

CMAS TWO STAR DIVER STANDARD



CMAS

BOARD OF DIRECTORS VISA N°:233

CMAS TWO STAR DIVER STANDARD

1. AIM OF THE TRAINING PROGRAMME

- 1.1. This course is a continuing education, certification course for certified divers.
- 1.2. This training programme aims to build on the skills learned during the One Star Diver fundamentals of SCUBA diving course and advance recreational diving skills with a recommended maximum depth of 30 metres in a safe and competent manner.

2. CLASSIFICATION

- 2.1. The CMAS Two Star Diver Training Programme is classified as a second-level sport diver training programme.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

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

4. COURSE STRUCTURE AND DURATION

- 4.1. **ACADEMICS** : At least 8 hours.
- 4.2. **PRACTICAL SKILLS**: 8 hours minimum including at least 4 hours in water.
 - 4.2.1. Students must complete a minimum of eight (08) open water scuba dives, and remain underwater for a minimum of 20 minutes on each dive.
 - 4.2.2. All dives must be completed during daylight hours, or under conditions that simulate daylight conditions.
 - 4.2.3. All open water dives shall be conducted in water that allows direct vertical access to the surface.
 - 4.2.4. Open water dives therefore shall not be conducted in underwater caves, inside wrecks or below the ice.
 - 4.2.5. CMAS allows instructors to structure courses according to the number of students participating, their skill level and the diving environment.

5. COMPETENCIES OF A CERTIFIED CMAS TWO STAR DIVER

- 5.1. A CMAS Two Star diver is an autonomous diver who has acquired some experience in open water diving and is considered able to take part in dives, accompanied by at least a diver of the same or higher level under certain conditions.
- 5.2. The diving conditions and the diving area must be similar, equal or better to those in which training was received.
- 5.3. A CMAS Two Star Diver is qualified to dive within these parameters:
- 5.4. Dive to a maximum depth of 30 m if accompanied by a diver of a minimum level of P2 or equivalent, according to the national and local legal requirements.
- 5.5. If they have received advanced additional training that includes decompression diving, the risks of deep diving and the organisation of specific safety, they may dive to a recommended maximum depth of forty (40) meters, according to the regulation and standards of the national federation.
- 5.6. To dive only when appropriate support is available at the surface.

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6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAMME

- 6.1. Minimum age 15 with written parental or a legal guardian consent;
- 6.2. Complete the medical history/statement form required 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. Have successfully completed and be certified as a CMAS One Star Diver.
- 7.2. Have a minimum ten (10) dives in the Logbook since becoming One Star Diver.
- 7.3. CMAS strongly recommends that Two Star divers undertake Oxygen administration and CPR training in accordance with the regulations of the national federation.
- 7.4. CMAS strongly recommends participation in a biological specialty course.

8. RATIO CANDIDATE / INSTRUCTOR

SKILLS	MAXIMUM PARTICIPANTS	INSTRUCTOR
THEORY	12	1
CON. WATER	6	1
OPEN WATER	4	1

9. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS Two Star Diver, the participant shall:

- 9.1. Successfully complete the theoretical assessment of this Standard.
- 9.2. Successfully complete the confined water training of this standard; And
- 9.3. Having successfully completed eight dives (08) in open water at a depth between 10 - 30 metres at a minimum duration of twenty (20) minutes.
- 9.4. To have the prerogative to dive in maximum depth of forty (40) meters, the participant should successfully complete three additional (3) dives in open water at a depth between 30 - 40 metres with a minimum duration of fifteen (15) minutes.

10. REQUIRED THEORETICAL KNOWLEDGE AND DIVING SKILLS

10.1. SYLLABUS REQUIREMENTS

10.1.1. ADMINISTRATION: Participants should be informed of the administrative obligations and recommendations of the CMAS and national federation for Two Star Diver.

10.1.2. MEDICAL PROBLEMS RELATED TO DIVING: The participant shall have an appropriate knowledge relating to the causes, signs, symptoms as well as the prevention and administration of first-aid treatment of a diving accident.

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- 10.1.3.DIVER RESCUE PROCEDURES:** The participant shall have an appropriate knowledge concerning the diver rescue procedures.
- 10.1.4.DECOMPRESSION:** The participant shall have an appropriate knowledge concerning the use of dive tables and computers.
- 10.1.5.GAS MANAGEMENT:** The participant shall have an appropriate knowledge of gas management techniques.
- 10.1.6.DIVE PLANNING:** The participant shall have appropriate knowledge relating to dive planning.
- 10.1.7. ADVANCED DIVING ACTIVITIES:** The participant shall have knowledge concerning advanced diving activities (further specialty courses can be taken to specialise to dive at 40 metres).

11. PRACTICAL TRAINING PARAMETERS

11.1. CONFINED WATER SCUBA SKILLS

- 11.1.1.The participant shall be assessed, regarding their ability to demonstrate the advanced skills in a comfortable and relaxed manner. Remedial training shall be provided to those participants whose level of competence has been assessed as below standard, for safe open water diving before, the participant will be allowed to participate in any open water activity as prescribed in the Syllabus CMAS Two Star Diver Training Programme.

11.2. OPEN WATER SCUBA SKILLS

- 11.2.1.The participant must receive advanced technical training in order to develop their skills as an autonomous to be able to dive to depths of 30 and / or 40 metres ensuring their safety and that of their buddy.
- 11.2.2.The participant must demonstrate underwater navigation skills, rescue assistance and organisation during one or more of the open water training dives.

12. ASSESSMENT

12.1. KNOWLEDGE

- 12.1.1.The participant shall demonstrate to the CMAS Instructor knowledge of SCUBA diving by taking and pass a written examination.
- 12.1.2.This examination shall test second level theoretical knowledge of SCUBA skills as prescribed in CMAS Two Star diver Syllabus.

13. CERTIFICATION

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