

CMAS ONE STAR INSTRUCTOR STANDARD



CMAS

BOARD OF DIRECTORS VISA N°:208

CMAS ONE STAR INSTRUCTOR STANDARD

1. AIM OF THE TRAINING PROGRAMME

- 1.1. This training programme aims at introducing experienced CMAS Dive Leaders to the basic concepts, principles and instructional techniques for diver education and training, which will enable them to present certain prescribed CMAS Diver Training Programme measures in a safe and competent manner.

2. CLASSIFICATION

- 2.1. The CMAS One Star Instructor training programme is classified as an intermediate level leadership instructor training programme.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS One Star Instructor Training Programme may be conducted by a minimum of a CMAS Three Star Instructor in active status that complies with the requirements of CMAS national federation.
- 3.2. The CMAS Three Star Instructor may be assisted by a CMAS Two Star Instructor in active status.

4. COURSE STRUCTURE AND DURATION

- 4.1. **ACADEMICS (ESTIMATED HOURS):** 65 hours.
- 4.2. **PRACTICAL APPLICATION:** Minimum required 25 hours.
- 4.3. **THE MINIMUM NUMBER OF OPEN WATER DAYS.**
 - 4.3.1. One (1) dive to fifty-six (56) meters is recommended but is not required
 - 4.3.2. CMAS allows Three Star instructors to schedule the number of days for practical sessions in open water according to the CMAS One Star instructor syllabus, number of candidates, their skill level and the diving environment.

5. COMPETENCIES OF A CERTIFIED CMAS ONE STAR INSTRUCTOR

- 5.1. A CMAS One Star Instructor shall be trained such that, when assessed by a CMAS Three Star Instructor, he shall be deemed to have a professional level of knowledge regarding diving theory, theoretical academics, confined and open water teaching, supervising skills, solid rescue skills, dive management supervision abilities, exemplary diving skills and sufficient diving experience.
- 5.2. To teach, assess and certify candidates validating their theoretical knowledge, confined and open water skills in accordance with the prescribed CMAS Diver Training Standards of the following programmes:
 - 5.2.1. CMAS One Star Snorkel Diver Training Programme.
 - 5.2.2. CMAS Two Star Snorkel Diver Training Programme.
 - 5.2.3. CMAS Three Star Snorkel Diver Training Programme.
 - 5.2.4. CMAS Introductory SCUBA Experience Training Programme.
 - 5.2.5. CMAS Indoor Diver.
 - 5.2.6. CMAS One Star Diver Training Programme.

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- 5.2.7. To teach, assess and certify candidates on their theoretical knowledge, practical skills, confined and open water skills on all the CMAS Specialty Diver Training Programmes, for which they have successfully completed the appropriate CMAS Specialty diver training programmes and/or Specialty Instructor training programmes, which are allowed to be conducted by a CMAS One Star Instructor, allowed by CMAS Diver Training Standards.
- 5.2.8. To act as an Instructional Assistant to a CMAS Two Star Instructor on all the CMAS diver training programmes that a CMAS Two Star Instructor is authorised to conduct regarding the relevant CMAS Diver Training Standards.
- 5.2.9. The parameters within which the CMAS One Star Instructor is qualified to dive are those applicable to the additional diver training certifications they hold.

6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAMME

- 6.1. Be at least eighteen (18) years of age; there is no upper age limit.
- 6.2. Shall undergo a diving medical examination by a registered medical practitioner and cleared as suitable for participation in the sport of recreational SCUBA diving in accordance with procedures laid down by the CMAS Federation prior to participating in any in-water activities; and
- 6.3. Sign the appropriate form(s) as required by the CMAS Federation acknowledging and assuming the risks of SCUBA diving prior to participating in any in-water activities.

7. EXPERIENCE / KNOWLEDGE / CERTIFICATION

- 7.1. Hold the following CMAS Diver Training certifications:
- 7.2. Hold a CMAS Three Star Diver since minimum one year .
- 7.3. CMAS BLS and CPR certification or any other equivalent first aid and CPR certification (i.e. the term of validity of the certificate must be valid on the date of certification).
- 7.4. CMAS Oxygen Administration Training Programme or equivalent (were not prohibited by legislation); and
- 7.5. Submit proof of at least one hundred (100) logged open water dives that shall include night dives, limited visibility dives, deeper dives (between forty (40) to fifty-six (56) meters), drift dives, dives in colder water and navigation dives.

8. RATIO CANDIDATE/ INSTRUCTOR

INSTRUCTOR CANDIDATES	INSTRUCTOR TRAINERS
1-4	1
4-8	2
8-12	4

9. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS One Star Instructor, the student shall:

- 9.1. Comply with all the prerequisites for participation in the training programme as prescribed in this Standard.
- 9.2. Successfully complete the theoretical assessment as provided for in this Standard.
- 9.3. Successfully complete the confined water assessment as provided for in this Standard.
- 9.4. Successfully complete the open water assessment as provided for in this Standard.
- 9.5. Successfully complete the teaching skills assessment as provided for in this Standard; and
- 9.6. Successfully complete the emergency procedure skills assessment as provided in this Standard.

10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

10.1. SYLLABUS REQUIREMENTS

10.1.1. ADMINISTRATION: The candidates should be informed of the administrative obligations and recommendations of the CMAS and national federation One Star Instructor Training Programme

10.1.2. ADVANCED DIVING KNOWLEDGE: The participant shall have a professional level of knowledge of all of the theory and the skills prescribed by the relevant CMAS Diver Training Standards.

10.1.3. THE THEORY OF LEARNING: The participant shall have a professional level of knowledge regarding the theory of training.

10.1.4. GENERAL: Teaching theory, methods, Micro-teaching, the learning process, differences in the way adults and children learn and oral communications must be mastered.

10.1.5. ACADEMICS: General preparation, lesson objectives, lesson preparation, lesson planning, lesson delivery, training aids, and feedback on participant performance are information that must be provided to a participant before or during the first class. Classroom requirements, selection and layout of a classroom and control of candidates in a classroom must be complied with.

10.1.6. EMERGENCY PROCEDURE SKILLS: The participant shall demonstrate to the CMAS Instructor his mastery of the emergency procedure skills oxygen administration, diver rescue and rescue management.

11. PRACTICAL TRAINING PARAMETERS

11.1. CONFINED WATER SCUBA SKILLS

11.2. The participant shall demonstrate to the CMAS Instructor his mastery of the ability to demonstrate the confined water SCUBA skills during two (2) or more confined water lessons with regard to the following aspects:

- 11.2.1.The demonstration techniques.
- 11.2.2.Training aids that can be used for confined water training.
- 11.2.3.Preparation, lesson planning, lesson delivery and feedback on participant performance.
- 11.2.4.Problem recognition and problem solving during candidates confined water skill performance.
- 11.2.5.Conducting a risk assessment for a confined water lesson.
- 11.2.6.Information that must be provided to a participant before every confined water lesson.
- 11.2.7.Selection and placement/positioning of candidates in the confined water environment.
- 11.2.8.Assessment of a participant confined water skills.

11.3. OPEN WATER SCUBA SKILLS

- 11.4. The participant shall, after receiving tuition on the demonstration of skills to a student, be able to competently demonstrate to a CMAS Instructor all of the open water skills as prescribed by the CMAS Three Star Diver Training Programme Standard in a manner showing the highest level of mastery and competence in the open water environment.

12. ASSESSMENT

12.1. CONFINED WATER SCUBA SKILLS

- 12.1.1.The participant shall demonstrate to the CMAS Three Star Instructor his mastery of his ability to demonstrate the confined water SCUBA skills, as prescribed in standard, during two (2) or more confined water lessons.

12.2. OPEN WATER SCUBA SKILLS

- 12.2.1.The participant shall demonstrate to the CMAS Instructor his mastery of the open water SCUBA skills during one or more of the open water training dives.

12.3. TEACHING SKILLS

- 12.3.1.The participant shall demonstrate to the CMAS Instructor his mastery of the teaching skills, as prescribed in the Standard, by playing the role of an instructor in a structured series of actual or simulated training sessions (both in the classroom and in the confined and open-water environments) which simulate the duties that he will be expected to fulfil once qualified.

12.4. EMERGENCY PROCEDURE SKILLS

- 12.4.1.The participant shall demonstrate to the CMAS Instructor his mastery of the emergency procedure skills, as prescribed in the Standard during one or more simulated rescue exercises.

13. CERTIFICATION

- 13.1. Upon successful completion of the training programme, the participant shall be awarded with a CMAS One Star Instructor C-card.