

# INTERNATIONAL LIFE SAVING FEDERATION

## World Water Safety

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## OPEN WATER DIVER (CMAS \*)

### MINIMUM RECOMMENDED COMPETENCIES

An Open Water Diver is a person trained to use scuba equipment and other underwater dive equipment for assisting in search, rescue and recovery of a victim.

The following are the minimum competencies recommended by the International Life Saving Federation for an Open Water Diver. ILS recognises that many of its Member Federations have standards, which exceed these minimums, based on the circumstances presented in their own countries. ILS encourages the highest possible standards in lifesaving, and merely provides the following as recommended minimum competencies.

### PREREQUISITES FOR COURSES ATTENDANCE

The prerequisites for course attendance are as follows:

- Minimum age: 16 years (for minors: a consent form is required, signed by parent or legal guardian).
- ILS Lifesaver's Certificate or equivalent examination of a National Lifesaving Organisation.
- Be in membership of a National Federation itself in membership of ILS.
- Medical confirmation to determinate the candidate's fitness for scuba diving.
- Personal insurance covering the risks of scuba diving.

### LEARNING OUTCOME 1: Using mask, snorkel and fins the candidate shall:

#### Assessment Criteria:

1. Swim continuously 750 metres without the use of arms, 250 metres each on the front, side and back.
2. Swim 250 metres with the use of arms but with only one fin (candidates choice of side).
3. Undertake a 35 metres breath holding swim under water.
4. Undertake a 45 seconds breath holding dive, during which a minimum distance of 10 metres shall be covered.
5. Undertake three breath holding dives to a depth of approx. 4 metres within 1 minute.
6. In water, with a depth of about 3 metres put on the diving equipment (consisting of mask, snorkel, fins and scuba device).
7. Rescue an "unconscious" diver from a depth of 5 metres in open water then tow the casualty 100 metres to the shore and drag the casualty from the water to a safe point for assessment.

**LEARNING OUTCOME 2: On dry land the candidate the candidate shall demonstrate the following:**

**Assessment Criteria:**

1. Demonstrate and comment on the international hand signals for underwater divers.
2. Demonstration Cardio Pulmonary Resuscitation on a manikin for a minimum period of 5 minutes.

**LEARNING OUTCOME 3: Equipped with scuba (self contained underwater breathing apparatus) the candidate shall demonstrate the following:**

**Assessment Criteria:**

- 1st Dive : 20 minutes at a depth of approx. 10 metres, during which the candidate shall remove, clear and replace own mask, regaining the regulator form behind the back. (In cold waters it shall be sufficient to only demonstrate flooding and clearing of the mask).
- 2nd Dive : 20 minutes at a depth of approx. 10 metres. At the end of the dive, at a distance of about 5 metres from his buddy, the candidate shall remove his regulator, swim to the buddy and breathe for two minutes using the buddy's spare regulator, while both divers are swimming in a horizontal direction. Following this, the candidate shall simulate an emergency ascent from 5 metres, without use of a regulator, controlling expiration during the ascent.
- 3rd Dive : 20 minutes at a depth of approx. 10 metres; during the dive demonstrate and respond to at least five international hand signals for divers.
- 4th Dive : 20 minutes at a depth of approx. 15 metres demonstrating the following :
- After the descent adjust to neutral buoyancy by using the inflator of the adjustable buoyancy jacket within a short time.
  - Ascent without using fin movements, to a depth of 10 metres whilst breathing through the regulator, then continuing dive.
  - At the end of the dive ascent at a controlled speed from the depth of 10 metres, stopping for one minute at a depth of 3 metres.
- 5th Dive : 10 minutes at a depth of 15 metres demonstrating the following :
- Controlled ascent to the surface (over a period of at least two minutes) from a depth of 15 metres whilst sharing a single regulator with the buddy.
  - After returning to the surface, snorkel for 10 minutes whilst fully equipped with scuba gear.
- 6th Dive : Rescue of an "unconscious" diver from a depth of 10 metres, towing the casualty 50 metres to the shore, dragging onto dry land and preparing the casualty for Cardio Pulmonary Resuscitation.
- Entry water : With complete scuba equipment the candidate shall correctly demonstrate two different water entries from a height of at least one metre. This test may be performed in indoor or outdoor pool.

\*Note: Refer to examination guideline no.6

**LEARNING OUTCOME 4: Theory**

**Assessment Criteria:**

The candidate shall answer questions on the subjects fixed in the examination regulations no 7, to the satisfaction of the examiner and within the required time limit.

**EXAMINATION REGULATIONS**

1. The objectives of teaching and examination to the level of an "ILS Open Water Diver" are :
  - Further training of lifesavers in scuba diving to qualify them to higher levels of lifesaving skills.

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- Understanding of the basic knowledge and skills of scuba diving as preliminary to further training as a Rescue Diver.
  2. A prerequisite for entry to the examination is the completion of 10 dives registered in the diving log book, with at least 3 dives to a minimum depth of 15 metres to ensure adequate preparation of the candidate.
  3. Only qualified ILS Instructors holding at least 1 star Instructor's qualification (equivalent to CMAS 1\* Instructor) are authorised to teach and examine the ILS Open Water Diver Certificate. Training support may be given by ILS Rescue Dive Masters.
  4. The theory section of the examination (Part D) may be taken before the prerequisite dives are completed. In the case of failure of the theoretical examination, a retest is allowed after a period of at least 4 weeks, but within 12 months.
  5. All parts of the examination and repeated tests must be completed within a period of 12 months.
  6. Not more than two examined dives may take place on one day, although repeated descents within 10 minutes surface time count as a single dive.
  7. The basic theoretical teaching must include as a minimum:
    - Basic anatomy and physiology.
    - Basic physics as applied to diving.
    - Risks associated with diving.
    - Calculation of air supply and consumption relating to the depth and duration of a dive.
    - Underwater hand signals.
    - Basic knowledge of use of diving equipment.
    - Diving rescue techniques and Cardio Pulmonary Resuscitation.
    - First Aid with recognition and management of specific disorders associated with diving.
  8. The basic practical teaching must include as a minimum:
    - Introduction to swimming and diving with mask, snorkel and fins.
    - Using basic equipment and ability to clear the mask whilst submerged.
    - Donning full equipment, including scuba device, whilst submerged.
    - Skills of rescue a resuscitation of a casualty.
  9. If the water temperature is low protective clothing must be worn.

## STATEMENT

The ILS Open Water Diver Certificate covers the examinations of the one star \* CMAS-Brevet; it is formally recognised and can be converted.

Regulation approved by the ILS Board of Directors and ratified by the 2000 ILS General Assembly.