



## NAUI SKIN DIVING INSTRUCTOR (SDI)

3 days

**Costs include:**

**Extra costs:**

**Equipment, Certification (HQ), Manuals**

### OVERVIEW

This is a leadership level certification course designed to train and qualify persons and issue certifications in skin (breath-hold) diving. The course will make available to individuals; schools, camps, or similar groups NAUI Leaders who can effectively teach people to enjoy skin diving with minimal risk.

### QUALIFICATIONS OF GRADUATES

- An active-status NAUI Skin Diving Instructor may independently teach the NAUI Skin Diving Course and designated specialty courses as skin diving courses and authorize NAUI to issue certifications for these.
- An active-status NAUI Skin Diving Instructor may, while being overseen by an active-status NAUI Instructor, perform as an assistant during NAUI scuba diving courses. If certified as a scuba diver, this may include scuba training activities.
- An active-status Skin Diving Instructor may independently perform the swimming skills evaluation and teach the Skin Diving portions of the NAUI Scuba Diver Course.

### WHO MAY TEACH

See "Policies applying to NAUI Leadership Courses."

### PREREQUISITES FOR ENTERING THE COURSE

- **General.** Meet the requirements applying to all Leadership courses. (See "Policies Applying to Leadership Courses.")
- **Materials.** (See current guide to NAUI membership.)
- **Diver Certification.** Certified skin or scuba diver by a NAUI recognized agency with a minimum of 25 logged skin dives. Dives shall be varied in environment, depth and activities.

### COURSE POLICIES

- **Ratios.** Standard ratios apply (See "Policies Applying to All Courses.")
- **Hours.**  
Academic – 17 hours estimated.  
Water – 7 hours required.
- **Open Water Dives.** At least one open water training dive is required.

### SKILL REQUIREMENTS

Students must demonstrate satisfactory performance of the following skills prior to certification:

- **Swimming Skills** – no equipment
  - Swim underwater 25 yards (23 m) on one breath; no dive or push-off.
  - Swim 450 yards (407 m) nonstop, any stroke, in 10 minutes or less.
  - At the end of the 10 minutes 450 yard (407 m) swim, swim an additional 25 yards each (23 m) of two resting strokes.

- Surface survival swim for 20 minutes (floating, treading, etc.)
- Recover a 10 lb. (4.5 kg) object from at least 8 feet (2.4 m) of water.
- Transport another person of similar size 50 yards (46 m).
- **Skin Diving Skills** – mask, snorkel, fins
  - Swim 900 yards (823 m) nonstop, within 18 minutes.
  - Remove and replace mask, snorkel and fins at the surface.
  - Swim underwater 50 yards (46 m) taking no more than three breaths during the swim.
  - Recover several small objects during one dive to at least 8 feet (2.4 m) of water.
  - Transport a diver of equal size 100 yards (91m) in four minutes or less.
  - Perform a Skin Ditch and Recovery. (See “Details of Selected Skills.”)
  - Perform with ease and proper techniques: water entries/exits, surface dives, propulsion techniques, snorkel clearing, buoyancy control with vest, surfacing, underwater and surface swimming.
  - Perform a Skin Diver Rescue. (See “Details of Selected Skills.”)
- **Teaching Skills.** For student evaluation and record.
  - Teach at least two skin diving skills.

## ACADEMIC REQUIREMENTS

- **Applied Sciences.** Those aspects of physics, physiology and medicine, including fitness and hazards, which are needed to teach skin diving with minimal risk. Emphasis is to be placed on practical aspects bearing on the activity so an instructor will understand student and self-limitations. Specifics to be included are: pressure, temperature, buoyancy, vision, gases, respiration (including shallow water blackout and the dangers of a skin diver breathing compressed air at depth), squeezes, respiratory problems, overexertion and overexposure.
- **Diving Equipment.** The purpose, features, types and use of skin diving equipment. The main emphasis is to prepare the skin diving instructor to teach the selection, use and care of mask, snorkel, fins and BC or skin diving vest. Coverage of surface float with diver flag, knife, weight belt and protective suit is required, but the emphasis will be dependent on the location of the course.
- **Diving Safety.** Rescue techniques and first aid as applied to skin diving. Dive planning, safety rules and emergency procedures are to be covered. Specifics to be included are: panic syndrome, problem recognition, self-rescue, near-drowning, cardiopulmonary resuscitation, shock, wounds, assists, tows and carries.
- **Diving Environment.** The physical and biological aspects of the environment in the area where the course is conducted. The fundamentals of conservation and preservation of aquatic resources should be stressed. Applicable regulations, hazards (including pollution), water movement and water characteristics of the areas to be dived and their effects on the diver are to be covered.
- **Diving Activities.** The knowledge of the how, who, when, where, what and why of diving. Specific references to diving clubs, boats, stores, sites, books and periodicals, plus related courses, are to be included. A short introduction to specific diving activities is also to be given.
- **Course Operation Procedures.** The knowledge necessary to operate a skin diving course. Coverage is to include: finances, promotion, course content, legal aspects, insurance, course materials, field trips, ethics, student acceptance criteria and course facilities.
- **Orientation to NAUI.** An overview of the association. History, organization, philosophy, standards, programs, products, services and procedures are to be covered.
- **Teaching Techniques and Student Evaluation.** Preparation of the students to effectively teach skin diving courses. Teaching theory, methods, techniques, establishing objectives, evaluations, training aids and lesson plans are to be covered. After this material has been presented, the students are to present no fewer than four teaching assignments (two classroom and two in-water). The presentations are to be evaluated for record.

• **Candidate Assignments.** The following assignments are to be completed outside of class time by the candidates as required portions of the course:

- Prepare teaching presentations, to include a short written outline to be turned in before each presentation.
  - Prepare a game, exercise or drill to be presented during course water work as one of the required teaching presentations.

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**EXAMINATIONS**

See “Policies Applying to All Courses; Evaluation and Documentation.”