



## Minimum Course Content and Prerequisites for Recreational Scuba Instructor Certification

### TRAINING OBJECTIVE

Instructor certification permits an individual to teach scuba students how to become competent divers. The Instructor must always promote safe diving and uphold the standards of IDSSC.

### PREREQUISITES TO ENTER INSTRUCTOR COURSE

1. 18 years of age or older.
2. At least one year of diving experience since entry-level certification.
3. Medical exam with physician's approval. The medical exam must be for scuba diving and completed less than one year prior to the beginning of the institute. The exam used for Assistant Instructor certification, may be used only if within this one-year requirement. The medical questionnaire used in entry and advanced level classes is not acceptable to meet this requirement.
4. Statement of Understanding/Waiver & Release completed and signed.
5. Hold a Rescue Diver rating.
6. Have completed requirements and be certified as a Dive Supervisor.
7. Complete requirements and be certified as a Scuba Assistant Instructor.
8. To enter Instructor training, Instructor candidates are required to have a minimum of 100 logged dives since entry-level certification. The 100 prerequisite dives must include at least 5 from the list below:
  1. 30 dives to greater than 80 feet.
  2. 10 dives utilizing full wet suit including hood and gloves or dry suit.
  3. 20 low visibility dives (less than 3 feet visibility) or dives night dives
  4. 20 fresh water dives.
  5. 20 salt water dives.

### COURSE PROGRAM

The candidate shall complete training under the supervision of an instructor trainer/evaluator or Course Director. The topics include:

(a) Lesson preparation, planning and demonstrate knowledge about:

- History of diving
- Types of Diving
- Physics of diving

- Physiology of diving
- Pathophysiology of diving
- Local and international laws of diving
- Medical diving problems
- Dive tables planification
- Dive Environment
- Dive planning
- Accident prevention
- Emergency procedures and Accident management
- Buddy control and assistance
- Recommended safety diving practices, deeps stop, safety stop.

(b) Pool/confined water, open water procedures and problem solving. The candidate shall demonstrate:

- Diving system assembly and disassembly
- Equipment inspection and cross check with buddy.
- Entries and exits
- Diving sign review
- Mouthpiece clearing - snorkel and regulator
- Surface-snorkel swimming with full diving system
- Controlled descents and ascents
- Buoyancy control
- Underwater swimming - with and without mask
- Mask-clearing, removal and replacement.
- Underwater exercises – regulator recovery, buddy breathing - with and without mask
- Buddy-system techniques, visual control, correct distance.
- Underwater and surface buddy rescue.
- Removal and replacement of weight/ballast system and replacement of scuba system
- Equipment care and maintenance

(c) Open Water Scuba Skills. The candidate shall demonstrate in open water, to a certified instructor trainer/evaluator, group control and supervision, problem solving and open water rescue.

- Diving system assembly and disassembly
- Equipment inspection and cross check with buddy.
- Entries and exits
- Diving sign review
- Mouthpiece clearing - snorkel and regulator
- Surface-snorkel swimming with full diving system
- Controlled descents and ascents
- Buoyancy control
- Underwater swimming - with and without mask
- Mask-clearing, removal and replacement.
- Underwater exercises – regulator recovery, buddy breathing - with and without mask
- Buddy-system techniques, visual control, correct distance.
- Underwater navigation
- Underwater and surface buddy rescue.
- Removal and replacement of weight/ballast system and replacement of scuba system
- Equipment care and maintenance

## EXIT REQUIREMENTS TO BE CERTIFIED AN INSTRUCTOR

1. The candidate shall complete at least 100 total training hours of specialized training/evaluation. Assisting in open-water class checkouts
2. Diving experience including a minimum of 120 logged dives before completing Instructor training. An up-to-date logbook must be presented by the candidate
3. Hold current certification in each of the following:
  - a. First Aid (NSC, ARC, AHA, ASHI or equivalent).
  - b. CPR (NSC, AHA, ARC, ASHI or equivalent)
  - c. Oxygen Provider (DAN or equivalent).

## CREDENTIALS

International Instructor Trainers or Course Directors may conduct the Instructor Course that can certify International Instructors

## EQUIPMENT

Each candidate must have a Minimum Scuba Leader System.

## QUALIFICATIONS

Instructor certification permits an individual to teach and certify scuba students to enjoy recreational diving

## RENEWAL

To complete the annual instructors renewal, IDSSC recommends performing the IADRS ANNUAL WATERMANSHIP TEST

## IMPORTANT

**IDSSC** no recommends the solo diving  
**IDSSC** no recommends spearfishing  
**IDSSC** no recommends the shark feeding diving