

APNEA SURVIVAL – SURF APNEA INSTRUCTOR PROGRAM – SURF APNEA COURSE - GENERAL STANDARDS

The Apnea Survival - Surf Apnea standards are based on and read in conjunction with the PADI freediver – general program standards. As an Apnea Survival - Surf Apnea instructor, if there is ever any doubt in relation to any matter that is not covered in the Apnea Survival - Surf Apnea standards an instructor is to refer to the PADI freediver standards.

If, after consulting the Apnea Survival - Surf Apnea general standards and the PADI freediver standards, there remains doubt in relation to an issue the instructor is to submit an inquiry in writing to the Apnea Survival - Master Trainer and seek a direction any clarification.

1. Instructor requirements

To apply and qualify as an Apnea Survival Instructor and to teach or assist an instructor on any Apnea Survival - Surf Apnea course, the person teaching or assisting must meet all the certification and training requirements of the Apnea Survival Instructor.

Note: Instructor candidates must be 18 years of age at the time of registration.

Option 1. Face to Face (5 days) - Complete the 5 day face to face Apnea Survival Instructor training course. Which includes:

1. Surf Apnea course (1 day)
2. Surf Apnea Instructor development workshop (Prerequisites, drill demonstrations, theory and practical teach backs and advanced drills (1 day)
3. Cold Water Immersion Instructor training course (1 day)
4. Oxygen Advantage Advanced Instructor training course (2 days plus online theory)

Option 2. Remote – Online / Zoom (30-40 hours / 4 - 5 days) - Complete the online equivalent of the 5 day face to face Apnea Survival Instructor training course. Which includes:

1. Holding a current Freediver Instructor or Surf / Swim Coaching accreditation (or similar water based equivalent), and complete the following:
2. Online Surf Apnea course (6 hours)
3. Surf Apnea Instructor development online course materials (Prerequisites, theory and practical teach backs and advanced training drills, online learning and zoom presentations).

4. All practical drills are to be submitted via video upload. All classroom / theory presentations are delivered via zoom. (20 hours)
5. Cold Water Immersion Instructor Training (Online learning and zoom presentation - All practical drills must be performed and submitted via video. All classroom / theory presentations are delivered via zoom) (16 hours)
6. Apnea Survival - Breath FX – Functional Breathing Course (Online learning and zoom presentation) (16 hours) Or, the Oxygen Advantage Advanced Instructor training course (30 hours)

Option 3. Any combination of 1 and 2.

Option 4. Recognition of prior learning (RPL).

The Apnea Survival Master trainer may, after receiving application in writing from an Apnea Survival Instructor candidate, and once satisfied the candidate has provided satisfactory evidence to demonstrate RPL is warranted, may approve a recognition of prior learning for any or all components of the Apnea Survival Instructor training course, covered by the candidate's application.

2. Instructor materials and equipment required.

- Apnea Survival Surf Apnea Program guide (Online course materials).
- Apnea Survival – Surf Apnea PowerPoint presentation.
- Apnea Survival Online Surf Apnea Training tool.
- Swim goggles or dive mask, snorkel, and small rubber fins
- Appropriate exposure protection
- Witches hats (negatively buoyant) or similar markers for bottom of the pool.
- Water resistant time keeping device

3. Instructor prerequisites requirements and standards

Physical Prerequisite

(Assessed on any face to face course or provided as video evidence)

1. 3.30 minute static breath hold.
2. 50M under water pool swim (dynamic no fins – on a single breath).
3. 100M over under drill. (25M freestyle + 25M underwater + 25M freestyle + 25M underwater). Performed with no breaks at a firm pace.

4. Demonstrate all practical land and water based practical drills, including black out and loss of motor control rescue.
5. Complete an unconscious diver rescue in water to deep to stand in but not deeper than 5 Meters.
6. Deliver 1 land or pool based drill.

Classroom Prerequisites

7. Deliver 1 x 5 – 10 minute presentation on a course topic.
8. Deliver 1 x PowerPoint slide topic. The PowerPoint slide must be referred to and referenced in the presentation.

Note: Drill and presentation topics will be allocated to students at the discretion of the Apnea Survival Master Trainer prior to commencement of the course proper.

The physical components of the Surf Apnea Instructor course are moderately challenging feats, but they are not difficult to accomplish with commitment and training.

Students have 12 months from the registration date of their Apnea Survival Instructor Course, to meet the water and land based requirements and complete any presentations and / or submit any video evidence.

All video submissions must be filmed in real time, filmed in the presence of a buddy, referencing a time piece (stopwatch etc), and uploaded to the students designated Dropbox or pCloud folder.

Certifications will not be issued unless all components of a student's assessment are complete.

4. Online materials & assessment requirements

Online registration is available 24/7 and can be undertaken at any time prior to completing the live zoom / face to face requirements (online learning material will be released automatically once a candidate has registered and paid for their course).

Online training materials

- Multiple choice theory exam – 80% pass mark
- Classroom teach backs and presentations

All teach back / presentation topics, and any case study requirements will be provided upon commencement of live zoom / face to face training. The classroom presentations can be submitted via video recording uploaded to Dropbox or pCloud , live zoom, or in person).

1. Physiology presentation (video / live zoom / face to face)
2. Deliver – Pool based drill (video / live zoom / face to face)
3. Deliver – Land based drill (video / live zoom / face to face)
4. Deliver – Pool based training session (case study in writing / video / live zoom / face to face)
5. Conduct – Functional breathing assessment that assesses the three pillars of functional breathing (video / live zoom / face to face) including
 - Conducting a mechanical assessment
 - Obtain BOLT score from a client
 - Obtain MBT score from a client
 - Complete psychophysiological assessment using one of the questionnaires provided in the resource materials

6. General Program Standards

This section includes the program standards, recommendations, and suggestions for conducting all Apnea Survival Surf Apnea programs.

Who can deliver Apnea Survival Surf Apnea courses and workshops.

Only accredited Apnea Survival Instructors are permitted to deliver Apnea Survival courses. No Apnea Survival content is permitted to be delivered by any non- Apnea Survival accredited person.

Certified Assistants

Only Apnea Survival Accredited Instructors can assist primary Instructors in the delivery of any Apnea Survival course or workshop. Non-Apnea Survival accredited persons, regardless of their other qualifications, are not permitted to deliver any Apnea Survival training or part thereof. Or, assist in the delivery of any Apnea Survival training or part thereof, unless they are approved in writing to do so by the Apnea Survival Master Trainer.

Certified Apnea Survival Surf Apnea Instructor requirements

To qualify as an Apnea Survival Surf Apnea Instructor, you must have completed one of the following program options.

Note: Instructor candidates must be 18 years of age at the time of registration.

Option 1. Face to Face (5 days) - Complete the 5 day face to face Apnea Survival Instructor training course. Which includes:

5. Surf Apnea course (1 day)
6. Surf Apnea Instructor development workshop (Prerequisites, drill demonstrations, theory and practical teach backs and advanced drills (1 day)
7. Cold Water Immersion Instructor training course (1 day)
8. Oxygen Advantage Advanced Instructor training course (2 days plus online theory)

Option 2. Remote – Online / Zoom (30-40 hours / 4 - 5 days) - Complete the online equivalent of the 5 day face to face Apnea Survival Instructor training course. Which includes:

7. Holding a current Freediver Instructor or Surf / Swim Coaching accreditation (or similar water based equivalent), and complete the following:
8. Online Surf Apnea course (6 hours)
9. Surf Apnea Instructor development online course materials (Prerequisites, theory and practical teach backs and advanced training drills, online learning and zoom presentations).
10. All practical drills are to be submitted via video upload. All classroom / theory presentations are delivered via zoom. (20 hours)
11. Cold Water Immersion Instructor Training (Online learning and zoom presentation - All practical drills must be performed and submitted via video. All classroom / theory presentations are delivered via zoom) (16 hours)
12. Apnea Survival - Breath FX – Functional Breathing Course (Online learning and zoom presentation) (16 hours) Or the Oxygen Advantage Advanced Instructor training course (30 hours)

Option 3. Any combination of 1 and 2.

Option 4. Recognition of prior learning (RPL).

The Apnea Survival Master trainer may, after receiving application in writing from an Apnea Survival Instructor candidate, and once satisfied the candidate has provided satisfactory evidence to demonstrate RPL is warranted, may approve a recognition of prior learning for any or all components of the Apnea Survival Instructor training course, covered by the candidate's application. Candidate's application.

Participant age - Apnea Survival - Surf Apnea course requirements

Student minimum age - 18 years or 15 years if accompanied by a responsible guardian over the age of 18 years. The guardian must participate in the course alongside the young person and will count as a student when calculating student to instructor ratios.

A medical waiver and questionnaire must be completed with no identified contraindications. If contraindications are identified, the participant must have and present the accompanying medical certificate signed by a medical practitioner permitting them to participate in the Surf Apnea activities. No person is to participate in any practical components of the Surf Apnea course without the satisfactory completion of the medical questionnaire and waiver.

Note: The minimum age for Apnea Survival Instructors is 18 years at the time of registration.

Course materials and equipment

- Apnea Survival Online Surf Apnea Training tool.
- Swim goggles or dive mask, snorkel, and small rubber fins
- Appropriate exposure protection
- Water resistant time keeping device

Required forms to be completed

At the beginning of the course, it is the responsibility of the facilitating instructor to ensure (and before any practical activities), all participants have completed and signed:

- Current version of the Apnea Survival medical questionnaire and waiver liability
- Apnea Survival Safe Diving Practices Statement of Understanding
- Course sign on / registration form upon attending the course proper.

A parent or guardian and the young person (where a participant is under 18) must all name, date and sign the required forms. Unless a local law defines "legal / adult age" as an age older than 18, the parent/ guardian responsibility extends up to that age.

Maintain training completion records for each student for seven years or longer (as required locally).

Surf Apnea course fitness

1. A "yes" response to any question on the Apnea Survival Medical conditions and waiver form may require a written clearance from medical physician as a prerequisite to in water activities. In the case of non-diving related issues, the instructor may make a

determination , however any diving specific contraindicator must be supported by a written clearance from medical physician.

2. There can be no restrictions or conditions noted by the physician that may restrict a participant's ability to complete the land based and in water drills (for example, depth limits, water temperature restrictions, etc.)
3. Medical clearance from a physician is valid for one year.
4. The physician signing the medical clearance must not be the student.
5. A participant who becomes ill or injured during a Surf Apnea course must complete a new medical form and waiver before participating in any subsequent Surf Apnea practical drills or activities. Use the medical form screen to determine if the changed medical condition would cause the participant to check off something new on the form. If so, the participant must be cleared for participation by a medical physician prior to resuming any Surf Apnea Course practical activities.

Knowledge development assessment

Before participating in any practical components of the Surf Apnea course or training all course participants must complete all Surf Apnea course material components during either:

1. An interactive in person face to face PowerPoint / theory presentation conducted by an accredited Apnea Survival Surf Apnea Instructor who is also facilitating the in water components of the Surf Apnea course.

Or

2. By completing the online Surf Apnea Course and all its review questions and knowledge assessments.

It is the facilitating Apnea Survival Surf Apnea Instructors responsibility to ensure and verify all course participants have completed the above before they participate in any practical Surf Apnea Course components, whether land or water based.

Student to Instructor Ratios - In water activities

Confined Water – 8:1 A maximum of eight students in the water at any one time per certified instructor.

A group of sixteen students can be split into two groups of eight with one group resting out of the water or performing 1:1 safety support (buddy) for students who are in the water with and under direction from the instructor.

Additional students can only be added with the inclusion of a second Certified Apnea Survival Surf Apnea instructor, who when acting as an assistant to the primary instructor can increase the ratio by four participants to 12:1 or when acting independently of the primary instructor, can supervise and independently instruct a second group of up to 8 students IE 2 x groups of 8 students in the water, with 2 instructors independently supervising each group of 8 students.

A group of twenty four students can be split into two groups of twelve with one group resting out of the water or performing 1:1 safety support (buddy) for students who are in the water with and under instruction from the facilitating instructor.

Students under 15 years - Ratios

For students under age 15, the maximum student to instructor ratio is 6:1 – no additional students may be added using an assistant, but a second instructor may independently instruct and supervise a second group of 6 students.

A group of twelve students under the age of 15, can be split into two groups of six with one group resting out of the water, or performing 1:1 safety support (buddy) for students who are in the water with and under instruction from the instructor.

Open Water

The Apnea Survival Surf Apnea course water based drills are designed to be conducted in confined water environments only and are not suitable for use in open water or non-confined water environments

Definition of Open Water

Any body of water that is not defined as confined water.

Definition of confined water

Confined water is an underwater environment where students can practice and develop their Surf Apnea skills in a controlled and safe setting. Confined water is a body of water that is protected from swell and forces of nature, and is a relatively calm body of water, such as a swimming pool, shallow beach area, or calm, shallow section of a lake, where students can practice and master essential skills and improve confidence before transferring those skills to real life or open water scenarios.

Confined water training is an integral part of the Apnea Survival Surf Apnea curriculum as it allows new students to master skills in a controlled environment under the guidance of a certified instructor. Once students have demonstrated their proficiency in confined water, they can then apply these skills in a more natural, real world environments.

The *suggested* confined water depth for Apnea Survival Surf Apnea drill performance is 1 - 1.2 meters or a depth where in the student is able to stand flat footed on the bottom and have their head completely clear of the surface of the water, to enable them to breathe and rest without the need to keep themselves afloat.

Water depth

For the Apnea Survival Surf Apnea course, the preferred water depth is 1.0 -1.2 meters. The maximum water depth for any Surf Apnea course is 2 meters. Surf Apnea course drills are not suitable to be conducted in water deeper than 2 meters.

Exceptions can be made for Instructor development and training courses. For example. Deep pool rescue and advanced hold down techniques may be practised and conducted in confined water up to five meters in depth (such as a dive pool). However, students participating in deep pool drills must be supervised directly in a 1:1 ratio by a competent buddy or instructor from the surface.

In deep pool (deeper than 2 meters) drills, buddies and instructors conducting safety functions, must wear suitable body surfing style swim fins (e.g., Da Fins) or small rubber dive fins (no monofins) to provide a more efficient response and greater manoeuvrability.

Supervision and Control

A certified Apnea Survival Surf Apnea Instructor must be present and in control of all Surf Apnea course activities and must ensure that all performance and safety requirements are met and satisfied. For the purposes of the Surf Apnea course or training program, “present and in control” means:

“ Being on land or in the water directly observing students and ready and able to immediately respond to any emergency or potential emergency. Instructors may observe from above the surface, or from below, while students undertake in water drills, but must be ready to respond to an emergency and have the ability to return any submerged student to the surface if a problem occurs.

While supervising students, instructors need to be mindful they may need to make multiple dives over a short periods of time throughout the duration of the course.

Hours and session times

The Apnea Survival Surf Apnea course must be conducted during daylight hours or a well light body of water, with sufficient lighting to imitate daylight hours. At purpose-made sites, sessions may be conducted at any hour, provided the underwater and surface conditions have lighting comparable to daytime light.

Each course has a minimum of one three hour theory / land based session and one two hour pool session. The full theory / land based session must be completed before a student can enter the water and undertake any water based components of the course. The course may be divided into multiple or more sessions and/ or with additional sessions as appropriate for logistics, class size, student ability and to meet any other student needs and expectations.

Recommended duration for the Surf Apnea one day for this course is 8 hours.

Safety and emergency response training

Before undertaking any Surf Apnea training drills or skills a student must have completed the black out and loss of motor control practical in water training.

All pool drills must be delivered in the set format starting with the static breath hold and progressing to the more dynamic drills. Ending with the tumbling drill.

Drills and training techniques

Only prescribed Apnea Survival Surf Apnea drills and training techniques (including recovery breathing and breath holding techniques), as defined and described in the online Surf Apnea training tool and online Apnea Survival Instructor training materials are to be used during Apnea Survival Surf Apnea courses.

The Apnea Survival Master Trainer may, at any time and at their discretion modify any drill, replace any drill or develop and add any new drills to the Surf Apnea course material.

END