

CMAS TWO STAR INSTRUCTOR STANDARD



CMAS

BOARD OF DIRECTORS VISA N°:208

1. AIM OF THE TRAINING PROGRAMME

- 1.1. This training programme aims at refreshing the knowledge of experienced CMAS One Star Instructors with regards to the basic concepts, principles and instructional techniques, diver education and training, introducing them to the instructional techniques involved in teaching advanced, specialities, rescue and entry-level leadership Diver Training Programmes, which will enable them to present these CMAS Diver Training Programmes in a safe and competent manner.

2. CLASSIFICATION

- 2.1. The CMAS Two Star Instructor is considered competent to conduct all CMAS basic Diver training programmes i.e. Diver One, Two, Three-Star, Divemaster levels and assist in Instructor courses.

3. INSTRUCTOR AND ASSISTANT REQUIREMENTS

- 3.1. The CMAS Two Star Instructor Training Programme may be conducted by a minimum of CMAS Three-Star Instructor in active status that complies with the requirements of CMAS national federations.
- 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 : 75 HOURS

- 4.1.1. Refer to CMAS Two Star instructor Syllabus and the national federation Three Star staff Instructor Workshop Guidelines.

4.2. PRACTICAL APPLICATION:

- 4.2.1. Refer to CMAS Two Star instructor Syllabus and the national federation Three-Star staff Instructor Workshop Guidelines.

4.3. THE MINIMUM NUMBER OF OPEN WATER DAYS:

- 4.3.1. CMAS allows Three Star instructors to schedule the number of days for practical sessions in open water according to the CMAS Two Star instructor syllabus, the number of participants, their skill level and the diving environment.

5. COMPETENCIES OF A CERTIFIED TWO STAR INSTRUCTOR

- 5.1. A CMAS Two 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 participants on all CMAS Diver Training programmes, as well as the CMAS Rescue Diver Training Programme in accordance with the prescribed CMAS Diver Training Standards on their theoretical knowledge, confined and open water skills.

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- 5.3. To teach, assess and certify participants on all the CMAS Speciality Diver Training Programmes for which he has successfully completed the appropriate CMAS Speciality Diver Training programmes and/or Speciality Instructor Training Programmes which are allowed to be presented by a CMAS Two Star Instructor in terms of the relevant CMAS Diver Training Standards on their theoretical knowledge, confined and open water skills and other practical skills.
- 5.4. To act as an assistant to a CMAS Three Star Instructor during the presentation of CMAS One and Two Star Instructor Training programmes.
- 5.5. The parameters within which the CMAS Two Star Instructor is qualified to dive are those applicable to additional diver training certifications he already holds.

6. PREREQUISITES FOR PARTICIPATION IN THE TRAINING PROGRAMME

- 6.1. Be at least twenty (20) 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

Hold the following CMAS Diver Training certifications:

- 7.1. Hold CMAS One Star instructor for at least one year .
- 7.2. CMAS Two Star instructor participant shall have gained teaching experience by taking the role of an instructor in a minimum of 25 training sessions (in the classroom and in confined and open water) which exposed them to a comprehensive range of duties and problems.
- 7.3. Submit proof that he has assisted a CMAS Three Star Instructor on at least one (1) CMAS One Star Instructor Training Programmes.
- 7.4. Conducting, staffing and evaluating experience gained at Instructor-level courses before becoming a CMAS Two Star Instruct is acceptable.

8. RATIO PARTICIPANT/ INSTRUCTOR

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

9. REQUIREMENTS FOR CERTIFICATION

In order to be certified as a CMAS Two Star Instructor, The participant 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:** Participant should be informed of the administrative obligations and recommendations of the CMAS and national federation Two Star Instructor Training Programme
- 10.1.2. **ADVANCED DIVING KNOWLEDGE:** The participant shall have a professional level of knowledge of all 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 of the theory of training.
- 10.1.4. **GENERAL:** Teaching theory, methods, Microteaching, the learning process, differences in the ways 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 participants 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, after giving a demonstration of skills to a student, be able to competently demonstrate to a CMAS Instructor CMAS Three-Star Instructor all of the open water skills as prescribed by the CMAS One, Two and Three Star Diver Training Programme Standards as well as the CMAS Rescue Diver Training Programme Standards in a manner showing the highest level of mastery and competence in the open water environment to a Two Star Instructor Level.

11.3. OPEN WATER SCUBA SKILLS

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

12. ASSESSMENT

12.1. KNOWLEDGE

12.2. The participant shall demonstrate to the CMAS Three Star Instructor knowledge of SCUBA diving and of SCUBA diver training by taking and passing a written examination. This examination shall test the following as prescribed in this standard:

- Theoretical knowledge of SCUBA diving.
- Level of knowledge of SCUBA skills.
- Level of knowledge of SCUBA diver training.
- Level of knowledge of emergency procedures (first aid and CPR, oxygen administration, diver rescue and rescue management).
- Competency in course management and quality control.

12.3. CONFINED WATER SCUBA SKILLS

12.3.1. The participant shall demonstrate to the CMAS Three Star Instructor his ability to assess different levels of divers in their ability to carry out skills in confined water.

12.4. OPEN WATER SCUBA SKILLS

12.4.1. The participant shall demonstrate to the CMAS Three Star Instructor his ability to assess different levels of divers in carrying out skills during their open water examination dives.

12.4.2. Demonstrate their ability to instruct a group of students in selected diving techniques in confined and open water as defined by the national federation.

12.4.3. Demonstrate familiarity with the contents of the one, two and Three-Star Diver courses and the ability to teach a group of students in a classroom, confined and in the open water.

12.4.4. The participant shall demonstrate to the CMAS Three Star Instructor his mastery of the teaching skills 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.

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12.5. TEACHING SKILLS

12.5.1. The participant shall demonstrate to a CMAS Three Star Instructor the skills of lesson preparation, planning and delivery of at least two (2) lectures on any of the subject areas or a part of a subject area prescribed in the following CMAS Diver Training Standards:

- CMAS Two Star Diver Training Programme
- CMAS Rescue Diver Training Programme
- CMAS Three Star Diver Training Programme
- CMAS Divemaster; and
- CMAS One Star Instructor Training Programme

12.6. EMERGENCY PROCEDURE SKILLS

12.6.1. The participant shall demonstrate to the CMAS Three Star Instructor his mastery of the emergency procedure skills first aid skills, oxygen administration 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 Two Star Instructor C-card.