



# AIDA1 INTRODUCTION TO FREEDIVING - COURSE OUTLINE

## 1.1 PREREQUISITES

To enroll in the AIDA1 Introduction to freediving course, an individual must:

- Be 18 years of age or older (16 or 17 years with parent or guardian consent)
- Be able to swim at least 100m non-stop
- Have completed the AIDA Medical Form
- Have completed the Liability Release

## 1.2 COURSE PURPOSE

This course is designed to be an introduction to freediving for complete beginners. It aims to help the students to develop basic skills, knowledge and safety procedures necessary to enjoy freediving safely within the limits of their experience.

## 1.3 KNOWLEDGE DEVELOPMENT

The theory will include:

- Introduction to AIDA1
- Freedive Breathing Cycle
- Equalization
- Basics of Safety in Freediving
- Freediving Disciplines
- Freedive Equipment
- Freediver Code of Conduct

### **Option 1 – Instructor-Led Classroom Session**

Teaching sessions will take place in a classroom-like environment.

The knowledge development should be conducted using the AIDA1 Slide Set. AIDA Instructors may give additional information such as information specific freediving in the local area. Students must be also given an electronic copy of the corresponding AIDA Manual (PDF). It can be used for future reference.

### **Option 2 – Student Self-Study**

The students will be given an electronic copy of the AIDA1 Manual to read the manual on their own.

## 1.4 BREATH HOLD EXERCISE

The AIDA Instructor introduces students to Static Apnea on land and/or in pool/confined water. The student freediver should have access to either a floatation device or pool edge to support them at the



end of the breath hold if it is done in water.

After this session the student freediver will be able to:

- Demonstrate Relaxation Phase
- Demonstrate One Full Breath
- Demonstrate relaxation in the breathhold
- Demonstrate Recovery Breathing, including safe body positioning if the breath-holds are done in confined water
- Demonstrate how to perform a Static Apnea STA with a buddy
- Demonstrate the appropriate rescue technique for a training buddy experiencing a loss of motor control and blackout

## 1.5 WATER SESSION

This session may be conducted in a deep swimming pool or in appropriate open water.

In open water, the maximum depth of the freedives should be fixed by the Instructor based on the students' ability and limited to not more than 10m by setting the end of the dive-line to that maximum depth. 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 freediving. The student will be able to defog the mask, choose and put on appropriate exposure protection, a weight belt if required, bi-fins and any other additional equipment.
- Demonstrate Relaxation Phase while breathing with a snorkel
- Demonstrate One Full Breath through the snorkel before removing it to start the dive
- Demonstrate Recovery Breathing after every freedive, after gotten hold of the surface buoy or pool edge
- If possible (not mandatory) beginning with pull downs—descend slowly along a line, achieving comfortable equalization in a head up or head down position
- Demonstrate effective Duck Dives
- Demonstrate appropriate bi-finning technique with regard to head position, body position, movement and position relative to depth and sides of a pool or bottom and other obstacles in open water such as a reef or following a rope (not mandatory)
- Supervise a buddy from the surface performing a freedive to maximum 10m
- Demonstrate the appropriate rescue technique of a buddy experiencing a loss of motor control and blackout at the water surface



**1.6 KEY STANDARDS**

- Prerequisite certifications: None
- Minimum Age: 18 or older (16 or 17 with parent/guardian signature)
- Minimum water session: 1
- The course should run over at least 1 day (6 hours)