



# AIDA2 FREEDIVER - COURSE OUTLINE

## 1.1 PREREQUISITES

To enroll in the AIDA2 Freediver Course, an individual must:

- Be 18 years of age or older (16 years with parent/guardian consent)
- Be able to swim at least 200m non-stop without fins OR at least 300m non-stop with mask, fins and snorkel
- Have completed the AIDA Medical Form
- Have completed the Liability Release

## 1.2 COURSE PURPOSE

The AIDA2 Course is the foundation course of AIDA, covering the necessary skills and knowledge for a non-competitive recreational freediver to safely freedive. It is a beginner course designed for students who are already confident in the water.

The purpose of the course is to familiarize the student with the skills, knowledge, safety procedures and enjoyment of freediving. Students will be introduced to the basic disciplines of freediving: Static Apnea, Dynamic Apnea, Free Immersion and Constant Weight freediving.

The course is NOT aiming toward competitive freediving and shall not include competition rules and regulations. The static and dynamic sessions in confined water are to be used to teach relaxation, breathing, finning and safety techniques. In the open water sessions students will use the skills they have learned in the pool / confined water sessions and will combine these with the basic skills of open water freediving such as Equalizing, Duck Diving, Vertical Swimming, Body Positioning, Turns and Use of Buoyancy.

## 1.3 KNOWLEDGE DEVELOPMENT

The freediving theory will include:

- Introduction to Freediving
- Freediving Breathing Cycle
- Basic Physiology of Freediving
- Equalisation
- Freedive Technique
- Safety in Freediving
- Equipment in Freediving
- Freediving Disciplines



### Option 1: Instructor-Led Classroom Sessions

The knowledge development should be conducted using the AIDA2 Slide Set. Students must be also given an electronic copy of the corresponding AIDA Manual (PDF). It can be used to prepare for the exam and for future reference. The minimum number of knowledge development sessions is 2 (splitting theory into more sessions is recommended) The minimum duration of the instructor lead theory is 3 hours.

### Option 2: Student Self-Study

The students will be given an electronic copy of the AIDA2 Manual (PDF) to read at their own leisure and to complete the Knowledge Reviews. Knowledge Reviews must be checked by the Instructor, who will then discuss missed information by using the AIDA2 Slide Set. The knowledge review sessions are an excellent opportunity to reinforce the key learning points of each section of theory.

## 1.4 AIDA2 EXAM

Any student wanting to be certified as AIDA2 Freediver must complete the AIDA2 Exam Version A. The passing score is 75%. If students do not pass the AIDA2 Exam Version A, they may re-sit using the AIDA2 Exam Version B, again at a 75% passing score.

## 1.5 CONFINED WATER SESSIONS

### Static Apnea STA

This session should be conducted in a swimming pool or appropriate confined water. After this session the student freediver will be able to:

- Demonstrate abdominal breathing and appropriate relaxation technique in preparation for breath-hold diving
- Demonstrate "One Full Breath"
- Demonstrate relaxation in the breathhold
- Demonstrate Recovery Breathing at the end of a breath-hold dive
- Demonstrate how to perform safely Static Apnea in a swimming pool with a buddy
- Perform a static breath hold of at least 2 minutes safely with a buddy
- Demonstrate the appropriate rescue technique for a Static Apnea buddy experiencing a loss of motor control
- Demonstrate the appropriate rescue technique for a Static Apnea buddy experiencing blackout

### Dynamic Apnea DYN

This session should be conducted in a swimming pool or appropriate confined water. The student should use bi-fins for all the dives. After this session the student freediver will be able to:

- Demonstrate how to prepare and put on equipment for pool training
- Demonstrate appropriate relaxation position during the relaxation phase
- Demonstrate One Full Breath in the same relaxation position suitable for dynamic freediving



- Demonstrate Recovery Breathing after surfacing at the edge of the pool
- Demonstrate appropriate bi-finning technique for a breath hold swim with fins, with regard to body positioning and fin-kick motion
- Demonstrate orientation techniques regarding the position of the freediver him/herself within the pool and the avoidance of other pool users. This may include following pool markings, recognizing the distance covered by indications on the pool floor.
- Demonstrate appropriate buddy-procedures. This includes swimming sideways at the surface with a snorkel in the mouth and the fins submerged at all times while keeping an appropriate minimal distance to the diver. Buddy must be within one arm's distance to the diver whenever the latter chooses to surface.
- Demonstrate how to perform safely a dive with a buddy, covering a distance of at least 40m with bi-fins, both as the performing diver and the buddy
- Demonstrate appropriate support procedures for a freediver who surfaces from Dynamic Apnea and suffers from loss of motor control (LMC).
- Demonstrate appropriate rescue procedures for a freediver who attempts Dynamic Apnea and suffers from a blackout. The rescue scenario will start under water and must include the removal or simulated removal of all weights from the blacked out diver.

## 1.6 OPEN WATER SESSIONS

The swim-test must be successfully completed before the student can participate in an open water session.

The open water training component of this course includes 3 sessions. No more than two open water sessions may be conducted on the same day. Students are required to exit the water between the dive sessions and should be given at least one hour for debriefing, rest and relaxation and briefing prior to the next session.

All skills below have to be included in the course but the program can alter according to students' abilities. Finning and Duck Dives can be shifted from session one to session two if students need more time for other skills listed in session one (in particular equalization, relaxation and body position). The AIDA Instructor must ensure that students meet a satisfactory level of each skill.

### Open Water Session One

In open water, the maximum depth of the freedives should be fixed by the Instructor based on the students' ability.

After Open Water Sessions, the student freediver will be able to:

- Prepare and put on equipment for open water Freediving. The student will be able to defog the mask, handle a snorkel, put on an appropriate exposure protection suit, weight belt if required, lanyard if required and bi-fins.
- Operate the quick releases of the lanyard (if a lanyard is used)
- Demonstrate appropriate weighting for freediving. Students should be weighted so that they do



not sink from the surface after exhaling (Surface Exhale Test)

- Demonstrate a Relaxation Phase of min. 2min in an open water environment
- Demonstrate pull-downs (FIM), descend slowly along the dive-line while maintaining relaxation and achieve comfortable equalization of the ears and sinuses in a head-down position
- Start to train for efficient Duck Dives
- Start to train for vertical swimming with bi-fins along the line with the head in body axis, streamlined body positioning and efficient finning
- Demonstrate Recovery Breathing after each freedive

If a student cannot equalize head down, the AIDA Instructor may introduce feet-first Free Immersion: If the student is not able to equalize during a head-first dive, stop the dive and resurface. The student may then try feet-first Free Immersion on the next dive. Switching between headfirst / feet-first during a dive is not recommended.

After the session, the AIDA Instructor should review the section in the AIDA2 Manual about equalization together with the student and give him/her additional exercises to work with in the dry between sessions. If head-down equalization stays out of reach, the student will keep training with feet-first pull-downs, working on equalization throughout the whole course.

#### Open Water Session Two

In this session the student builds on all the skills of Open Water Session 1, most of which will be repeated during this session.

After open water session two, the student freediver will be able to:

- Keep training to improve the Duck Dives
- Keep training for vertical swimming with bi-fins along the line with a head position in body axis, streamlined body position and efficient finning technique
- Perform controlled turns at the end of the descent
- Supervise a buddy from the surface as he performs a freedive
- Demonstrate rescue procedures for a freediver who arrives at the surface showing signs of possible loss of motor control (LMC)

#### Open Water Session Three

In this session the student builds on all the skills of Open Water Session 1 and 2, most of which will be repeated during the session.

After this open water session, the student freediver will be able to:

- Perform Constant Weight dives (CWT) to a depth of at least 12m (10m in water temperatures lower than 12°C at a depth of 10m and below) maximum 20m. The dive must include an efficient Duck Dive, line orientation, efficient bi-fin technique, an appropriate turn, ascending with efficient bi-fin technique, use of buoyancy and Recovery Breathing upon surfacing. Buddying and safety procedures must be adhered to.



- Supervise a buddy performing a freedive, meeting the buddy on the ascent at a depth of min. 10m
- Demonstrate rescue procedures for a freediver who experiences a Black Out at a depth of 5-10m. This will include lifting the freediver from depth and demonstrating rescue procedures once on the surface including securing the airways of the victim, taking his/her mask off and perform "blow, tap, talk" for 10-15 seconds.

## 1.7 CERTIFICATION PROCEDURES

Freedivers who meet all the performance requirements outlined above may be certified as an AIDA2 Freediver. Freedivers who meet all the performance requirements other than those listed under open water sessions may be certified as AIDA2 Pool Freediver.

Freediver who do not meet one or more performance requirements in the pool session(s) may be certified as AIDA1.

## 1.8 KEY STANDARDS

- Prerequisite certifications: None
- Minimum Age: 18 or older (16 with parent/guardian signature)
- Minimum Classroom Sessions (if teaching): 2 (minimum 3 hours total)
- Minimum Knowledge Review Session (if self-study): 1 session of min. 90 min
- Minimum Confined Water Sessions: 2
- Minimum Open Water Sessions: 3
- Max depth 20m
- The course should run over at least: 2 days