

# INTERNATIONAL LIFE SAVING FEDERATION

## World Water Safety

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## RESCUE DIVE INSTRUCTOR 1 STAR (CMAS \* INSTRUCTOR)

### MINIMUM RECOMMENDED COMPETENCIES

A Rescue Dive Instructor 1 star is a person entitled to teach and examine Open Water Divers on behalf of ILS.

The following are the minimum competencies recommended by the International Life Saving Federation for a Rescue Dive Instructor 1 star. The ILS recognises that many of its Member Organisations 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

- Medical certificate of the candidate's fitness for scuba diving.
- Minimum age: 21 years.
- Be in membership of a National Federation itself in membership of ILS.
- Approval of a National Federation itself in membership of ILS.
- Having obtained the ILS Rescue Dive Master Certificate (ILS-RDM).
- Having assisted in at least two ILS Open Water Diver courses (ILS-OWD).
- At least 100 hours of open water diving.
- 150 dives (max. depth: 40 metres).

### COURSE CONTENT

The ILS Dive Instructor 1-star course builds on the fundamental knowledge required for the prerequisites.

Theoretical course contents:

- |                    |                              |
|--------------------|------------------------------|
| - Physics          | - Training methodology       |
| - Medicine         | - Rescue diving              |
| - Dive planning    | - Didactics, course planning |
| - Diving equipment | - Environmental protection   |

Skills:

- |                           |  |
|---------------------------|--|
| - Diving techniques       | - Group leadership/orientation (4 dives) |
| - Rescue diving (2 dives) | - Training methodology.                  |

### LEARNING OUTCOME 1: Using mask, snorkel and fins:

#### Assessment Criteria:

1. Breath holding dive to a depth of 12 metres.

2. Undertake a 45 metres breath holding under water swim.
3. Undertake a 60 seconds breath holding dive.

### LEARNING OUTCOME2: Equipped with scuba:

#### Assessment Criteria:

1. Two dives as a three divers group leader: Open Water Diver's exercises:
  - Demonstrate and respond to the international hand signals for divers.
  - Remove, clear and replace own mask.
  - Two minutes sharing a single regulator with a buddy.
  - Orientation exercises.
2. Rescue Exercise:  
Dive fully equipped to a patient "casualty" at 10-12 metres depth who is also fully equipped. Recover the patient, complete with equipment, to the surface and then tow him for a minimum of about 200 metres to the shore. Recover him onto dry land and prepare for Cardio Pulmonary Resuscitation.

### LEARNING OUTCOME 3: Theory

#### Assessment Criteria:

1. Demonstration lesson (target group: Open Water Diver).
2. Written examination under the examination regulations.
3. Assessment of an Open Water Diver examination.
4. Write a composition (subjects: one or more of those listed under point 6 of the examination regulations).
5. Oral examination.

### EXAMINATION REGULATIONS

1. The ILS Dive Instructor 1-star course must be held under the leadership of an ILS Dive Instructor 3 star from a National Federation in membership of ILS.
2. The Examiners shall consist of three ILS Dive Instructors 3 star, who are authorised by ILS.
3. During snorkelling with full equipment, the air tanks must be closed.
4. In case of unsuitable water conditions, the tasks mentioned under learning outcome no.2. may be divided between more than two dives.
5. During the rescue tows both divers must wear complete equipment. The candidate must breathe through their own snorkel: the casualty shall breathe normally.
6. Written examination contents:
  - Biology and physiology for divers.
  - Diving sickness.
  - Physics.
  - Action planning and management, undertaking and safeguarding of dives.
  - Methodology of underwater searching.
  - Regulations of ILS and the National Federation in membership of ILS.
  - Action in cases of diving accidents.
  - Knowledge of diving equipment.
  - Knowledge of high pressure compressors.
  - Environmental protection.
  - Training methodology.
7. For the written examination the standard ILS questionnaires must be used, which indicate the time allowed and the scoring system.
8. All candidates who fail the whole or part of the examination at the first attempt may be allowed a second attempt after being informed of the failure points.
9. All parts of the examination and repeated tests must be completed within a period of 12 months.
10. A holder of the ILS Dive Instructor 1-star Certificate must undergo a medical examination annually, and following any serious illness.

11. The Certificate is valid for 4 years. Extension of this period may be granted upon proof of 30 hours further education in medicine, technology and accident management. In addition, proof of having assisted in at least two ILS Open Water Diver or equivalent national diving courses must be provided.
12. ILS will be responsible for certification and registration.

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