit, taking into account the compressed air diving apparatus.

Instructor's diving equipment

- The instructor must carry diving equipment that meets i.a.c. safety standards at all times.
- The second regulator must have a mouthpiece suitable for juniors and the use of gloves should be avoided.
- The basic principle is that the instructor should use the same cold protection as the child.

11.10 Training program

Based on the guidelines of the i.a.c. and its training system, children between the ages of 8 and 15 are trained in a similar way to adults. The common thread in the training of our students is a recognizable path in the

- Snorkeling in the pool → Practice and theory
- Diving in the pool → Practice and theory
- Diving in open water (lake or sea) → Practice and theory

through. As instructors, we must not lose sight of the fact that every person only has limited mental capacity and memory as well as motor skills. It makes no sense to try to cover several learning steps at the same time in one training phase - for example, to teach finswimming alongside scuba diving exercises. A carefully structured curriculum imparts the necessary skills and knowledge step by step, taking into account the learning speed of the students.

11.11 Diving outside the course/after the course

Group composition

The group must be led by someone who has at least the qualification i. a. c. Dive Leader qualification. Children with a Junior Diver/Junior Scuba Diver Certification may only dive when accompanied by a Scuba Instructor or higher. If the group does not include an instructor, a maximum of one child with a Junior Open Water Diver Certification may dive in the group.

Diving profile/time

According to the i. a. c. The diving depths must be limited in accordance with the regulations for diving with children:

- 8 - 10 years: up to 2 meters
- From 10 years: max. depth = age of the child

The diving depths are to be understood as maximum values and are to be reduced according to the ability of the students and the conditions. The dive must not last longer than 25 minutes.

Termination criteria

The dive must be stopped immediately if the child starts to feel cold, feels unwell or increasingly anxious, loses interest in diving or experiences difficulties.

11.12 Training in artificial waters

Requirements for the pool

The pool must be designed in such a way that the planned exercises can be performed with sufficient space. Conflicts with other users (jumpers, swimmers) must be ruled out. If possible, a separate pool should be available. The pool should have a shallow water area in which the children can stand without any problems. Holding facilities at the edge (e. g. overflow channel) are an advantage and should be provided if the water is not shallow. A shallow entry and exit via a staircase is recommended. The optimum water temperature is between 29°C and 33°C. If the temperature is below 25°C, cold protection should be worn. The maximum water depth must not exceed five meters and depends on the level of training of the diving students.

Supervision

The overall ratio of student to supervisor should not exceed 4: 1. Depending on the level of training and discipline of the students, the type of exercise and the depth of the water, a lower ratio may be required. The instructor should lead the lesson from land and position themselves so that they can see all students in the water. If the instructor is in the water for pedagogical or methodological reasons, another qualified supervisor should be present if the group is larger than four students. The instructor must be positioned in such a way that they can directly observe the student(s) practicing without losing sight of the rest of the group. For apnea exercises, 1:1 supervision must be maintained at all times.