

SSI Standards



(2017 EDITION)

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SSI Standards

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I. NOTICE AND DISCLAIMER OF LIABILITY

The English online version of the SSI Training and Dive Center Standards are the default global standards. Statements, written or oral, that are not processed in accordance with SSI Standards will not be considered the official position of SSI.

All waivers or deviations to the English Standards must be requested and approved in writing. SSI Standards are updated annually; if a waiver or deviation is approved, it expires with the new Standards year.

GENERAL TRAINING STANDARDS

General Training Standards

HOW TO USE THESE STANDARDS

All SSI Dive Centers, Resorts, and Dive Professionals, are accountable for following all general and program-specific training standards when conducting SSI approved programs.

For the purpose of these standards, an SSI Dive Professional is defined as a person holding any professional-level rating with SSI, or any staff member of an SSI Dive Center/Resort.

I. GENERAL STANDARDS

These standards apply to all SSI programs unless otherwise specified in program-specific training standards.

II. RECOMMENDATIONS, NOTES AND EXAMPLES

These Training Standards include recommendations, notes and examples.

RECOMMENDATIONS provide additional suggestions whenever student needs and abilities, environmental conditions or equipment make it possible to enhance the experience of the diving activity.

NOTES and EXAMPLES help clarify a specific standard or recommendation.

III. GOVERNMENT LAWS

If applicable, local, state and federal laws, bylaws and codes of practice supersede SSI Standards. SSI Dive Centers/Resorts and Dive Professionals are required to be familiar with these laws, and inform their local SSI Service Center, in writing, in the event of a conflict.

IV. WAIVERS FROM STANDARDS

Waivers or deviations to the SSI Standards must be requested, in writing, to a SSI Service Center. The request must explain why the waiver is needed, and what will be done to ensure the quality of SSI training. Standards are updated annually; if a waiver or deviation is approved, it will expire with the new Standards year.

V. SSI FLEXIBILITY RULE

Students participating in SSI programs must complete all training requirements as set forth in the current SSI Training Standards and the applicable instructor manual. SSI Dive Professionals must follow 100% of the SSI Total Teaching System; including all academic, pool/confined and open water requirements as outlined in the program-specific instructor manual. The SSI Flexibility Rule also means that SSI Dive Professionals can develop their own teaching style and program schedules including; the order and number of classroom and pool/confined water sessions, and the order of skills in the pool/confined water sessions and open water training dives.

SSI Dive Professionals are NOT allowed to add skills that SSI does not endorse. Teaching additional skills or skills that “challenge” your students violates SSI Training Standards and can make you liable in the case of an accident. If you have any questions about the SSI Flexibility Rule and what skills are or are not allowed, please contact your SSI Service Center for guidance or interpretation.

EXAMPLE: Skills like ditching and recovering the scuba unit, breathing directly from the cylinder valve, and any ascents without the regulator in the mouth and/or the breathing gas turned off are not endorsed by SSI, and must NOT be taught during SSI training programs.

EXAMPLE: Students are not required to complete confined-water skills while wearing wetsuits. However, to prepare students for the open water, SSI Dive Professionals may elect to have an additional confined-water training session for students to practice skills while wearing a wetsuit.

EXAMPLE: If environmental conditions and student ability permit, SSI Dive Professionals may evaluate any and all required skills during any open water training dive. All required open water training dives must still be completed for all SSI programs.

VI. EXCEEDING STANDARDS

SSI Dive Professionals may exceed standards, may provide more detailed coverage of the materials, and may provide additional pool/confined and open water sessions. Incorporating newer techniques and equipment is encouraged. Any specific knowledge and skills changes must be approved by the SSI Service Center prior to incorporating the changes.

General Training Standards

PROGRAM DEFINITIONS

I. CERTIFICATION PROGRAM

A certification card (digital and/or physical) must be issued once a student completes all requirements of a specific SSI certification program.

SSI issues this verification upon receipt of a Dive Professional's and Dive Center/Resort's confirmation of satisfactory completion of all program requirements by the student, as documented in the digital or paper dive log and the student's training record.

II. ENTRY-LEVEL PROGRAM

Any SSI program where no prerequisite certifications or experience are needed to participate. Open water training dives for all entry-level programs must be conducted during daylight hours (between sunrise and sunset) in water that allows direct vertical access to the surface.

III. RECOGNITION PROGRAM

A recognition card (digital and/or physical) must be issued once a student has participated in a specific SSI recognition program.

SSI issues this verification upon receipt of a Dive Professional's and Dive Center/Resort's confirmation of satisfactory completion of all program requirements by the student, as documented in the student's dive log and training record.

STUDENT PARTICIPATION CRITERIA

I. AGE

The minimum age to participate in any SSI program is listed in the individual program's training standards.

II. EXPERIENCE PREREQUISITES

The minimum experience prerequisites are listed in the individual program's training standards.

III. PERSONAL FITNESS

Some SSI programs have required water skills and stamina evaluations. The specific program training standards will specify whether these evaluations must be successfully completed prior to any in-water training, prior to any open water training or prior to certification.

MEDICAL HISTORY

I. MEDICAL HISTORY FORM

Each student must complete the SSI Medical History form prior to any in-water activity (or submit a valid medical statement). If the medical history form or the appearance/behavior of the student indicate any condition contrary to participation in any in-water activities, the student is required to secure medical approval by a licensed medical practitioner based on a medical examination prior to any in-water activity. The SSI Medical History forms of minors must be reviewed and signed by a parent or guardian prior to any in-water activity.

Medical History forms are valid for 12 months from the date they are signed. Students may participate in multiple SSI programs within the 12 months without completing another form. If an SSI student becomes ill or injured within the 12 months, the student must complete a new SSI Medical History form prior to any in-water activities and follow the same protocol outlined above.

II. SSI DIVE PROFESSIONALS

Each candidate participating in professional-level training must provide to their SSI Service Center an SSI Medical History form or medical statement, approved and signed by a licensed medical practitioner, based on a diving medical examination, dated within one (1) year of the training completion date. The medical statement must be uploaded by the dive professional via ODIN for approval.

Active status SSI Dive Professionals are required to notify SSI if they develop a medical condition that interferes with their teaching ability. They must submit a new SSI Medical History form to their SSI Service Center to maintain their active status.

General Training Standards

LIABILITY AND RISK AWARENESS

I. LIABILITY RELEASES

Each student must complete an SSI Waiver and Release of Liability Assumption of Risk and Indemnity Agreement, and a Statement of Understanding prior to any in-water training. The forms of minors must be reviewed and signed by a parent or guardian.

II. SSI RISK AWARENESS VIDEOS

If the video is available in their area and language, each student participating in a entry-level scuba program is required to watch the SSI Risk Awareness video Part I prior to any in-water training, and Part II prior to any open water training.

Each student participating in any continuing education programs is required to watch the SSI Risk Awareness video Part III prior to any open water training.

Children under the age of 15 participating in any SSI training programs are required to watch the SSI Risk Awareness for Children video (Part IV) along with their parent(s)/guardian(s), prior to any in-water activities.

NOTE: Signing a Waiver and Release of Liability is contradictory to liability regulations in some countries of the world. EXAMPLE: The Waiver and Release of Liability is not valid in the European Union, so students should not be forced to sign it.

General Training Standards

SSI MATERIALS

I. STUDENT MATERIALS

Each student must be issued the appropriate Digital Training Kit (if available) for every program they are participating in.

II. PROFESSIONAL MATERIALS

The SSI Training Standards, SSI Professional Training Materials and SSI Student Materials form the basis of the SSI Teaching System and must be used for all SSI training programs. Whenever there is a discrepancy between these materials, the SSI Training Standards take precedence. If in doubt, contact an SSI Service Center for guidance or interpretation.

Each SSI Dive Professional will have access to the most current Instructor Manual and Student Manual for the program they are conducting, as well as any additional training materials required by SSI or their affiliated Dive Center.

General Training Standards

EQUIPMENT DEFINITIONS

I. BREATHING GAS

(Also referred to in these standards as “air”) can include compressed ambient air, enriched air nitrox, or any other breathable mixed gas used to scuba dive.

Minimum Student Equipment

II. SNORKELING

During all in-water snorkeling training, each student must be equipped with a properly fitted Total Snorkeling System; mask, snorkel, fins and an appropriate exposure suit for the environment.

III. FREEDIVING

Unless the program-specific Standards state otherwise, each freediving student must be equipped with an SSI Freediving Log and properly fitted Total Freediving System, including:

- Mask and snorkel
- Bi-fins (standard snorkel or scuba fins)
- An exposure suit appropriate for the environment and discipline
- An appropriate weight system

IV. SCUBA DIVING

During all in-water training, each student must be equipped with a properly fitted Total Diving System:

- Mask, snorkel and fins
- Buoyancy compensator with power inflator
- Weight system
- Delivery System with cylinder, primary regulator and alternate air source
- Information System with submersible pressure gauge, depth gauge, and timing device (a dive computer is recommended)
- Exposure suit appropriate for the environment
- SSI Total DiveLog

V. SIDEMOUNT DIVING

Students certified as an SSI Sidemount Diver (or equivalent) may participate in SSI recreational scuba programs using a sidemount configuration if they have all the components of a Total Diving System. The SSI Dive Professional conducting the program must have direct and recent knowledge of the student's equipment configuration and skills.

VI. REBREATHERS

Students certified as an SSI Rebreather Diver (or equivalent) may participate in SSI recreational scuba programs using a rebreather if they have all the components of a Total Diving System. The SSI Dive Professional conducting the program must have direct and recent knowledge of the student's equipment configuration and skills.

NOTE: At the instructor's discretion, the use of the snorkel during in-water training is optional for all certification programs other than Snorkeling, Scuba Diver, Referral Diver, Indoor Diver and Open Water Diver.

NOTE: Specific program's training standards may require additional student and/or dive professional equipment.

Minimum Dive Professional Equipment

During all open water training, each SSI Dive Professional must be equipped with at least all student equipment, plus a dive computer, a deployable surface marker buoy (SMB), a surface emergency signaling device, a cutting device and a compass.

Candidates for SSI Dive Professional programs must use a professional-level Total Diving System.

NOTE: SSI Dive Professionals may conduct open water training dives for non entry-level programs on a rebreather or sidemount configuration if they have all the components of a Total Diving System.

General Training Standards

CONDUCTING SSI PROGRAMS

I. ASSESSING KNOWLEDGE AND SKILL

SSI Dive Centers/Resorts and Dive Professionals must ensure that each student receives the required knowledge, skills and experience to comfortably and confidently dive at the specified level of training before conducting open water training dives. It is the SSI Dive Professional's duty to ensure that all students achieve mastery of all required skills before issuing a certification. To achieve mastery the student should be able to comfortably repeat the skill in diverse and adverse conditions.

II. PROGRAM DURATION

There is no maximum time limit for the duration of any SSI program. Some SSI programs may have minimum program hours listed in their standards.

III. TIME LIMIT TO COMPLETE A PROGRAM

Open water training dives for all SSI programs are required to be completed within six (6) months of the last academic or in-water training session. If it has been more than six (6) months, an SSI Dive Professional must conduct a reevaluation (both knowledge and skill review) to determine if the student is sufficiently proficient to continue to the open water training dives.

For any entry-level training, if it has been more than 12 months since the student's last in-water session, the student must complete an SSI Scuba Skills Update.

Process the Scuba Skills Update in ODIN and issue a digital card to the student prior to any open water training dives.

RECOMMENDATION: For entry-level programs, if it has been more than six (6) months since a student has completed all academic and pool/confined water training, have the student complete a Scuba Skills Update.

IV. DIVES PER DAY

Three (3) open water scuba training dives per day is the maximum allowed, unless otherwise indicated in the specific program standards.

RECOMMENDATION: If conducting three (3) or more dives in one (1) day with junior divers (10 to 14 years old), reduce the maximum dive time to 30 minutes for any dives deeper than 12 meters and extend surface intervals to two (2) hours between dives.

V. DURATION OF TRAINING DIVES

Dive time for an individual open water scuba training dive must be at least 15 minutes. The dive must include an entry and exit from the water and putting on and taking off the scuba unit.

NOTE: All SSI training dives must be conducted as no-decompression dives unless indicated otherwise in the specific program's standards.

VI. GUIDELINES FOR SPECIALIZED DIVING EQUIPMENT

If specialized equipment is incorporated into SSI training programs, you must conduct an equipment orientation prior to taking students into the open water. Additional training is intended to provide practice and basic proficiency with the equipment, and should include a review of specialty materials, academic sessions and confined water training sessions.

NOTE: Air delivery systems and buoyancy systems like full-face masks and dry suits must be introduced to students in confined water prior to taking students into open water.

VII. USE OF SURFACE FLOATS AND FLAGS

Follow the local requirements for using surface floats or diver down buoys whenever open water training dives are conducted.

VIII. TEACHING AIR SHARING SKILLS

For entry-level SSI programs, SSI Dive Professionals may teach either method of air sharing (passing the primary or passing

the alternate regulator).

A. AIR SHARING SKILLS DURING ENTRY-LEVEL TRAINING

Due to the wide variety of equipment configurations, SSI encourages SSI Dive Professionals to teach both methods of air sharing to entry-level divers.

As dive professionals, we have an obligation to provide students with the knowledge and training necessary to dive autonomously with an equally- or more-qualified buddy in environments consistent with their training. This includes equipment configurations they may encounter in equipment they purchase, rent, or see on their buddy.

B. RATIONALE FOR PASSING THE PRIMARY AIR SOURCE

There are four common Delivery System configurations in modern recreational scuba:

1. A first stage and primary second-stage with a traditional alternate air source (additional second-stage regulator)
2. A first stage and primary second-stage with an integrated alternate air source and BC inflator
3. A first stage and long hose primary second-stage with an alternate air source (additional second-stage regulator) on a necklace
4. A first stage and primary second-stage, and an additional first stage with alternate air source (additional second-stage regulator)

C. AIR SHARING DURING PROFESSIONAL-LEVEL TRAINING

Since passing the primary works with most equipment configurations, it is SSI's preferred method. It is a required and evaluated skill for all SSI Dive Professional training programs.

Attention:

Read the owner's manual of the regulator before performing air sharing exercises. If the manual explicitly says that the regulator is for the use of only one person, at minimum the instructor needs to be equipped with an independent redundant breathing system to perform this exercise. If that regulator is designed for only one person, the instructor must be the donor during this exercise and equipped with a redundant breathing system.

General Training Standards

SUPERVISION

I. CERTIFIED ASSISTANT

An SSI Divemaster or higher in active status, who may assist with in-water training, and in some programs may increase ratios where specified. Certified assistants for Freediving or Extended Range (XR) programs must have additional certifications, which are listed in each program's specific standards.

II. DIRECT SUPERVISION

An active SSI Dive Professional certified to conduct the applicable SSI program must personally supervise and evaluate all students during any training. He/she may not delegate the supervision to a certified assistant.

III. INDIRECT SUPERVISION

An active SSI Dive Professional certified to conduct the applicable SSI program is not required to personally observe all student knowledge and skills, but they must manage all program activities and be present at the training location.

In some SSI programs an active SSI Dive Professional may delegate some supervision to a certified assistant, but the instructor must still be present at the location, and managing all program activities.

IV. PROXIMITY

Some program-specific standards require a minimum proximity (physical distance) between the SSI Dive Professional and their students during in-water training.

V. STUDENT-TO-INSTRUCTOR RATIOS

The student-to-instructor ratio for academic sessions is set by the individual instructor, based on the ability of the instructor to deal effectively with all student needs.

The maximum student-to-instructor ratio for in-water training is provided in each specific program standard. Any certified divers that dive with a class during open water training dives must be counted towards the student-to-instructor ratios.

If open water diving conditions dictate, decrease the student-to-instructor ratio.

NOTE: The SSI Dive Professional must not engage in any activities other than supervision during the confined water and open water training dives for all entry-level programs. If other activities, such as video or photography are conducted, then a separate certified diver must be used for these activities.

RECOMMENDATION: Whenever possible, additional SSI Instructors or certified assistants should be used during training.

VI. EMERGENCY ASCENT SKILLS

An SSI Open Water Instructor or higher must directly conduct all simulated emergency ascent skills during in-water training. Any ascent training done during open water scuba training dives that simulates any emergency condition must be done from depths of ten (10) meters or less. During simulated emergency ascents, the instructor must establish and maintain physical contact with the students during the entire exercise.

General Training Standards

DUTY OF CARE

I. OBLIGATION OF CARE

All SSI Dive Professionals must inform students that if they become excessively cold or tired, are under undue stress, are low on air, injured, not feeling well, or have recently been sick. They must not dive, or must not continue the dive, as is appropriate.

II. ENVIRONMENTAL CONDITIONS

Instructors have an obligation to cancel or modify open water training dives when environmental conditions, a student's physical or mental condition or equipment difficulties make it advisable.

NOTE: This judgment can only be made by the SSI Dive Professional at the time and place of the open water training dive. Remember, students who do not successfully complete all skills during a dive may complete those skills during a later training dive.

III. SKILL LEVEL

Only realistic skills may be presented when students reach a level of SSI training where they are capable of dealing with underwater problems. The students should solve these problems as they would in real-world diving situations.

IV. FORCING STUDENTS

SSI Dive Professionals must never force students to perform skills if the student indicates (verbally or physically) that they do not want to perform the skill.

V. EMERGENCY PLAN

Any SSI Dive Professional conducting in-water training must have a written emergency plan for diving accidents for each location where training dives are conducted.

VI. FIRST AID EQUIPMENT

Emergency equipment must be available in the vicinity of the dive site, including a first aid kit, oxygen unit and communications equipment. This equipment must be accessible to the SSI Dive Professional(s) at all times while training is being conducted.

VII. REPORTING PROCEDURES

In the event that an SSI Dive Professional is involved in, or is witness to an incident or accident, or if a claim or suit is filed against them or their Dive Center/Resort, they must immediately notify their Local SSI Service Center, their Insurance Agent and their affiliated Dive Center/Resort's Insurance Agent.

RECOMMENDATION: Use the SSI Accident Incident Report form found in ODIN under SSI Downloads.

General Training Standards

DIVING ENVIRONMENTS

I. CONFINED WATER

A swimming pool – or any body of water that offers conditions similar to those of a swimming pool – with a depth appropriate to the activity or body of water, offering similar conditions with regard to visibility, depth, water movement and access. The maximum depth for all confined water training is five (5) meters.

NOTE: For all entry-level programs, confined water should have depths both shallow enough for all students to stand up in and deep enough to adequately perform the program required skills.

II. OPEN WATER

Open water sites are natural bodies of water that provide realistic local diving conditions.

III. SHALLOW WATER

Water shallow enough so that students can stand with their head out of the water.

IV. DEEP WATER

Water too deep to stand in with your head out of the water.

V. DEEP DIVING

Defined as any dive deeper than 18 meters.

VI. DIVING AT ALTITUDE

SSI Dive Professionals must plan all dives conducted above 300 meters in elevation using specific altitude tables/software or altitude-compatible dive computers.

VII. DIVING IN COLD WATER

SSI Dive Professionals must ensure that proper exposure protection is available to all students before conducting training in cold water. If dry suits are being used during open water training dives, the student must have an SSI Dry Suit Diving Specialty certification (or equivalent) or proof of dry suit diving experience. If the student does not have previous dry suit experience, then they must complete a confined water dry suit orientation session before any open water training dives.

NOTE: When training in cold water, always adhere to the equipment manufacturer's guidelines.

VIII. EXCURSION DIVE

A dive without formal performance requirements made prior to completion of all open water training dives. Entry-level students must be directly supervised during excursion dives.

IX. INDOOR DIVING

Aquariums and purpose-built indoor diving facilities with a minimum depth of five (5) meters and a minimum water surface area of 100 square meters may be used to conduct training dives for the following programs: Snorkeling, Freediving, Try Scuba Diving, Scuba Diver, Indoor Diver, Open Water Training Dives 1 and 2 of the Open Water Diver program and any specialty program relevant to this particular environment.

NOTE: All standards including depth limits still apply when conducting training at an Indoor Diving Facility. Contact your SSI Service Center if you are unsure if an Indoor Diving location is appropriate for training.

X. NIGHT DIVING

Any dive conducted after sunset and before sunrise. SSI Dive Professionals must make underwater dive lights available to all students when conducting training dives at night.

OVERHEAD ENVIRONMENTS

I. SWIM THROUGH

A natural or artificial structure that restricts a diver's direct vertical access to the surface. A swim through must be less than ten (10) meters in length and at depths shallower than 30 meters. It has separate and clearly visible entry and exit points, free of obstruction or entanglement hazards.

During non entry-level programs, active status SSI Dive Professionals may accompany students through a swim through as defined above.

II. DAYLIGHT ZONE OVERHEAD ENVIRONMENTS

A natural or artificial structure that restricts a diver's direct vertical access to the surface, It has a clearly visible entry point, and at all times the diver can see a safe window of natural day light, large enough to allow access to the surface in an emergency. All daylight zone overhead environment dives require a fixed guideline that leads back to the entry point. The line must be suitable to the environment, be tied outside of any overhead restriction, and must not require navigation decisions to be made.

Active status SSI Dive Professionals certified to teach Cavern Diving, Advanced Wreck Diving or higher may accompany students during these specific programs in overhead environments that meet the above definition.

III. DIVES OUTSIDE THE DAYLIGHT ZONE

A dive in a natural or artificial structure that restricts a diver's direct vertical access to the surface. The diver may be any distance from a safe exit, provided enough gas has been planned to allow 1/3 of the total gas volume to be held in reserve upon exit (assuming no emergencies). All overhead environment dives require a fixed guideline that leads to an entry/exit point. The line must be suitable to the environment and be tied outside of any overhead restriction.

Active status SSI Dive Professionals certified to teach Cave Diving, Technical Wreck Diving or Full Cave Diving may accompany students during these specific programs in overhead environments that meet the above definition.

General Training Standards

DEPTH LIMITS

I. PROGRAM DEPTH LIMITS

The minimum and maximum depths of open water training dives are listed in each program's specific standards.

II. RECREATIONAL DEPTH LIMIT

The maximum depth for recreational diving is 40 meters.

III. RECOMMENDED DEPTH LIMITS AFTER CERTIFICATION

After certification, SSI certified divers should dive with an equally- or more-qualified buddy, in environments and to a depth equivalent with their experience and level of training.

Recommended depth limit based on certification:

- Scuba Diver – 12 meters with an Active Dive Professional
- Open Water Diver – 18 meters
- Advanced Adventurer – 30 meters if conducting the Deep Diving Adventure Dive
- Deep Diving Specialty – 40 meters
- Enriched Air Nitrox – Do not exceed a maximum ppO₂ of 1.4 BAR/ATA

Recommended depth limit based on age:

- 10- and 11-year-olds: 12 meters with an active Dive Professional or certified adult

General Training Standards

PROGRAM ADMINISTRATION

I. STUDENT DATA ENTRY

SSI Dive Centers/Resorts and SSI Dive Professionals must confirm that the diver's first and last name, contact data, birthdate and email address are correctly entered into the Online Diver Information Network (ODiN).

II. PROCESSING STUDENT CERTIFICATIONS AND RECOGNITIONS

SSI diver certifications and recognitions must be issued to all students that successfully complete all SSI training requirements at all levels of training. Digital certification cards will be produced immediately after the certification is processed in ODiN. All certifications and recognitions must be processed within seven (7) days of the program's completion.

NOTE: After a certification or recognition is processed in ODiN, the student will be sent an email including a copy of their certification or recognition card. The student can also access all their certification and recognition cards by logging into their MySSI account, or on the SSI app.

III. JUNIOR CERTIFICATIONS

All students under the age of 15 that complete an SSI program will receive a Junior Diver rating for that program.

NOTE: SSI Junior Certifications are automatically upgraded in the diver's MySSI ODiN profile when they turn 15 years old. Printed cards may be ordered and purchased through their local SSI Dive Center/Resort. Update the student's dives, photo and personal information in ODiN before printing the new certification.

IV. PROCESSING DIVE PROFESSIONAL CERTIFICATIONS

Upon completion of all SSI training requirements for all dive professional programs, the candidate's training records or application form must be completed in full and sent to their local SSI Service Center within seven (7) days of the program's completion.

V. ISSUING A REFERRAL

If a student only completes a portion of an SSI program and chooses to complete the program with another Dive Center/Resort, you must provide copies of all appropriate training documentation, as well as a copy of the student's SSI Medical History form (or other valid medical document), to the student and/or the receiving Dive Center/Resort.

All original training documentation and medical forms must stay with the referring Dive Center/Resort.

VI. REPLACING LOST CARDS

1. If a student has lost their SSI certification or recognition card, do a diver search in ODiN to see if they have a digital card in their MySSI profile.
2. If a digital card is found, have the student log in to access all their digital cards.
3. They can order and purchase a printed card from their SSI Dive Center/Resort.
4. If there is no record of a digital card, contact your local SSI Service Center.

RECOMMENDATION: Individuals that have not been diving for five (5) years or longer should be considered inactive. Inactive divers should enroll in a Scuba Skills Update program to be eligible to replace a lost certification card.

VII. EQUIVALENT SSI CERTIFICATIONS

A. RSTC/ISO/FEDERATION DIVERS

Divers certified by an RSTC or ISO Training Agency, or an officially recognized Federation are considered equivalent SSI certifications and may advance to the next level of training in the SSI educational system.

Divers not certified by an RSTC or ISO Training Agency or an officially recognized Federation, who successfully pass the SSI Experienced Diver Test, including final exam and skill evaluation during two open water training dives, may be issued an SSI equivalent certification and may advance to the next level of training in the SSI educational system.

If a customer requests an equivalent SSI rating for a certification they hold from another recognized RSTC/ISO certification

agency, it is at the discretion and liability of the SSI Dive Professional, Dive Center/Resort to issue that certification.

Students certified by Non-RSTC Member or Non-ISO Certified Training Agencies cannot be considered equivalent without an additional knowledge and skill evaluation administered by the SSI Dive Professional.

These students can be considered equivalent to the SSI Open Water Diver level upon successfully passing the SSI Experienced Diver Test, which includes passing the final exam and two open water training dives where mastery of all basic diving skills must be displayed.

After successful completion of the Experienced Diver Test, these students are certified as an SSI Open Water Diver and are then fully qualified to attend the next higher program in the SSI Education System.

Dive Centers may still elect to recognize students certified by Non-RSTC Member or Non-ISO Certified Training Agencies as equivalent, but do so at their own risk, taking full responsibility for the student's judgement and the associated liability risk.

EXAMPLE: If an actively diving customer with your SSI Dive Center/Resort has lost their Open Water certification card that was issued by a certification agency that no longer exists, but the diver has other proof of diving experience (i.e. log book), then you may choose to issue this customer a new SSI certification based on your personal knowledge and verification of their diving experience. The SSI Dive Center/Resort must issue a Digital Open Water Diver Kit and assess the diver's knowledge and skills before issuing a new certification. The SSI Dive Center/Resort must decide what level of assessment is required before issuing an equivalent SSI certification.

RECOMMENDATION: If a customer requests an equivalent SSI certification card, but does not have adequate verification of certification, issue a Digital Open Water Diver Kit and conduct an Experienced Diver Test.

B. RSTC/ISO/FEDERATION DIVE PROFESSIONALS

Dive Professionals certified by any training agency or Federation can attend an SSI Dive Professional Crossover.

Dive Professionals not certified by an RSTC or ISO Training Agency or an officially recognized Federation will need to attend an Instructor Evaluation (IE) to become a certified SSI Dive Professional.

Dive Professionals certified by Non-RSTC Member or Non-ISO Certified Training Agencies may attend an SSI Dive Professional Crossover conducted by an active SSI Instructor Trainer, but cannot be certified without attending an additional Instructor Evaluation (IE) conducted by an active Instructor Certifier for proper SSI Dive Professional-level knowledge and skill assessment.

VIII. DIVER TRAINING RECORDS AND LOG BOOKS

Diver Training Records and log books must be used for monitoring and evaluating each student's progress. The instructor and student must initial and sign the training records and log pages upon completion of the applicable knowledge and skills. Training records must be maintained and retained for a minimum of five (5) years by SSI Dive Centers/Resorts. If necessary for quality assurance or grievance resolution, SSI Dive Centers/Resorts are required to send the training records or legible copies to the SSI Service Center within the given time limit.

NOTE: Local laws may require that training records must be retained for more than five (5) years.

General Training Standards

SSI PROFESSIONAL STATUS

I. ACTIVE STATUS

SSI Dive Professionals must fulfill the following prerequisites to maintain active status:

- Affiliate with an active status SSI Dive Center/Resort.
- Read and sign (on-line) the SSI Dive Professional's Agreement and pay the annual membership dues.
- Maintain professional liability insurance (if required legally in the country). The SSI Dive Professional must list SSI as an additional insured in the policy and must provide current proof-of-insurance to the SSI Service Center.
- Own a Total Diving System of professional type and quality.
- Maintain a current medical exam for scuba diving less than two (2) years old and signed by a licensed medical practitioner.
- Maintain proof of current training (within the last two years) in First Aid and CPR.
- Maintain proof of current training (within the last two years) in emergency administration of oxygen. Training must include knowledge of the medical principles involved, and practical use of an emergency oxygen unit.

II. INACTIVE STATUS

An SSI Dive Professional who has met all the active status requirements but is not affiliated with an active status SSI Dive Center/Resort, and/or lacks current proof of professional liability insurance (where required).

III. CANCELED STATUS

An individual who has been certified as an SSI dive Professional but has not paid any annual fees to SSI.

IV. UNDER REVIEW STATUS

An individual who has been certified as an SSI Dive Professional, but has been placed in under review status due to a written complaint submitted to SSI accusing the SSI Dive Professional of a severe breach of SSI Ethical or Training Standards. An individual in under review status cannot obtain active teaching status again with SSI globally until such time as the written allegations are resolved and a remedial form of training has been conducted. The individual's certification data cannot be verified any longer by the SSI Diver Verification system.

V. EXPELLED STATUS

An individual who has been certified as an SSI Dive Professional, but has been expelled from SSI due to severe breaches of SSI Ethical or Training Standards. A member in expelled status cannot obtain active teaching status again with SSI globally, and the individual's certification data cannot be verified any longer by the SSI Diver Verification system.

NOTE: These tables are a quick reference guide only. Refer to the Dive Program Standards for a detailed list of requirements for each program.

VI. NO TANK - ONE BREATH

Programs	Min. Age	Rec. Hours	Minimum Amount of Training Dives	Ratio	Instructor Qualification	Prerequisites
Snorkeling	None	None	Confined / Open Water	None	Snorkeling Instructor	none
Try Freediving	10	3 to 4	1 Confined Water Session	4 to 1	Basic Freediving Instructor	None
Basic Freediving	10	6 to 8	2 Confined Water Sessions	8 to 1	Basic Freediving Instructor	None
Freediving Pool	12	12 to 14	2 Confined Water Sessions	8 to 1	Freediving Pool Instructor	None
Freediving Level 1	12	16 to 20	2 Confined and 2 Open Water Sessions	CW 8:1 / OW 4:1	Freediving Instructor L. 1	None
Freediving Level 2	15	24 to 30	2 Confined and 4 Open Water Sessions	CW 8:1 / OW 4:1	Freediving Instructor L. 2	Freediving Level 1
Freediving Level 3	18	30 to 35	2 Confined and 5 Open Water Sessions	CW 8:1 / OW 4:1	Freediving Instructor L. 3	Freediving Level 2
Freediving Specialty Programs	Based on Level		Confined and Open Water Sessions	CW 8:1 / OW 4:1	Freediving Specialty Instructor	see Standards

VII. FREEDIVING RECOGNITION RATINGS

Freediving Recognition Ratings	Min. Age	Training / Specialty Course	Experience / Dives	Prerequisites
Specialty Freediver	12	2 Specialties	12 Sessions	Basic Freediving
Advanced Freediver	15	3 Specialties (2+TT)	24 Sessions	FD Level 2
Master Freediver	18	4 Specialties (including FD SAR, TT and DNF)	50 Sessions	FD Level 3
Century Diver	12		100 Sessions	Basic Freediving
Silver 300 Diver	12		300 Sessions	Basic Freediving
Gold 500 Diver	12		500 Sessions	Basic Freediving
Platinum 1000 Diver	12		1000 Sessions	Basic Freediving

VIII. BEGIN YOUR ADVENTURE

Diver Programs	Min. Age	Rec. Hours	Minimum Amount of Training Dives	Ratio	Instructor Qualification	Prerequisites
Try Scuba	8		1 Pool / Confined Water Dive	4 to 1	Dive Control Specialist/Assistant Instructor	none
Try Scuba Diving	10		1 Open Water Dive	4 to 1	Open Water Instructor	none
Referral Diver	10	16 to 20	5 Pool / Confined Water Dives	8 to 1	Open Water Instructor	none
Indoor Diver	10	16 to 32	4 Dives in an Indoor Diving Facility	8 to 1	Open Water Instructor	none
Scuba Diver	10	10 to 16	2 Open Water Dives	8 to 1	Open Water Instructor	none
Open Water Diver	10	16 to 32	4 Open Water Dives	8 to 1	Open Water Instructor	none
Experienced Divers Test	15	10 to 16	2 Open Water Dives	8 to 1	Open Water Instructor	Proof of Experience
Scuba Skills Update	10		1 Pool / Confined Water Dive	8 to 1	Dive Control Specialist/Assistant Instructor	Completed CW training
Scuba Rangers	8	14 to 20	Pool / Confined Water	6 to 1	Scuba Rangers Instructor	none

IX. CONTINUE YOUR ADVENTURE

If a specialty program has requirements that differ from the general standards (example: age or minimum instructor rating), it is listed below the general category.

Specialty Programs	Min. Age	Rec. Hours	Minimum Amount of Training Dives	Ratio	Instructor Qualification	Prerequisites
Ecology	10		Optional	8 to 1	Training Specialist	Referral Diver
Diving Knowledge	10		Optional	8 to 1	Training Specialist	Referral Diver
Enriched Air Nitrox EAN	10		Optional	8 to 1	Specialty Instructor	Referral Diver
Pool/Confined Water	10		1 Confined Water Session	8 to 1	Training Specialist	Referral Diver
Full Face Mask	10		1 Confined Water Session	4 to 1	Specialty Instructor	Referral Diver
Open Water	10		2 Open Water Dives	8 to 1	Training Specialist	Referral Diver
Navigation	10		2 Open Water Dives	8 to 1	Training Specialist	Referral Diver
Night and Limited Visibility	10		2 Open Water Dives	8 to 1	Specialty Instructor	Referral Diver
Wreck Diving	10		2 Open Water Dives	8 to 1	Specialty Instructor	Referral Diver
Deep Diving	15		3 Open Water Dives	8 to 1	Specialty Instructor	Referral Diver
Diver Stress and Rescue	15		3 Open Water Dives	8 to 1	Specialty Instructor	Referral Diver
Dedicated Equipment	12		2 Open Water Dives	4 to 1	Specialty Instructor	Referral Diver
Ice Diving	18		2 Open Water Dives	4 to 1	Specialty Instructor	Referral Diver
Independent Diver	18		2 Open Water Dives	4 to 1	Specialty Instructor	AA + DSR + 75 Dives
Advanced Adventurer	10	6 to 10	5 Open Water Dives	8 to 1	Open Water Instructor	Referral Diver
Dive Guide - recreational	15	35 to 45		8 to 1	Open Water Instructor	AA + DSR + 40 Dives

X. A LIFETIME OF ADVENTURE

Diver Recognition Ratings	Min. Age	Training / Specialty Course	Experience / Dives	Prerequisites
Specialty Diver	10	2 Specialties	12 Dives	OWD or JOWD
Advanced Open Water Diver	10	4 Specialties	24 Dives	OWD or JOWD
Master Diver	15	4 Specialties + Diver Stress and Rescue	50 Dives	OWD
Century Diver	10		100 Dives	OWD or JOWD
Silver 300 Diver	10		300 Dives	OWD or JOWD
Gold 500 Diver	10		500 Dives	OWD or JOWD
Platinum 1000 Diver	10		1000 Dives	OWD or JOWD
Platinum Pro 5000 Diver	18		5000 / (2500) Dives	OWD

XI. EMERGENCY

Diver Recognition Ratings	Min. Age	Prerequisites	Instructor Qualification
React Right CPR/FA, AED & O2	15	none	React Right Instructor

XII. EXTEND YOUR RANGE

Extended Range Program	Min. Age	Rec. Hours	Minimum Amount of Training Dives/Hours	Ratio	Instructor Qualification	Prerequisites
Gas Blender	18	6 to 8			Gas Blender Instructor	
Extended Range Foundations	16		4 Hours		Extended Range Foundations Instructor	EAN + AOWD + 24 Dives
Extended Range Nitrox Diving	16	16	1 Confined Water + 4 Open Water Dives	4 to 1	Extended Range Nitrox Diving Instructor	Deep Diving + EAN + AOWD +24 Dives(6 EAN)
Extended Range	18	18	1 Confined Water + 6 Open Water Dives	4 to 1	Extended Range Instructor	DD + EAN + AOWD +50 Dives(12 EAN)
Extended Range Trimix Diving	18	18	1 Confined Water + 6 Open Water Dives	3 to 1	Extended Range Trimix Diving Instructor	DD + EAN + AOWD +50 Dives(12 EAN)
Technical Extended Range	18	18	6 Open Water Dives	4 to 1	Technical Extended Range Instructor	SoD + DSR + + 70 Dives + Extended Range or Full Cave Diving or Technical Wreck Diving
Technical Extended Range Trimix Diving	18	18	6 Open Water Dives	3 to 1	Technical Extended Range Trimix Diving Instructor	SoD + DSR + + 70 Dives + Extended Range or Full Cave Diving or Technical Wreck Diving
Hypoxic Trimix	18	18	6 Open Water Dives	3 to 1	Hypoxic Trimix Instructor	SoD + DSR + 100 Dives + Technical Extended Range
Advanced Wreck Diving	18	12	4 Overhead Environment Dives	3 to 1	Advanced Wreck Diving Instructor	DD + WR + EAN + AOWD + 24 Dives
Technical Wreck Diving	18	20	1 Confined Water + 6 Overhead Environment Dives	3 to 1	Technical Wreck Diving Instructor	WD + DSR + AOWD + 75 Dives + Extended Range + Advanced Wreck Diving or Cavern Diving
Cavern Diving	18	12	1 Confined Water + 4 Overhead Environment Dives	3 to 1	Cavern Diving Instructor	AOWD + 24 Dives
Cave Diving	18	18	1 Confined Water + 6 Overhead Environment Dives	3 to 1	Cave Diving Instructor	DSR + AOWD + 50 Dives + Cavern Diving
Full Cave Diving	18	20	1 Confined Water + 6 Overhead Environment Dives	3 to 1	Full Cave Diving Instructor	DSR + AOWD + Cave Diving + 75 Dives(10 in cave environments)

XIII. NO TANK - ONE BREATH PROFESSIONAL PROGRAMS

Freediving Professional Program	Min. Age	Rec. Hours	Min. Number of Freedive Sessions	Ratio	Instructor Qualification	Prerequisites
Snorkeling Instructor	18	6 to 10			Advanced Open Water Instructor	
Basic Freediving Instructor	18	20 to 30		6 to 1	Freediving Specialist Instructor	Dive Control Specialist/Assistant Instructor
Pool, Level 1 and 2 Instructor	18	60 to 75		6 to 1	Freediving Instructor Trainer	See Standards
Freediving Specialist Instructor	21	24 to 32		6 to 1	Freediving Instructor Trainer	Level 2 Instructor + 30 Basic/Level 1 Certifications + assist with ITC or Crossover
Level 1, 2 and 3 Instructor Upgrade	18	24 to 32		6 to 1	Freediving Instructor Trainer	See Standards
Freediving Instructor Trainer	18	70 to 80		6 to 1	Freediving International Training Director	See Standards
Crossover and Update	18	24 to 32		6 to 1	Instructor Trainer	Freediving Instructor with a recognized agency

XIV. SHARE YOUR ADVENTURE

Dive Professional Program	Min. Age	Rec. Hours	Minimum Number of Dives for Certification	Ratio	Instructor Qualification	Prerequisites
Scuba Rangers Instructor	18				SSI Service Center	Dive Control Specialist/Assistant Instructor
Dive Guide (DG)	18	35 to 45	50 Dives	8 to 1	Open Water Instructor	AA / DSR + 40 Dives
Divemaster (DM)	18		60 Dives		Divemaster Instructor	DG + Science of Diving (SoD)
Dive Control Specialist/Assistant Instructor (DCS)	18	45 to 55	75 Dives	8 to 1	Dive Control Specialist Instructor/Assistant Instructor Trainer	DM + 60 Dives
Instructor Training Course (ITC)	18	50 to 60	100 Dives	8 to 1	Instructor Trainer	DCS + 75 Dives
Instructor Evaluation/Open Water Instructor (OWI)	18	8 to 20	100 Dives		Instructor Certifier	DCS + ITC
Advanced Open Water Instructor (AOWI)	18				SSI Service Center	OWI + DSRI + EAN + 2 SPI + 15 SP Certifications
Divemaster Instructor (DMI)					SSI Service Center	AOWI + SoD Instructor + 30 Certifications (3 each of DSR/DG/SoD)
Training Specialist (TS)	18				Depends on Method of Certification	Dive Control Specialist/Assistant Instructor
Specialty Instructor (SPI)	18				Specialty Instructor / Instructor Trainer	Open Water Instructor
React Right Instructor (RRI)	18	8-12			React Right Instructor Trainer	DG or Medical Professional
Dive Control Specialist Instructor/Assistant Instructor Trainer (DCSI)	18	30 to 45		8 to 1	Instructor Trainer	DMI + 30 OWD Certifications
Master Instructor (MI)	18		250 Dives		SSI Service Center	DCSI + 150 Certifications
Instructor Trainer (IT)	18	70 to 80		6 to 1	International Training Director	MI + assist with 1 ITC and 1 Crossover
React Right Instructor Trainer	18	12-16			International Training Director	RRI + IT + 25 RR certifications
Instructor Certifier (IC)	18				International Training Director	Instructor Trainer

XV. SHARE A LIFETIME OF ADVENTURE

Dive Professional Recognition Ratings	Required Experience Points	Prerequisites
Century Instructor	100 Points	Dive Control Specialist/Assistant Instructor
Silver 300 Instructor	300 Points	Dive Control Specialist/Assistant Instructor

Gold 500 Instructor	500 Points	Dive Control Specialist/Assistant Instructor
Platinum 1000 Instructor	1000 Points	Dive Control Specialist/Assistant Instructor
Platinum Pro 5000 Instructor	5000 Points	Dive Control Specialist/Assistant Instructor

XVI. EXTEND AND SHARE YOUR RANGE

Extended Range Instructor Programs	Min. Age	Rec. Hours	Minimum Number of Dives for Certification	Instructor Qualification	Prerequisites
Gas Blender Instructor				SSI Service Center	OWI + EAN Instructor + Gas Blender
Foundations Instructor	18	16	2 Co-teach or 2-day Seminar	Extended Range Instructor Trainer	Extended Range Instructor + 30 Extended Range Dives
Extended Range Nitrox Diving Instructor	18	16	2 Co-teach or 3-day Seminar	Extended Range Nitrox Diving Instructor Trainer	OWI + DDI + EANI + DSRI + SoDI + XR Nitrox Diving + 20 Dives deeper than 30m
Extended Range Instructor	18	16	2 Co-teach or 3-day Seminar	Extended Range Instructor Trainer	AOWI + DDI + EANI + DSRI + SoDI + XR Diving + 20 Dives deeper than 30m + 3 EAN Certifications
Technical Extended Range Instructor	18	16	2-day Seminar	Technical Extended Range Instructor Trainer	AOWI + TXR Diving + XR Diving Instructor + 200 Dives
Hypoxic Trimix Instructor	18	16	2-day Seminar	Hypoxic Trimix Instructor Trainer	TXR Diving Instructor + 200 Dives
Cavern Diving Instructor	18	20	2-day Seminar	Cave Diving Instructor Trainer	OWI + EANI + DDI + DSRI + Cavern Diving
Cave Diving Instructor	18	20	2-day Seminar	Cave Diving Instructor Trainer	Cavern Diving Instructor + Cave Diving + 75 Cave Dives
Full Cave Diving Instructor	18	30	2-day Seminar	Full Cave Diving Instructor Trainer	Cave Diving Instructor + Full Cave Diving + 100 Cave Dives
Advanced Wreck Diving Instructor	18	20	2-day Seminar	Advanced Wreck Diving Instructor Trainer	OWI + EANI + DDI + DSRI + SoDI + Advanced Wreck Diving
Technical Wreck Diving Instructor	18	20	2-day Seminar	Advanced Wreck Diving Instructor Trainer	Advanced Wreck Diving Instructor + Extended Range Instructor + Technical Wreck Diving + 50 Technical Wreck Dives
Extended Range Nitrox Diving Instructor Trainer	18		Experience Rating	Extended Range International Training Director	XR Nitrox Diving Instructor + 10 XR Nitrox Diving Certifications + XR Instructor Trainer + 250 Dives (20 XR Nitrox Dives)
Extended Range Instructor Trainer	18	40	5-day Seminar	Extended Range International Training Director	XR Diving Instructor + Recreational IT
Technical Extended Range Instructor Trainer	18	40	5-day Seminar	Extended Range International Training Director	See Standards

General Training Standards

ETHICAL STANDARDS

As an SSI Dive Professional, you are accountable for your decisions and actions when working with the public. SSI expects you to display appropriate and professional behavior at all times while involved in training or other related activities. Refer to the guidelines listed below:

- Notify SSI prior to renewal or any training if previously convicted of a felony or a crime of moral regret (e.g. honesty, integrity, morals).
- Be a professional role model at all times during training and other business-related activities.
- Be a diving role model on all dives, practicing and promoting safe diving, environmental awareness, and minimal ecological impact.
- Conduct all SSI programs with a high degree of integrity and honesty, and with the goal of providing the best possible customer experience.
- Adhere to SSI Training Standards, and attend SSI Dive Professional updates on a regular basis.
- Do not negatively communicate publicly or otherwise about SSI Dive Centers, Resorts, Instructors or Dive Professionals or any other member of the diving industry.
- Notify SSI if a Dive Center, Resort, Instructor or Dive Professional has been, or is currently the subject of, any ethical or standards violation, investigation, action or proceeding brought by any recognized training agency or governmental bodies.
- Indemnify and hold harmless SSI, its officers, directors and assignee for any loss, claim or damage resulting from action of the SSI Dive Professional or his/her agents, students or assignees.
- Abide to quality assurance procedures outlined in the Monitor Assessment Procedures.
- **The SSI Dive Professional understands that any breach of these Ethical Standards may make him or her ineligible for active status or renewal.**

RECREATIONAL DIVE PROGRAMS

STUDENT WATER FITNESS EVALUATION

I. OVERALL COMFORT IN THE WATER

The goal of this evaluation is to determine your students' baseline comfort level in the water. Some nervousness may be common, but as the course progresses, they should gain confidence in their equipment and in your abilities as an instructor.

II. SWIM ASSESSMENT

Swim 200 meters without any swim or buoyancy aids, or swim 300 meters using a mask, snorkel and fins. There is no time limit for this exercise, but it must be completed without stopping or standing.

III. SURVIVAL FLOAT

Float or tread in water too deep to stand for ten (10) minutes. The student's face must remain clear of the water for the duration of the exercise.

NOTE: Students must successfully pass all portions of this assessment before participating in any open water training.

A. NOTES

- A successfully completed water fitness evaluation is valid for six (6) months after its completion date.
- You may conduct the water fitness evaluation during any pool or confined water session, but SSI recommends evaluating your students early in the training process to identify any areas of concern.
- Failure of any portion of the evaluation does not constitute failure in the class. Allow your students to practice and repeat the evaluation until they are successful.
- Pay close attention to any students that appear uneasy, since they may require additional attention and guidance.

Recreational Diving Standards

SNORKELING PROGRAM

I. INTENT

The SSI Snorkeling program is intended to provide a basic introduction to the common equipment and skills needed to snorkel safely.

II. REQUIRED INSTRUCTOR RATING

An active status Snorkeling Instructor or higher may conduct the Snorkeling program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete the SSI Snorkeling Waiver (where applicable).

IV. STUDENT PREREQUISITES

- There is no minimum age for the Snorkeling program.

NOTE: Students do not need to be proficient swimmers to participate in the Snorkeling program. They should be comfortable and able to maintain their buoyancy in water too deep to stand in prior to participating in open water sessions.

V. DURATION

There is no recommended duration for the Snorkeling program.

VI. DEPTH LIMITATIONS

- If breath-hold diving is taught during the Snorkeling program, do not conduct training deeper than six (6) meters.

RECOMMENDATION: If students are interested in breath-hold diving, they should be encouraged to take the SSI Freediving Basic program.

VII. IN-WATER RATIOS

- The student-to-instructor ratio should be set by the individual instructor, based on their ability to effectively supervise and respond to their students' needs.
- Decrease this ratio whenever conditions or logistics require.

VIII. SUPERVISION

- An active status Snorkeling Instructor must directly supervise all academic and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete all in-water sessions as outlined in the Snorkeling Instructor Manual in a pool/confined water or open water environment.

X. CERTIFICATION

- The Snorkeling program is a recognition program only. Upon completion, process all students in ODIN so that they may receive their free digital recognition card on the DiveSSI app.

Recreational Diving Standards

TRY SCUBA PROGRAM

I. INTENT

The SSI Try Scuba program is intended to provide students with the necessary skills and knowledge to safely scuba dive with an SSI Dive Professional in a confined water environment.

NOTE: This is a recognition program. The SSI Dive Professional should focus on the students' safety and enjoyment, avoiding over-teaching.

II. REQUIRED INSTRUCTOR RATING

An active status Dive Control Specialist/Assistant Instructor may conduct the Try Scuba program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete a Try Scuba/Try Scuba Diving Record form, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 8 years old.

V. DURATION

There is no recommended duration for the Try Scuba program.

VI. DEPTH LIMITATIONS

- The Try Scuba program has a pool/confined water depth limit of five (5) meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 4:1.
- No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.
- If 8- or 9-year-olds are participating, the student-to-instructor ratio is 2:1.
- Certified assistants may be used, but cannot be used to increase ratios.

VIII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor or higher must directly supervise all academic and pool/confined water activities.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Try Scuba Diving Instructor Manual.
- Complete in-water sessions and assessments as outlined in the Try Scuba Diving Manual in a pool/confined water environment.

XI. CERTIFICATION

- Try Scuba is a recognition program only. Upon completion, process all students in ODIN so they may receive their digital recognition card on the DiveSSI app.

Recreational Diving Standards

TRY SCUBA DIVING PROGRAM (ISO 11121)

I. INTENT

The SSI Try Scuba Diving program is intended to provide students with the necessary skills and knowledge to safely scuba dive with an SSI Dive Professional in a confined and open water environment.

NOTE: This is a recognition program. The SSI Dive Professional should only teach the skills outlined in the Try Scuba Diving program and focus on the students' safety and enjoyment, avoiding over-teaching.

II. REQUIRED INSTRUCTOR RATING

- An active status Open Water Instructor or higher may conduct the Try Scuba Diving program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete a Try Scuba/Try Scuba Diving Record form, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

There is no recommended duration for the Try Scuba program.

VI. DEPTH LIMITATIONS

- The Try Scuba Diving program has a depth limit of 12 meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 4:1.
- No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.
- Certified assistants may be used, but cannot be used to increase ratios.

VIII. SUPERVISION

- An active status Open Water Instructor or higher must directly supervise all open water activities.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Try Scuba Diving Instructor Manual.
- Complete at least one (1) open water training dive as outlined in the Try Scuba Diving Instructor Manual.

XI. CREDIT

- SSI Dive Professionals can count one (1) open water training dive from in the Try Scuba Diving program towards the Scuba Diver or Open Water Diver certification. Credit only applies if done within six (6) months of completing the Try Scuba Diving program.
- An open water training dive may only be credited towards the Open Water Diver program if the dive is conducted to a minimum depth of five (5) meters for at least 15 minutes.

XII. CERTIFICATION

- Try Scuba Diving is a recognition program only. Upon completion of the program, process all students in ODIN so they may receive their digital recognition card on the DiveSSI app.

Recreational Diving Standards

REFERRAL DIVER PROGRAM

I. INTENT

The SSI Referral Diver program is intended to provide students with the knowledge and training necessary to dive autonomously with an equally- or more-qualified buddy in a pool/confined water equivalent with their training.

A student that completes all the academic sections and pool/confined water sessions for the Open Water Diver program can be issued the Referral Diver digital card with the intent of completing their open water training dives at a later date and/or with another dive center/resort.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Open Water Diver program and issue referrals for any student who does not complete their open water training dives.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

A digital or paper SSI Referral form and a copy of the student's completed Medical History form (where applicable) must be sent to the referred Dive Center/Resort.

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- Recommended hours for course completion: 16-20.

VI. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor may directly supervise all academic and pool/confined water activities (with the exception of emergency ascent skills) under the indirect supervision of an active status Open Water Instructor or higher.
- An active status Open Water Instructor must introduce and directly supervise all emergency ascent skills during in-water training.
- An active status Open Water Instructor must directly supervise all open water training dives.
- A certified assistant may directly supervise a maximum of two (2) students during the excursion portion of any open water training dives after the completion of Open Water Training Dive 2.
- If navigation training is being conducted during Open Water Training Dive 4, the instructor may choose to indirectly supervise these skills.

VIII. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

IX. REQUIREMENTS FOR COMPLETION

- Complete all academic sections and assessments outlined in the Open Water Diver Instructor Manual.
- Complete an Open Water Diver final exam with a passing score of 80%.
- Complete all pool/confined water sessions and skill evaluations outlined in the Open Water Diver Instructor Manual.
- Complete the water fitness evaluation outlined in the SSI Training Standards. Water fitness evaluations must be completed before participating in any open water training dives.

X. CERTIFICATION

- Upon completion of all academic and pool/confined water requirements, including water fitness evaluation and final exam, an Open Water Instructor or higher must issue a digital Referral Diver certification card.
- Certified Referral Divers may dive autonomously with an equally- or more-qualified buddy in a pool /confined water equivalent with their training.

XI. UPGRADES

To upgrade a Referral Diver to Scuba Diver, Indoor Diver or Open Water Diver:

- The SSI Instructor completing the open water training dives must upgrade the student in ODIN in order for them to receive their digital certification card.
- Open water training dives for all SSI programs are required to be completed within six (6) months of the last academic or in-water training session.
- If it has been more than six (6) months from the issue date of the Referral Diver certification, an SSI Dive Professional must conduct a re-evaluation (both knowledge and skill review) to determine if the student is sufficiently proficient to continue to the open water training dives.
- If it has been more than 12 months since the student's last in-water session, the student must complete a Scuba Skills Update and re-take and pass the Open Water Diver final exam.

RECOMMENDATION: If it has been more than six (6) months since a student has completed all Referral Diver training, have the student complete a Scuba Skills Update prior to upgrading.

Recreational Diving Standards

INDOOR DIVER PROGRAM

I. INTENT

The SSI Indoor Diver program is intended to provide students with the training necessary to dive autonomously with an equally- or more-qualified buddy in environments including aquariums and purpose-built indoor diving facilities, to a depth equivalent with their training.

NOTE: The Indoor Diver program must be conducted exactly like the Open Water Diver program, except that the deep water training dives are conducted in an approved indoor diving facility as defined in the General Training Standards.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Indoor Diver program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- Recommended hours for course completion: 16-32.

VI. DEPTH LIMITATIONS

- The first two (2) indoor training dives must be conducted shallower than 12 meters.
- The remaining training dives must be conducted shallower than 18 meters.
- The maximum depth for all 10- and 11-year-olds during all training dives is 12 meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor may directly supervise all academic and in-water activities (with the exception of emergency ascent skills) under the indirect supervision of an active status Open Water Instructor or higher.
- An active status Open Water Instructor must introduce and directly supervise all emergency ascent skills during in-water training.
- An active status Open Water Instructor must directly supervise all indoor training dives.
- A certified assistant may directly supervise the excursion portion of any dives after the completion of the second indoor training dive.

- A certified assistant may directly supervise no more than two (2) students at a time.
- If navigation training is being conducted during the fourth indoor training dive, the instructor may choose to indirectly supervise these skills.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete all academic sections and assessments as outlined in the Open Water Diver Instructor Manual.
- Complete an Open Water Diver final exam with a passing score of 80%.
- Complete all pool/confined water sessions and skill evaluations outlined in the Open Water Diver Instructor Manual.
- Complete the water fitness evaluation outlined in the SSI Training Standards. Water fitness evaluation must be completed before participating in any indoor training dives.
- Complete at least four (4) indoor training dives on scuba and all skill evaluations outlined in Open Water Training Dives 1-4 of the Open Water Diver Instructor Manual.

XI. SEQUENCE

- The first two (2) indoor training dives may only be conducted after all requirements and evaluations for Academic Sections 1-3 and Pool/Confined Water Sessions 1-3 of the Open Water Diver Instructor Manual have been met or exceeded.
- The remaining two (2) indoor training dives may only be conducted after all requirements and evaluations for Academic Sections 4-6 and Pool/Confined Water Sessions 4-6 of the Open Water Diver Instructor Manual have been met or exceeded.
- Snorkel skills are required, but may be combined with pool/confined water sessions and/or indoor training dives.

RECOMMENDATION: SSI recommends conducting additional experience or training dives when possible.

XII. CERTIFICATION

- Upon completion of all academic and in-water requirements, process all students in ODiN so they may receive their digital certification card.
- Certified Indoor Divers can dive autonomously with an equally- or more-qualified buddy, in environments including aquariums and purpose-built indoor diving facilities and within the recommended depth limits.
- Students younger than 15 years old will be certified as a Junior Indoor Diver and can dive under the direct supervision of a dive professional or with a certified adult.

NOTE: After certification, SSI recommends that Junior Indoor Divers ages 10 and 11 dive to depths shallower than 12 meters with a certified adult or dive professional.

XIII. UPGRADES

- To upgrade to an Open Water Diver certification, an Indoor Diver must complete two (2) additional open water training dives on scuba and the skill evaluations outlined in Open Water Training Dives 1-4 of the Open Water Diver Instructor Manual in an open water environment.

NOTE: All skill evaluations can be combined and performed in one or more of the required dives.

Recreational Diving Standards

SCUBA DIVER PROGRAM (ISO 24801-1)

I. INTENT

The SSI Scuba Diver program is intended to provide students with the knowledge and training necessary to dive under the direct supervision of a dive professional in environments equivalent with their training and to depths shallower than 12 meters.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Scuba Diver program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- Recommended hours for course completion: 10-16.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted between five (5) and 12 meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor may directly supervise all academic and in-water activities (with the exception of emergency ascent skills) under the indirect supervision of an active status Open Water Instructor or higher.
- An active status Open Water Instructor must introduce and directly supervise all emergency ascent skills during in-water training.
- An active status Open Water Instructor must directly supervise all open water training dives.
- A certified assistant may directly supervise the excursion portion of any open water training dives after the completion of Open Water Training Dive 2.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete Academic Sections 1-3 and assessments outlined in the Open Water Diver Instructor Manual.
- Complete the Scuba Diver final exam with a passing score of 80%.
- Complete at least three (3) pool/confined water sessions and the skill evaluations outlined in Pool/Confined Water Sessions 1-3 of the Open Water Diver Instructor Manual.
- Complete the water fitness evaluation outlined in the SSI Training Standards. This evaluation must be completed before participating in any open water training dives.
- Complete at least two (2) open water training dives on scuba and the skill evaluations outlined in Open Water Training Dives 1-2 of the Open Water Diver Instructor Manual.

NOTE: Scuba Divers may conduct the open water training dives in indoor diving facilities as defined in the General Training Standards.

XI. SEQUENCE

- Open Water Training Dives 1 and 2 may only be conducted after all the requirements of Academic Sections 1-3 and Pool/Confined Water Sessions 1-3 of the Open Water Diver Instructor Manual have been met or exceeded.
- Snorkel skills are required, but may be combined with pool/confined water sessions and/or open water training dives.

RECOMMENDATION: SSI recommends conducting additional experience or training dives whenever possible.

XII. CERTIFICATION

- Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, an Open Water Instructor or higher may issue the Scuba Diver digital certification card.
- Certified Scuba Divers can dive under the direct supervision of a dive professional in environments equivalent to their training and within the recommended depth limits.
- Students younger than 15 years old will be certified as a Junior Scuba Diver and can dive under the direct supervision of a dive professional in environments equivalent to their training and within the recommended depth limits.

RECOMMENDATION: After certification, Scuba Divers should limit their dive depths to 12 meters and should always dive with an active status dive professional.

XIII. UPGRADES

- Complete the remaining requirements and assessments of Academic Sections 4-6 outlined in the Open Water Diver Instructor Manual.
- Complete an Open Water Diver final exam with a passing score of 80%.
- Complete three (3) additional pool/confined water sessions and the skill evaluations outlined in Pool/Confined Water Sessions 4-6 of the Open Water Diver Instructor Manual.
- Complete two (2) additional open water training dives and the skill evaluations outlined in Open Water Training Dives 3 and 4 of the Open Water Diver Instructor Manual.

Recreational Diving Standards

OPEN WATER DIVER PROGRAM (ISO 24801-2)

I. INTENT

The SSI Open Water Diver program is intended to provide students with the knowledge and training necessary to dive autonomously with an equally- or more-qualified buddy, in environments equivalent with their training and to depths shallower than 18 meters.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Open Water Diver program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- Recommended hours for course completion: 16-32.

VI. DEPTH LIMITATIONS

- Open water training dives must be conducted deeper than five (5) meters.
- The first two (2) open water training dives must be conducted shallower than 12 meters.
- The remaining open water training dives must be conducted shallower than 18 meters.
- The maximum depth for all 10- and 11-year-olds during all training dives is 12 meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status Dive Control Specialist may directly supervise all academic and pool/confined water activities (with the exception of emergency ascent skills) under the indirect supervision of an active status Open Water Instructor or higher.
- An active status Open Water Instructor must introduce and directly supervise all emergency ascent skills during in-water training.
- An active status Open Water Instructor must directly supervise all open water training dives.
- A certified assistant may directly supervise a maximum of two (2) students during the excursion portion of any open

water training dives after the completion of Open Water Training Dive 2.

- If navigation training is being conducted during Open Water Training Dive 4, the instructor may choose to indirectly supervise these skills.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete all academic sections and assessments as outlined in the Open Water Diver Instructor Manual.
- Complete an Open Water Diver final exam with a passing score of 80%.
- Complete all pool/confined water sessions and the skill evaluations outlined in the Open Water Diver Instructor Manual.
- Complete the water fitness evaluation outlined in the SSI Training Standards. Water fitness evaluations must be completed before participating in any open water training dives.
- Complete at least four (4) open water training dives on scuba and all of the skill evaluations outlined in the Open Water Diver Instructor Manual.

NOTE: Open Water Training Dives 1 and 2 of the Open Water Diver program may be completed in indoor diving facilities as defined in the General Training Standards.

XI. SEQUENCE

- The first two (2) open water training dives may only be conducted after all requirements and evaluations for Academic Sections 1-3 and Pool/Confined Water Sessions 1-3 of the Open Water Diver Instructor Manual have been met or exceeded.
- The remaining two (2) open water training dives may only be conducted after all requirements and evaluations for Academic Sections 4-6 and Pool/Confined Water Sessions 4-6 of the Open Water Diver Instructor Manual have been met or exceeded.
- Snorkel skills are required, but may be combined with pool/confined water sessions and/or open water training dives.

RECOMMENDATION: SSI recommends conducting additional experience or training dives when possible.

XII. CERTIFICATION

- Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, an Open Water Instructor or higher may issue the Open Water Diver digital certification card.
- Certified Open Water Divers can dive with an equally- or more-qualified buddy in environments equivalent to their training and within the recommended depth limits.
- Students younger than 15 years old will be certified as a Junior Open Water Diver and must dive under the direct supervision of a dive professional or with a certified adult in environments equivalent to their training and within the recommended depth limits.

Recreational Diving Standards

EXPERIENCED DIVER TEST

I. INTENT

The Experienced Diver Test is intended for divers that have lost proof of certification, or were trained as a military, commercial, lifeguard or scientific diver. The diver must provide proof of open water diving experience before conducting the Experienced Diver Test.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Experienced Diver Test.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 15 years old.
- Provide a signed statement describing previous scuba training and experience.
- Provide proof of prior experience and training.

EXAMPLE: Proof of certification from an agency that no longer exists, a log book signed or stamped by a dive professional or dive center, official letter/credentials from a military, commercial, lifeguard, or scientific diving supervisor.

RECOMMENDATION: Encourage the diver to enroll in an Open Water Diver program when they do not have adequate proof of experience, or it has been a prolonged period of time since their last open water dive.

V. DURATION

- Recommended hours for course completion: 10-16.

VI. DEPTH LIMITATIONS

- Open water training dives must be conducted at depths shallower than 18 meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.

VIII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor can directly supervise all academic activities under the indirect supervision of an active status Open Water Instructor or higher.
- An active status Dive Control Specialist/Assistant Instructor can directly supervise all confined water training under the indirect supervision of an active status Open Water Instructor or higher with the exception of emergency ascent skills.
- An active status Open Water Instructor must introduce and directly supervise all emergency ascent skills during in-water training.
- An active status Open Water Instructor must directly supervise all open water training dives.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that

physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete an Open Water Diver final exam with a passing score of 80%.
- Complete at least one (1) pool/confined water session and skill assessment as outlined in the Open Water Diver Instructor Manual.
- Complete the water fitness evaluation as outlined in the SSI Training Standards. Water fitness evaluations must be completed before participating in any open water training dives.
- Complete at least two (2) open water training dives on scuba, as outlined in the Open Water Diver Instructor Manual.

NOTE: The Experienced Diver Test can be done separately or integrated with an Open Water Diver program.

XI. SEQUENCE

- Open water training dives may only be conducted after all academic and pool/confined water requirements have been met or exceeded.
- Snorkel skills are required, but may be combined with pool/confined water sessions and/or open water training dives.

RECOMMENDATION: SSI recommends conducting additional experience or specialty training dives when possible. EXAMPLE: After students have completed two (2) open water training dives and all required skills, have the students plan and execute a dive as buddy teams. The instructor or certified assistant may directly or indirectly supervise this dive.

XII. CERTIFICATION

- Upon completion of all academic and pool/confined water requirements, including a water fitness evaluation and final exam, an SSI Open Water Instructor or higher may issue the Open Water Diver digital certification card.
- Certified Open Water Divers can dive with an equally- or more-qualified buddy in environments equivalent to their training and within the recommended depth limits.

Recreational Diving Standards

ADVANCED ADVENTURER PROGRAM

I. INTENT

The SSI Advanced Adventurer program is intended to provide certified divers an introduction into five (5) different SSI Specialty programs under the direct supervision of an SSI Dive Professional.

The first open water training dive from the following specialty programs can be counted toward the Advanced Adventurer program:

- Boat Diving
- Deep Diving
- Dry Suit Diving
- Enriched Air Nitrox
- Navigation
- Night/Limited Visibility
- Perfect Buoyancy
- Photo and Video
- Scooter/DPV Diving
- Search and Recovery
- Waves, Tides and Currents
- Wreck Diving

NOTE: This certification program is intended to give new divers a variety of unique diving experiences that will hopefully fuel their passion for diving and dive education.

Adventure Dives are supervised experience dives only, and should not be confused with the Advanced Open Water Diver recognition rating. See: Diver Recognition Ratings.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Advanced Adventurer program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

OR

- For previously certified students, the Continuing Education Liability Release form (in countries where applicable).

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Minimum age for Adventure Dive in Deep Diving: 12 years old.
- Hold an Open Water Diver or Junior Open Water Diver certification, or an equivalent certification from another recognized certification agency.

V. DURATION

Recommended hours for course completion: 6-10.

NOTE: This program is designed to be completely focused on practical diving skills. The total number of hours is determined by the individual instructor based on student needs, student ability, and environmental conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between five (5) and 30 meters.
- The maximum depth for 12- to 14-year-old students during training dives is 18 meters, with the exception of the Adventure Deep Dive where the maximum depth is 21 meters.
- The maximum depth for all 10- and 11-year-old students during training dives is 12 meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 4:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status SSI Dive Professional must directly supervise all in-water activities, except for the Adventure Dive in Deep Diving, which must be directly supervised by an Open Water Instructor or higher.
- A certified assistant may directly supervise in-water training dives with the exception of any dives deeper than 18 meters.
- A certified assistant may directly supervise no more than four (4) students at a time.

NOTE: Students younger than 15 years old must be directly supervised by an SSI Dive Professional or paired with a certified adult.

IX. REQUIREMENTS FOR COMPLETION

- Complete any academic sessions and assessments as outlined in the Advanced Adventurer Instructor Manual.
- Complete at least five (5) different SSI Specialty dives, including a professional briefing and debriefing as outlined in the applicable Specialty Instructor Manuals.

X. CERTIFICATION

- Upon completion of all academic and in-water requirements, including a water fitness evaluation (if applicable) and final exam, an Open Water Instructor or higher may issue the Advanced Adventurer digital certification card.
- Certified Advanced Adventurers can dive with an equally- or more-qualified buddy in environments equivalent to their training and within the recommended depth limits.
- Students younger than 15 years old will be certified as a Junior Advanced Adventurer and can dive under the direct supervision of a dive professional or with a certified adult in environments equivalent to their training and within the recommended depth limits.

XI. CREDIT

Students may apply the dives completed in their Advanced Adventurer program towards the individual specialty programs, provided the instructor and student sign each logged dive.

Recreational Diving Standards

SPECIALTY PROGRAMS

I. INTENT

SSI Specialty programs are intended to introduce and familiarize students with a variety of diving activities beyond their open water training by providing basic knowledge and experiences in those areas.

II. REQUIRED INSTRUCTOR RATING

An active Training Specialist or Specialty Instructor may conduct specialty programs that they are certified to teach.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

OR

- For previously certified students, the Continuing Education Liability Release form (in countries where applicable).

IV. DURATION

The required program duration will vary, depending on the applicable specialty program.

Specialty programs are designed to completely focus on practical diving skills. The total number of hours required to complete the course should be determined by the instructor based on student needs, student ability and environmental conditions.

V. SUPERVISION

- For all specialty programs with mandatory training dives: The first training dive must be directly supervised by an active status SSI Dive Professional certified to conduct the applicable specialty program. Additional training dives may be indirectly supervised.
- All skill demonstrations and evaluations must be directly supervised by an active status SSI Dive Professional certified to conduct the applicable specialty program.
- For the Deep Diving Specialty: All training dives must be directly supervised by an active status SSI Dive Professional certified to conduct the Deep Diving program.
- For the Diver Stress and Rescue Specialty: All training dives must be directly supervised by an active status SSI Dive Professional certified to conduct the Diver Stress and Rescue program.
- All Dedicated Equipment Specialty Program training dives must be directly supervised by an active status SSI Dive Professional certified to conduct the applicable specialty program.
- If combining Specialty programs: All mandatory training dives must be directly supervised by an active status SSI Dive Professional certified to conduct the applicable specialty programs.

VI. REQUIREMENTS FOR COMPLETION

- Complete any academic sessions and assessments as outlined in the individual Specialty Instructor Manual.
- Complete the applicable final exam (when available) with a passing score of 80%.
- Complete any confined water training dives (if required) as outlined in the individual Specialty Instructor Manual.
- Complete the minimum number of open water training dives, if required, including a professional briefing and debriefing as outlined in the individual Specialty Instructor Manuals.

VII. NUMBER OF DIVES

- Specialty programs have a minimum of two (2) dives when in-water training dives are required.
- Deep Diving and Diver Stress and Rescue programs require a minimum of three (3) open water training dives.

RECOMMENDATION: SSI recommends conducting additional experience or training dives after completing the minimum required dives for the specialty.

VIII. COMBINING SPECIALTY PROGRAMS

Specialty programs may be combined, provided that all academic, confined water and open water training requirements for the applicable programs are completed.

Safe diving practices must be followed at all times, and the SSI Training Standards for each Specialty program must be met when combining Specialties.

- If two (2) Specialty programs are combined, a minimum of three (3) open water training dives are required.
- If three (3) Specialty programs are combined, a minimum of four (4) open water training dives are required.
- If four (4) Specialty programs are combined, a minimum of five (5) open water training dives are required.

NOTE: If the Deep Diving Specialty program is combined with another Specialty, a minimum of three (3) training dives deeper than 20 meters must be completed.

RECOMMENDATION: SSI Specialty programs are intended to provide students with a variety of experiences. Whenever possible, conduct more training dives than the minimum required. Always take student needs, student ability and environmental conditions into consideration when combining Specialty Programs and their training dives.

IX. CREDIT FOR EXPERIENCE DIVES

- An SSI Advanced Adventurer or equivalent may count each individual specialty dive they complete toward the applicable SSI Specialty program.
- If a student has proof of experience dives corresponding to the SSI Specialty program, at the SSI Dive Professionals discretion they may receive credit for one (1) dive toward that SSI Specialty program.

NOTE: Proof of experience dives must be logged, verified and signed by a dive professional.

X. CERTIFICATION

- Upon completion of all academic and in-water requirements, including a water fitness evaluation (if applicable) and final exam, the Specialty Instructor or Training Specialist may issue the applicable SSI digital certification card.
- Certified SSI Divers can dive with an equally- or more-qualified buddy in environments equivalent to their training and within the recommended depth limits of the SSI Specialty program they are certified in.
- Students younger than 15 years old will be certified as an SSI Junior Diver in the applicable SSI Specialty program, and can dive under the direct supervision of a dive professional or with a certified adult in environments equivalent to their training and within the recommended depth limits.

NOTE: After certification, 10- and 11-year-old Junior Open Water Divers should dive with a certified adult or Dive Professional to a depth of 12 meters.

XI. CREDIT

- All specialty certifications will qualify toward the following SSI Recognition ratings: Specialty Diver, Advanced Open Water Diver or Master Diver.

XII. UNIQUE RECOGNITION PROGRAMS

- Other Specialty programs than those provided by SSI, may be suggested by sending an Instructor Manual and program Standards outline to SSI for approval.
- If the Unique program is approved, it will be aligned with an existing specialty, or it will be considered a unique program.
- Qualification is issued to the SSI Dive Center or SSI Dive Professional as an official SSI Unique Recognition program.
- The intellectual property of this Unique Recognition program becomes the sole property of SSI and may be redistributed.
- Unique Recognition programs recognize participation but are not certification programs.

NOTE: Upon completion of a Unique Recognition Program, process all students in ODiN so that they may receive their digital recognition card.

Recreational Diving Standards

ECOLOGY SPECIALTY PROGRAMS

- Marine Ecology
- Fish Identification
- Coral Identification
- Sea Turtle Ecology
- Shark Ecology

NOTE: Non-divers, snorkelers, or certified divers may participate in these specialty programs. Open water sessions may be conducted using scuba or snorkeling equipment. Ratios, depth limits and supervision standards must be followed when conducting any in-water sessions. NOTE: Ecology Specialty programs may be taught in combination with an Open Water Diver program.

I. STUDENT PREREQUISITES

- Minimum age if conducting scuba training: 10 years old.
- If in-water scuba training is included, the student must be a Referral Diver or higher, or hold an equivalent certification from another recognized certification agency.

NOTE: SSI Referral Divers may enroll in SSI Specialty programs and complete all academic and pool/confined water sessions. Open water training dives for all specialties cannot be combined with open water training dives for entry-level programs, and must be conducted after completion of all in-water training for the Open Water Diver program.

II. DEPTH LIMITATIONS

- Open water snorkeling sessions may be completed to meet the in-water training requirements.
- If open water training dives are included, they must be conducted at depths between 5 and 30 meters.
- The maximum depth for all 12- to 14-year-olds during training dives is 18 meters.
- The maximum depth for all 10- and 11-year-olds during training dives is 12 meters.

When using breathing gas with oxygen concentrations higher than 21%, a maximum PO₂ of 1.4 ATA/bar (1.4) must not be exceeded.

III. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

IV. SUPERVISION

- SSI Dive Professionals certified to conduct the specific specialty may indirectly supervise all academic and in-water activities.

NOTE: If students are under the age of 15, they must be directly supervised by a dive professional or paired with a certified adult during any in-water training.

Recreational Diving Standards

DIVING KNOWLEDGE SPECIALTY PROGRAMS

- Altitude Diving
- Equipment Techniques
- Enriched Air Nitrox (ISO 11107)
- Science of Diving

NOTE: These specialty programs do not have in-water requirements, but confined and/or open water sessions may be added at the SSI Dive Professional's discretion. Ratios, depth limits and supervision standards must be followed during any in-water training.

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be a Referral Diver or higher, or hold an equivalent certification from another recognized certification agency.

OR

- Diving Knowledge Specialty programs may be taught in combination with an Open Water Diver program.

II. DEPTH LIMITATIONS

- If any open water training dives are included, they must be conducted at depths between 5 and 30 meters.
- The maximum depth for all 12- to 14-year-olds during training dives is 18 meters.
- The maximum depth for all 10- and 11-year-olds during training dives is 12 meters.

When using breathing gas with oxygen concentrations higher than 21%, a maximum PO₂ of 1.4 ATA/bar (1.4) must not be exceeded.

III. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

IV. SUPERVISION

- SSI Dive Professionals certified to conduct the applicable specialty may indirectly supervise all academic activities, pool/confined water and open water training dives.
- An active status Specialty Instructor certified to conduct the specialty must directly supervise all activities for the Enriched Air Nitrox EAN program.

NOTE: If students are under the age of 15, they must be directly supervised by a dive professional or paired with a certified adult during any in-water training.

Recreational Diving Standards

POOL/CONFINED WATER SPECIALTY PROGRAMS

- Photo and Video
- Full Face Mask
- Perfect Buoyancy

NOTE: There are no required open water training dives for these specialty programs. Open water training dives may be added at the SSI Dive Professional's discretion. Ratios, depth limits and supervision standards must be followed when conducting any in-water training.

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be a Referral Diver or higher or hold a equivalent certification from another recognized certification agency.

NOTE: SSI Referral Divers may enroll in SSI Specialty programs and complete all academic and pool/confined water sessions. Open water training dives for all specialties cannot be combined with open water training dives for entry-level programs, and must be conducted after completion of all in-water training for the Open Water Diver program.

II. DEPTH LIMITATIONS

- If open water training dives are included, they must be conducted at depths between 5 and 30 meters.
- The maximum depth for all 12- to 14-year-olds during training dives is 18 meters.
- The maximum depth for all 10- and 11-year-olds during training dives is 12 meters.

When using breathing gas with oxygen concentrations higher than 21%, a maximum PO₂ of 1.4 ATA/bar (1.4) must not be exceeded.

III. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

IV. SUPERVISION

- Active status SSI Dive Professionals certified to conduct the specific specialty may indirectly supervise all academic activities.
- An active status SSI Dive Professional certified to conduct the specific specialty must directly supervise the first in-water training dive, and may indirectly supervise any additional training dives.

NOTE: If students are under the age of 15, they must be directly supervised by a dive professional or paired with a certified adult during any in-water training.

V. SEQUENCE

For the Full Face Mask program, a pool/confined water training session is mandatory prior to any training dives in open water.

Recreational Diving Standards

OPEN WATER SPECIALTY PROGRAMS

- Boat Diving
- Deep Diving
- Navigation
- Night/Limited Visibility
- River Diving
- Diver Stress and Rescue
- Waves, Tides and Currents
- Wreck Diving

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Minimum age for Diver Stress and Rescue and Deep Diving: 15 years old.
- Be a Referral Diver or higher, or hold an equivalent certification from another recognized certification agency.
- Diver Stress and Rescue students must have proof of current training within two (2) years of First Aid and CPR prior to issuing a certification card.

RECOMMENDATION: SSI recommends Diver Stress and Rescue students obtain an O2 provider certification prior to certification.

NOTE: SSI Referral Divers may enroll in SSI Specialty programs and complete all academic and pool/confined water sessions. Open water training dives for all specialties cannot be combined with open water training dives for entry-level programs, and must be conducted after completion of all in-water training for the Open Water Diver program.

II. DEPTH LIMITATIONS

- Open water training dives must be conducted at depths between 5 and 30 meters.
- For the Deep Diving specialty course, the maximum depth is 40 meters.
- The maximum depth for all 12- to 14-year-olds during training dives is 18 meters.
- The maximum depth for all 10- and 11-year-olds during training dives is 12 meters.

III. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 6:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.
- The student-to-instructor ratio for training divers deeper than 30 meters is 4:1. Ratios may not increase with the addition of certified assistants.

IV. SUPERVISION

- An active status SSI Dive Professional certified to conduct the specialty may indirectly supervise all academic and

pool/confined water activities.

- An active status SSI Dive Professional certified to conduct the specialty must directly supervise the first open water training dive, and may indirectly supervise any additional open water training dives for the applicable specialty.
- An active status SSI Dive Professional certified to conduct the specialty must directly supervise all in-water activities for the Deep Diving and Diver Stress and Rescue programs.

NOTE: If students are under the age of 15, they must be directly supervised by a dive professional or paired with a certified adult during any in-water training.

Recreational Diving Standards

DEDICATED EQUIPMENT SPECIALTY PROGRAMS

- DPV Scooter Diving
- Dry Suit Diving
- Ice Diving
- Independent Diver
- Recreational Sidemount Diving
- Search and Recovery
- Recreational Rebreather Diving

I. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Minimum age for Independent and Ice Diving Specialties: 18 years old.
- Be an SSI Referral Diver or higher, or hold an equivalent certification from another recognized certification agency.

Independent Diver

- Be certified in Advanced Adventurer or equivalent.
- Be certified in Diver Stress and Rescue or equivalent.
- Be certified or provide proof of experience in Night and Limited Visibility, Deep Diving and Navigation Specialties.
- Have logged at least 75 open water dives totaling 50 hours or more.

NOTE: SSI Referral Divers may enroll in SSI Specialty programs and complete all academic and pool/confined water sessions. Open water training dives for all specialties cannot be combined with open water training dives for entry-level programs, and must be conducted after completion of all in-water training for the Open Water Diver program.

II. DEPTH LIMITATIONS

- Open water training dives must be conducted at depths between 5 and 30 meters.
- The maximum depth for all 12- to 14-year-olds during training dives is 18 meters.

III. IN-WATER RATIOS

- The student-to-instructor ratio is 4:1.

IV. SUPERVISION

- An active status SSI Dive Professional certified to conduct the specific specialty may indirectly supervise all academic activities for the applicable specialty program.
- An active status SSI Dive Professional certified to conduct the specialty must directly supervise all in-water activities for Dedicated Equipment Specialty programs.

V. SEQUENCE

For the Dry Suit Diving and Search and Recovery programs, a pool/confined water training session is mandatory prior to any training dives in open water.

SSI recommends conducting a pool/confined water orientation session to assess the general skill level of the students prior

to any open water training dives for all Dedicated Equipment Specialty Programs.

NOTE: If students are under the age of 15, they must be directly supervised by a dive professional or paired with a certified adult during any in-water training.

Recreational Diving Standards

REACT RIGHT PROGRAM

I. INTENT

The SSI React Right program is intended to provide students with the knowledge and training to act as a first responder and provide first aid and CPR, administer oxygen and/or provide Automated External Defibrillation (AED) support in the event of a medical emergency.

Each portion of the React Right program (First Aid and CPR, Oxygen Administration and AED) may be taught individually or in any combination of the three sections.

II. REQUIRED INSTRUCTOR RATING

An active status React Right Instructor may conduct the React Right program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Diver Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 15 years old.

V. DURATION

- Recommended hours for program completion: 8-12.

VI. MATERIALS AND EQUIPMENT

- React Right students must train using current and appropriate first aid and CPR, oxygen administration and AED equipment.

VII. RATIOS

- There is no maximum student-to-instructor ratio for the React Right program.
- The instructor must have sufficient training aids available and the ability to control and supervise all of the program's participants.

VIII. SUPERVISION

- An active status React Right Instructor must directly supervise all academic and practical training sessions.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic and practical training scenarios as outlined in the React Right Instructor Manual for the portions of the program they are completing.
- Complete and pass a React Right final exam with a passing score of 80% for the portions of the program they are completing.

X. CERTIFICATION

- Upon completion of all academic and practical training scenario requirements, an SSI React Right Instructor or higher may issue the SSI React Right digital certification card.
- SSI React Right certification qualifies the holder to act as a first responder in medical emergencies similar to their training for a period of two years after the certification is issued.
- Certified React Right divers may use the React Right certification to fulfill the prerequisites for the SSI Diver Stress and Rescue certification.
- React Right certification expires two years after the issuing date, and must be renewed by participating in a React Right Update program. The update must be at least two (2) hours long, and must include at least one (1) complete skill circuit for first aid and CPR, victim stabilization and treatment for shock.

Recreational Diving Standards

DIVER RECOGNITION RATINGS

I. INTENT

SSI recognizes its divers when they meet certain levels of training and experience.

NOTE: This should not be confused with the Unique Recognition programs that SSI Dive Centers and SSI Dive Professionals may apply for and conduct with students. SEE: Specialty Program Standards

Specialty Diver

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be an SSI Open Water Diver (or SSI Junior Open Water Diver) or hold an equivalent certification from another recognized certification agency.

NOTE: Only one (1) specialty from another recognized certification agency can be credited toward the Specialty Diver rating. All non-SSI certifications must be entered into ODiN by the SSI Dive Center/Resort for the student to receive credit.

II. REQUIREMENTS FOR COMPLETION

- Complete two (2) SSI Specialty programs.
- Log 12 open water dives.

NOTE: Number of dives must be entered in the student's MySSI profile in ODiN.

III. ISSUING A RECOGNITION CARD

- Once all requirements are complete and the student's profile is updated in ODiN, the Specialty Diver digital recognition card will be issued at no charge.

Advanced Open Water Diver

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be an SSI Open Water Diver (or SSI Junior Open Water Diver) or hold an equivalent certification from another recognized certification agency.

NOTE: Only two (2) specialties from another recognized certification agency may be credited toward the Advanced Open Water Diver rating. All non-SSI certifications must be entered into ODiN by the SSI Dive Center/Resort for the student to receive credit.

II. REQUIREMENTS FOR COMPLETION

- Complete four (4) SSI Specialty programs.
- Log 24 open water dives. The number of dives must be updated in the student's MySSI profile in ODiN for the student to receive credit.

III. ISSUING A RECOGNITION CARD

- Once all requirements are complete and the student's profile is update in ODiN, the Advanced Open Water Diver digital recognition card will be issued at no charge.

Master Diver

I. STUDENT PREREQUISITES

- Minimum age: 15 years old.
- Be an SSI Open Water Diver or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- Complete Diver Stress and Rescue or its equivalent and four (4) additional SSI Specialty programs. Only two (2) specialties from another recognized certification agency may be credited toward the Master Diver rating. All non-SSI certifications must be entered into ODIN by the SSI Dive Center/Resort for the student to receive credit.
- Log 50 open water dives. The number of dives must be updated in the student's MySSI profile in ODIN.

III. ISSUING A RECOGNITION CARD

- Once all requirements are complete and the student's profile is updated in ODIN, the Master Diver digital recognition card will be issued at no charge.

Century Diver – Silver Diver – Gold Diver – Platinum Diver

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be an SSI Open Water Diver (or SSI Junior Open Water Diver) or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- For Century Diver - provide proof to an SSI Dive Center of 100 logged open water dives.
- For Silver Diver - provide proof to an SSI Dive Center of 300 logged open water dives.
- For Gold Diver - provide proof to an SSI Dive Center of 500 logged open water dives.
- For Platinum Diver - provide proof to an SSI Dive Center of 1000 logged open water dives.

NOTE: The number of dives must be entered into the student's MySSI profile in ODIN.

III. ISSUING A RECOGNITION CARD

- Once all requirements are complete and the student's profile is updated in ODIN, the applicable digital recognition card will be issued at no charge.
- Students younger than 15 years old will be issued a Junior Diver rating in the applicable category.

Platinum Pro 5000 Diver

I. PREREQUISITES

To qualify as a Platinum Pro 5000 Diver, the diver must:

- Provide proof of 5,000 logged dives.
- Provide a letter of recommendation from two existing Platinum Pro Divers.
- Have a minimum of ten (10) years of diving experience.

OR

- Provide proof of 2,500 logged dives.
- Have ten (10) or more years of professional experience in the scuba diving field.
- Have made a significant contribution to the diving industry.
- Provide a letter of recommendation from two existing Platinum Pro Divers.

II. APPLICATION

No additional training beyond the entry-level is required to apply for the Platinum Pro 5000 Diver rating.

Recreational Diving Standards

SCUBA SKILLS UPDATE

I. INTENT

The SSI Scuba Skills Update program is intended to provide certified divers with a safe and enjoyable way to refresh and update their skills. It can also provide non-certified Open Water Diver students with another practice session before participating in their open water training dives.

NOTE: If an Open Water Diver student's last academic or pool/confined water session was more than six (6) months ago, use the Scuba Skills Update program to refresh their skills before they participate in their open water training dives.

II. REQUIRED INSTRUCTOR RATING

An active status Dive Control Specialist/Assistant Instructor or higher may conduct the Scuba Skills Update program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, non-certified students must have completed a Diver Training Record including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

OR

- For previously certified students, the Continuing Education Liability Release form (in countries where applicable).

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Proof of certification from any recognized scuba training agency, or a non-certified Open Water Diver student that has completed all confined water training dives.

V. DURATION

There is no recommended duration for a Scuba Skills Update.

VI. DEPTH LIMITATIONS

- Scuba Skills updates must be conducted in a pool/confined water at depths shallower than five (5) meters.

VII. IN-WATER RATIOS

- 15 years and older: The student-to-instructor ratio is 8:1. The ratio may increase to 10:2 with 1 certified assistant, or 12:3 with two (2) certified assistants.
- 12-14 years old: The student-to-instructor ratio is 4:1.
- 10- and 11-years old: The student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status Dive Control Specialist/Assistant Instructor or higher must directly supervise all academic and in-water activities.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete academic and in-water sessions and assessments as outlined in the Scuba Skills Update Instructor Manual.

XI. CERTIFICATION

- Upon completion of all academic and pool/confined water requirements, a Dive Control Specialist/Assistant Instructor or higher may issue the Scuba Skills Update digital recognition card.

Recreational Diving Standards

SCUBA RANGERS PROGRAM

I. INTENT

The SSI Scuba Rangers program is intended to provide students with the necessary skills and knowledge to safely participate in scuba dives with an SSI Dive Professional in confined water environments.

II. REQUIRED INSTRUCTOR RATING

An active status SSI Scuba Rangers Instructor may conduct the Scuba Rangers program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must have completed a Scuba Rangers Training Record including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 8 years old.

V. DURATION

Recommended hours for course completion: 14-20

VI. DEPTH LIMITATIONS

- The Scuba Rangers program is limited to the pool or confined water, and has a depth limit of five (5) meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 6:1 for non-scuba, in-water activities.
- The student-to-instructor ratio is 4:1 for scuba in-water activities.
- The ratio may increase to 6:2 with a certified assistant.

VIII. SUPERVISION

- The SSI Dive Professional must directly supervise all academic and in-water activities for the Scuba Rangers program.

IX. PROXIMITY

- During in-water skill evaluations, the students are to remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete the Scuba Rangers Development Program as outlined in the instructor manual.
- Complete in-water sessions and assessments as outlined in the SSI Scuba Rangers Manual in a pool or confined water environment.

XI. CERTIFICATION

INTERMEDIATE SCUBA RANGER

- After completion of the Scuba Rangers Development Program and two (2) Scuba Rangers Specialties, the student will

be certified as an SSI Intermediate Scuba Ranger.

ADVANCED SCUBA RANGER

- After completion of the Scuba Rangers Development Program and four (4) Scuba Ranger Specialties, the student will be certified as an SSI Advanced Scuba Ranger.

MASTER SCUBA RANGER

- After completion of the Scuba Rangers Development Program and eight (8) Scuba Ranger Specialties (including the Rescue/Safety Specialty), the student will be certified as an SSI Master Scuba Ranger.

XII. CREDIT

At the instructor's discretion, a certified Scuba Ranger may get credit for the pool/confined water sessions 1 and 2 of the SSI Scuba Diver or SSI Open Water Diver program.

Recreational Diving Standards

EQUIVALENCY RATINGS

I. EQUIVALENT CERTIFICATIONS

A. RSTC/ISO/RECOGNIZED FEDERATION DIVERS - OPEN WATER DIVER AND SPECIALTY PROGRAMS

Any diver certified by an RSTC member, ISO or a recognized Federation are considered equivalent certifications and may advance to the next level of training in the SSI educational system.

NOTE: If a consumer requests an equivalent SSI certification for a rating they hold from a different RSTC member, ISO or a recognized Federation training agency, it is at the discretion of the SSI Dive Center/Resort and Dive Professional to accept this liability.

B. NON-RSTC/NON-ISO/NON-RECOGNIZED FEDERATION DIVERS – OPEN WATER DIVER AND SPECIALTY PROGRAMS

Divers certified by agencies that are not an RSTC member, ISO or a recognized Federation cannot be considered equivalent without an additional knowledge and skill evaluation administered by an SSI Dive Professional.

To issue an equivalent SSI certification, these divers must successfully pass the SSI Experienced Diver Test, including the final exam and skill evaluation during two (2) open water training dives.

NOTE: SSI Dive Centers/Resorts and Dive Professionals may elect to recognize students not certified by an RSTC member, ISO or recognized Federations as equivalent, but do so at their own risk and liability, taking full responsibility for the student.

C. RSTC/ISO/RECOGNIZED FEDERATION DIVE PROFESSIONALS - DIVE GUIDE, DIVEMASTER, DIVE CONTROL SPECIALIST/ASSISTANT INSTRUCTOR AND INSTRUCTOR TRAINING COURSE

Dive professionals certified by an RSTC member, ISO or a recognized Federation are considered equivalent ratings and may advance to the next level of training in the SSI educational system.

NOTE: If there is no equivalent certification, issuing a rating without completing the equivalent SSI program is not permitted.

It is at the discretion of the SSI Service Center to determine whether additional training or evaluation (e.g. completing a full SSI Instructor Evaluation), is required prior to issuing an equivalent SSI professional-level certification.

D. NON-RSTC/NON-ISO/NON-RECOGNIZED FEDERATION DIVE PROFESSIONALS - DIVE GUIDE, DIVEMASTER, DIVE CONTROL SPECIALIST/ASSISTANT INSTRUCTOR

Dive professionals not certified by an RSTC member, ISO or a recognized Federation cannot be considered equivalent.

NOTE: These dive professionals must successfully retake all SSI Dive Professional programs, beginning with Dive Guide and Science of Diving. This includes the final exam and an in-water skills evaluation. Once the credentials are processed, the dive professional may advance to the next level of training in the SSI educational system.

E. RSTC/ISO/RECOGNIZED FEDERATION DIVE PROFESSIONALS - INSTRUCTOR CROSSOVER

Assistant Instructors / Instructors certified by an RSTC member, ISO or a recognized Federation may attend an SSI Dive Professional Crossover.

F. NON-RSTC/NON-ISO/NON-RECOGNIZED FEDERATION DIVE PROFESSIONALS - INSTRUCTOR CROSSOVER

Assistant Instructors / Instructors not certified by an RSTC member, ISO or a recognized Federation may attend an SSI Dive Professional Crossover, but cannot be certified without passing an additional Instructor Evaluation (IE).

DIVE PROFESSIONAL PROGRAMS

CANDIDATE WATER FITNESS EVALUATION

The purpose of this evaluation is to ensure that SSI Dive Professional candidates have an adequate level of fitness and comfort in the water prior to conducting any SSI training.

- Tread water for 15 minutes without using any aids or floatation of any kind.
- Swim 700 meters without stopping within 20 minutes using a mask, fins and a snorkel. If a wetsuit is used, weights must be added to ensure the candidate is neutrally buoyant.
- Swim 375 meters without stopping, and without the use of mask, fins, snorkel or other swim aids (where required). This exercise may be conducted as an alternative to the 700m assisted swim.
- Swim underwater for 25 meters using a mask, fins and snorkel.
- Perform a full, unconscious-diver-on-the-surface rescue with a total distance of 100 meters within eight (8) minutes. Both parties must use a Total Diving System.

All candidates must pass a water fitness evaluation prior to certification. See the Water Fitness Evaluation Form and Criteria for detailed information.

Dive Professional Training Standards

SNORKELING INSTRUCTOR (ISO 13970)

I. INTENT

The SSI Snorkeling Instructor program is intended to provide candidates with the knowledge and training necessary to conduct entry-level snorkeling programs in a safe and enjoyable manner.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Snorkeling Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed a professional application form.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.

V. DURATION

Recommended hours for course completion: 6-10

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidates needs, ability and water conditions.

VI. DEPTH LIMITATIONS

- All open water training sessions must be conducted at depths shallower than ten (10) meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is at the discretion of the instructor.

VIII. SUPERVISION

- An active status Open Water Instructor or higher must directly supervise all academic, pool/confined and open water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the SSI Snorkeling Instructor Manual.
- Complete the water fitness evaluation as outlined in the SSI Snorkeling Instructor Manual.
- Complete the Snorkeling Instructor final exam with a passing score of 90%.

X. CERTIFICATION

Upon completion of the Snorkeling Instructor program send the candidate's professional application form with all required

documentation to the local SSI Service Center.

The candidate will be certified as an SSI Snorkeling Instructor.

XI. ACTIVE STATUS QUALIFICATIONS

Active status SSI Snorkeling Instructors may teach, supervise and issue recognition cards for the following program:

- Snorkeling

Dive Professional Training Standards

SCUBA RANGERS INSTRUCTOR

I. INTENT

The SSI Scuba Rangers Instructor application allows qualified dive professionals to teach the Scuba Rangers program.

II. ADMINISTRATIVE REQUIREMENTS

Candidates must complete the SSI Universal Application form.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

III. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be a Dive Control Specialist/Assistant Instructor or hold an equivalent rating from a recognized scuba training agency.

IV. CERTIFICATION

- Send the candidate's professional application form with all required documentation to the local SSI Service Center.
- Upon approval, the candidate will be certified as an SSI Scuba Rangers Instructor.

V. ACTIVE STATUS QUALIFICATIONS

Active status Scuba Rangers Instructors may teach, supervise and issue certifications for the following program:

- Scuba Rangers

Dive Professional Training Standards

DIVE GUIDE (ISO 24801-3)

I. INTENT

The SSI Dive Guide program is intended to provide candidates with the knowledge and training necessary to supervise and guide certified divers on recreational scuba dives.

NOTE: Upon completion of the Dive Guide program, candidates may receive a professional or non-professional certification.

II. REQUIRED INSTRUCTOR RATING

An active status Open Water Instructor or higher may conduct the Dive Guide program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed a Dive Guide Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 15 years old (Must be 18 years old to work as an active status Professional Dive Guide).
- Must have completed the Advanced Adventurer program or higher or hold an equivalent rating from a recognized agency.
- Have a Diver Stress and Rescue certification or equivalent.
- Must have logged at least 40 open water dives totaling 25 hours or more.

Have completed the following specialty programs or provide proof of experience by showing a minimum of five (5) logged experience dives in each of the following areas: Navigation, Night/Limited Visibility and Deep Diving.

NOTE: The candidate is not required to be certified in the applicable specialty if they provide proof of the experience dives and the instructor can verify the candidate's ability to exhibit mastery of the skills required by the specialty.

RECOMMENDATION: SSI recommends all SSI Dive Professional candidates become certified in Enriched Air Nitrox.

V. DURATION

Recommended hours for course completion: 35-45.

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability, and local water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 5 and 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant or 12:3 with two (2) certified assistants.

VIII. SUPERVISION

- An active status SSI Open Water Instructor or higher must directly supervise all academic, pool/confined and open water activities.

IX. REQUIREMENTS FOR COMPLETION

- Logged at least 50 open water dives totaling 32 hours or more.
- Pass all requirements and evaluations listed in the Dive Guide Instructor Manual.
- Complete the water fitness evaluation as outlined in the SSI Dive Guide Instructor Manual.
- Complete a Dive Guide final exam with a passing score of 90%.

X. CERTIFICATION

- Upon completion of this program, students receive the Dive Guide rating.
- For the professional rating, send the candidate's Dive Guide Training Record with all required documents to the local SSI Service Center. Candidate will be certified as an SSI Professional Dive Guide.
- Non-professional Dive Guides can dive autonomously with a group of certified divers in a non-commercial capacity, in environments and to a depth equivalent with their training.

XI. ACTIVE STATUS QUALIFICATIONS

Dive Guides may guide certified divers on recreational scuba dives.

Active status Dive Guides may also:

- Teach, supervise and issue recognition cards for the SSI Snorkeling program.
- Qualify for the SSI Divemaster rating after completing the SSI Science of Diving Specialty program.

XII. DIVE GUIDES MUST NOT:

- Conduct, teach or assist in any SSI training programs for non-certified divers.

Dive Professional Training Standards

DIVEMASTER

I. INTENT

The SSI Divemaster rating recognizes candidates that have the knowledge and training necessary to perform the duties of a certified assistant. These duties including assisting SSI Instructors with conducting entry-level and continuing education scuba training programs.

II. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Must be an active status Dive Guide in professional status.
- Have the Science of Diving certification.
- Logged at least 60 open water dives totaling 40 hours or more.

III. ACTIVE STATUS QUALIFICATIONS

In addition to the duties performed by an active status Dive Guide, active status Divemasters may:

- Act as a certified assistant for all SSI recreational courses.
- Enroll in an SSI Dive Control Specialist/Assistant Instructor program.

Dive Professional Training Standards

DIVE CONTROL SPECIALIST/ASSISTANT INSTRUCTOR (ISO 24802-1)

I. INTENT

The SSI Dive Control Specialist/Assistant Instructor program is intended to provide candidates with the knowledge and training necessary to perform the duties of an assistant instructor. These duties including conducting entry-level scuba training under the supervision of an Open Water Instructor and conducting Scuba Skills Updates and Try Scuba programs independently.

II. REQUIRED INSTRUCTOR RATING

An active status Dive Control Specialist Instructor/Assistant Instructor Trainer or higher may conduct the Dive Control Specialist/Assistant Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed a Dive Control Specialist/Assistant Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Must hold the Divemaster rating or an equivalent rating from a recognized agency.
- Must have logged at least 60 open water dives totaling 40 hours or more.

V. DURATION

Recommended hours for course completion: 45-55.

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and local water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 5 and 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant or 12:3 with two (2) certified assistants.

VIII. SUPERVISION

- An active status Dive Control Specialist Instructor/Assistant Instructor Trainer or higher must directly supervise all academic sessions, pool/confined water sessions and open water training dives.

IX. REQUIREMENTS FOR COMPLETION

- Have logged no less than 75 open water dives totaling 50 hours or more.
- Complete and pass all requirements and evaluations listed in the Dive Control Specialist Instructor/Assistant Instructor Trainer Manual.
- Complete the water fitness evaluation as outlined in the Dive Control Specialist Instructor/Assistant Instructor Trainer Manual.
- Complete a Dive Control Specialist/Assistant Instructor final exam with a passing score of 90%.

X. CERTIFICATION

- Upon completion of the Dive Control Specialist/Assistant Instructor program, send the candidate's Dive Control Specialist/Assistant Instructor Training Record with all required documents to the local SSI Service Center.
- Candidate will be certified as an SSI Dive Control Specialist/Assistant Instructor.

XI. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Dive Guides, active status Dive Control Specialist/Assistant Instructors may teach, supervise and issue certifications for the following programs:

- Scuba Rangers
- Try Scuba
- Scuba Skills Update
- Perfect Buoyancy

Active status Dive Control Specialist/Assistant Instructors may also:

- Act as a certified assistant for all SSI recreational programs.
- Teach the Open Water Diver academic and pool/confined water sessions (with the exception of emergency ascent skills) under the indirect supervision of an active status Open Water Instructor or higher.
- Assist during open water training dives by taking no more than two (2) students at a time on excursion dives.
- Qualify as a Training Specialist with additional specialty training.
- Enroll in an Instructor Training Course.

XII. DIVE CONTROL SPECIALIST/ASSISTANT INSTRUCTORS MUST NOT:

- Issue Open Water Diver certifications.
- Independently conduct open water training dives for entry-level scuba training.
- Teach any emergency ascent skills like air sharing, emergency swimming ascents or emergency buoyant ascents.

Dive Professional Training Standards

INSTRUCTOR TRAINING COURSE

I. INTENT

- The SSI Instructor Training Course is intended to provide candidates with the knowledge and training necessary to organize and conduct entry-level scuba training courses. It is also intended to prepare candidates to successfully complete an Instructor Evaluation.

II. REQUIRED INSTRUCTOR RATING

- An active status Instructor Trainer or higher may conduct the Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be certified in Enriched Air Nitrox 40 or equivalent.
- Must hold the Dive Control Specialist/Assistant Instructor rating or an equivalent rating from a recognized agency.
- Must have logged no less than 75 open water dives totaling 50 hours or more.

V. DURATION

Recommended hours for course completion: 50-60.

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and local water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 5 and 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant or 12:3 with two (2) certified assistants.

VIII. SUPERVISION

- An active status Instructor Trainer must directly supervise all academic, pool/confined water and open water activities.

IX. REQUIREMENTS FOR COMPLETION

- Have logged at least 100 open water dives totaling 65 hours or more.

- Complete and pass all requirements and evaluations listed in the Instructor Training Course Manual.
- Complete the water fitness evaluation as outlined in the Instructor Training Course Manual.
- Complete the four (4) Instructor Training Course exams with a passing score of 90% on each.

X. CERTIFICATION

- Upon completion of the Instructor Training Course, send the candidate's Instructor Training Record with all required documents to the local SSI Service Center.
- Upon completion of the Instructor Training Course, candidates may participate in an Instructor Evaluation. The Instructor Evaluation must be conducted within six (6) months of the completion of the Instructor Training Course.
- If it has been more than six (6) months, an Instructor Trainer will need to conduct a reevaluation to determine if the candidate still has proficient knowledge and skills before attending an Instructor Evaluation.

INSTRUCTOR EVALUATION (ISO 24802-2)

I. INTENT

- The SSI Instructor Evaluation assesses the knowledge and skills necessary to organize and conduct entry-level scuba training courses.

II. REQUIRED INSTRUCTOR RATING

- An active status Instructor Certifier may conduct the Instructor Evaluation (IE), provided that they do not have a direct involvement with the candidates training during their Instructor Training Course.
- The Instructor Certifier is appointed by an SSI Area Office or SSI Service Center in writing.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

Scheduling an Instructor Examination:

An active status Instructor Trainer (IT) must register the candidate(s) for an Instructor Evaluation (IE) via the mySSI online system at least four (4) weeks in prior to the scheduled Instructor Evaluation start date. If the registration is completed less than four (4) weeks prior to the start date, or the Instructor Evaluation (IE) is requested for fewer than 4 candidates, the Instructor Evaluation cannot be guaranteed.

IV. CANDIDATE PREREQUISITES

Must have passed an Instructor Training Course or a Instructor Crossover Course.

V. DURATION

Recommended hours for course completion: 8-20.

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and water conditions.

VI. DEPTH LIMITATIONS

- All open water scuba training dives must be conducted at depths between 5 and 40 meters.

VII. SUPERVISION

- An active status Instructor Certifier must directly supervise all academic, pool/confined water and open water activities.

VIII. REQUIREMENTS FOR COMPLETION

- Pass all requirements and evaluations listed in the Instructor Evaluation Manual.
- Complete a final exam with a passing score of 90%.

IX. CERTIFICATION

- Upon completion of the Instructor Evaluation, send the candidate's Instructor Training Record with all required documents to the local SSI Service Center.
- The candidate will be certified as an SSI Open Water Instructor.

X. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Dive Control Specialist/Assistant Instructors, active status Open Water Instructors may teach, supervise and issue certifications for the following programs:

- Try Scuba Diving
- Referral Diver
- Indoor Diver
- Scuba Diver
- Open Water Diver
- Experienced Diver Test
- Advanced Adventurer
- Diver Stress and Rescue
- Enriched Air Nitrox Diver (if taught in conjunction with the ITC)
- Dive Guide (if taught in conjunction with the ITC)

ADVANCED OPEN WATER INSTRUCTOR

I. CANDIDATE PREREQUISITES

- Be certified as an active status Open Water Instructor.
- Be qualified to conduct at least four (4) Specialty programs, including Diver Stress and Rescue.
- Have issued at least 15 Specialty or Advanced Adventurer certifications.

Dive Professional Training Standards

DIVEMASTER INSTRUCTOR

I. CANDIDATE PREREQUISITES

- Be an Advanced Open Water Instructor or equivalent from a recognized training agency.
- Be a Science of Diving Instructor or equivalent from a recognized training agency.
- Have issued at least 30 certifications, including 15 Scuba Diver/Open Water Diver certifications.

15 of those certifications must be Specialty/Advanced Adventurer certifications, including:

- A minimum of three (3) Diver Stress and Rescue certifications.
- A minimum of three (3) Dive Guide certifications.
- A minimum of three (3) Science of Diving certifications.

II. ACTIVE STATUS QUALIFICATIONS

In addition to the duties performed by an active status Advanced Open Water Instructor, active status Divemaster Instructors may:

- Conduct the Divemaster Crossover program for candidates from other recognized scuba training agencies.
- Enroll in a Dive Control Specialist Instructor/Assistant Instructor Trainer program.

Dive Professional Training Standards

SPECIALTY INSTRUCTOR/TRAINING SPECIALIST

I. INTENT

The intent of the SSI Specialty Instructor/Training Specialist program is to provide candidates with the knowledge, skills and experience necessary to conduct SSI Specialty programs.

II. ADMINISTRATIVE REQUIREMENTS

Prior to certification, candidates must have completed an SSI Dive Professional Universal Application.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

III. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be an active status Dive Control Specialist/Assistant Instructor or higher.

There are three ways to become certified to teach SSI Specialty programs:

1. Specialty Instructor Seminar
2. Co-teaching
3. Verification/Application

IV. CERTIFICATION

Once all requirements are met, send the candidate's professional application form with all required documentation to the local SSI Service Center.

The candidate will be certified as a Specialty Instructor or Training Specialist as applicable.

V. ACTIVE STATUS QUALIFICATIONS

Training Specialists may qualify to teach the following Specialty programs:

- Altitude Diving
- Equipment Techniques
- Science of Diving
- Photo and Video
- Perfect Buoyancy
- Marine Ecology

- Fish Identification
- Coral Identification
- Sea Turtle Ecology
- Shark Ecology
- Boat Diving
- Navigation
- Waves, Tides and Currents

Specialty Instructors may conduct the specialties from the following list that they are certified to teach:

- Enriched Air Nitrox (ISO 11107)
- Full Face Mask
- Night and Limited Visibility
- Deep Diving
- Diver Stress and Rescue
- River Diving
- Wreck Diving
- DPV
- Dry Suit Diving
- Ice Diving
- Search and Recovery
- Independent Diving
- Recreational Sidemount Diving
- Recreational Rebreather

Seminar

I. REQUIRED INSTRUCTOR RATING

An active status Instructor Trainer, certified as an instructor in the applicable specialty, may conduct the seminar.

II. REQUIREMENTS FOR COMPLETION

- Successfully complete the Specialty Instructor Seminar.

NOTE: No proof of logged dives is required for this method.

Co-Teaching A Specialty Program

I. REQUIRED INSTRUCTOR RATING

The candidate may co-teach the applicable specialty program with an active status Dive Control Specialist/Assistant Instructor or higher who is certified to teach that specialty.

II. REQUIREMENTS FOR COMPLETION

- Co-teach at least one complete specialty program.
- Have at least ten (10) logged dives in the applicable specialty.
- Have the Monitor of the affiliated SSI Dive Center/Resort sign off the Universal Application form.

Verification Application

I. REQUIRED INSTRUCTOR RATING

The candidate may apply for the applicable specialty program.

II. REQUIREMENTS FOR COMPLETION

- Have at least 20 logged dives in the applicable Specialty, or, for non-diving specialties, provide proof of experience (example: manufacturer's technician certificate for Equipment Specialist).
- Complete the applicable student materials, including review questions and final exam, or provide proof of an equivalent certification.
- Have the Monitor of the affiliated SSI Dive Center/Resort sign off the Universal Application Form.

NOTE: Your local SSI Service Center may have additional completion requirements based on local laws and regulations.

Dive Professional Training Standards

REACT RIGHT INSTRUCTOR SEMINAR

I. INTENT

The SSI React Right Instructor Seminar is intended to provide candidates with the knowledge, skills and experience necessary to teach, supervise, and issue certifications for each part of the React Right program they are qualified in.

Each portion of the React Right Instructor Seminar (First Aid and CPR, Oxygen Administration and AED) may be taught individually or in any combination of the three parts.

II. REQUIRED INSTRUCTOR RATING

An active status React Right Instructor Trainer may conduct the React Right Instructor Seminar.

III. ADMINISTRATIVE REQUIREMENTS

See: SSI Dive Professional Training Standards; Specialty Instructor Standards.

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Must be an active status Dive Guide.

OR

- Be a current medical professional (e.g. EMT, nurse, doctor).

V. DURATION

- Recommended hours for program completion: 8-12.
- The number of classes, hours and sessions per day are set by the instructor trainer, based on the candidate's needs and ability.

VI. MATERIALS AND EQUIPMENT

- React Right Instructor candidates must train using current and appropriate first aid, CPR, oxygen and AED equipment.

VII. RATIOS

- There is no maximum candidate-to-instructor ratio for the React Right Instructor Seminar.
- The instructor trainer must have sufficient training aids available and the ability to control and supervise all of the candidates at all times.

VIII. SUPERVISION

- An active status React Right Instructor Trainer must directly supervise all academic and practical training.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic and practical training as outlined in the React Right Instructor Trainer Manual for the portions of the program they are completing.
- Complete and pass a React Right final exam with a passing score of 90% for the parts of the React Right program they are qualifying in.
- Active status and current first aid and CPR, O2 administrator and/or AED instructors with a recognized training agency may submit an application for an equivalent React Right Instructor rating.

X. CERTIFICATION

- Upon completion of all academic and practical training requirements, a React Right Instructor Trainer or higher may issue the SSI React Right Instructor digital certification card.
- React Right Instructors may teach, supervise and issue certifications for each part of the React Right program they are qualified in.

XI. ACTIVE STATUS QUALIFICATIONS

- Teach a minimum of one (1) React Right program every 24 months.
- Participate in a React Right Instructor Update every 24 months to maintain active status as a React Right Instructor.

NOTE: There is no additional charge for React Right when renewing SSI Dive Professional annual dues.

Dive Professional Training Standards

DIVE CONTROL SPECIALIST INSTRUCTOR/ASSISTANT INSTRUCTOR TRAINER

I. INTENT

The SSI Dive Control Specialist Instructor/Assistant Instructor Trainer program is intended to provide candidates with the knowledge, skills and experience necessary to certify Dive Control Specialist/Assistant Instructors and to assist in teaching the Instructor Training Courses.

II. REQUIRED INSTRUCTOR RATING

An active status Instructor Trainer may conduct the Dive Control Specialist Instructor/Assistant Instructor Trainer program.

III. APPLICATION REQUIREMENTS

Prior to training, candidates must submit an SSI Dive Professional Universal Application, including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Must hold the Divemaster Instructor rating or an equivalent rating from a recognized agency.
- Have issued a minimum of 45 certifications, including 30 Scuba Diver/Open Water Diver certifications.

15 of those certifications must be Specialty/Advanced Adventurer certifications, including:

- A minimum of three (3) Diver Stress and Rescue certifications.
- A minimum of three (3) Dive Guide certifications.
- A minimum of three (3) Science of Diving certifications.

V. DURATION

- Recommended hours for course completion: 30-45.
- The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and local water conditions.

VI. IN-WATER RATIOS

- The candidate-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant or 12:3 with two (2) certified assistants.

VII. SUPERVISION

- An active status Instructor Trainer or higher must directly supervise all academic, pool/confined water and open water training dives.

VIII. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Dive Control Specialist Instructor/Assistant Instructor Trainer Manual.
- Complete the water fitness evaluation as outlined in the Dive Control Specialist Instructor/Assistant Instructor Trainer Manual.
- Complete a Dive Control Specialist/Assistant Instructor final exam with a passing score of 90%.

IX. CERTIFICATION

- Upon completion of the Dive Control Specialist Instructor/Assistant Instructor Trainer program, send the candidate's professional application form with all required documentation to the local SSI Service Center.
- The candidate will be certified as a Dive Control Specialist Instructor/Assistant Instructor Trainer.

X. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Specialty Instructors, active status Dive Control Specialist Instructor/Assistant Instructor Trainers may teach, supervise and issue certifications for the following programs:

- Dive Control Specialist/Assistant Instructor

Active status Dive Control Specialist Instructor/Assistant Instructor Trainers may also:

- Assist an Instructor Trainer in conducting all SSI Instructor-level programs.

Dive Professional Training Standards

MASTER INSTRUCTOR

I. CANDIDATE PREREQUISITES

- Be an active status Dive Control Specialist Instructor/Assistant Instructor Trainer.
- Have logged at least 250 dives.
- Train primarily SSI programs at all dive professional levels.
- Certifications from other recognized agencies will apply to the certification requirements.

Have issued a minimum of 150 certifications at the following levels:

- 75 Scuba Diver and/or Open Water Diver
- 50 Specialty and/or Advanced Adventurer
- 15 Diver Stress and Rescue
- 5 Dive Guide
- 5 Dive Control Specialist/Assistant Instructors

In addition to the duties performed by an active status Dive Control Specialist Instructor/Assistant Instructor Trainer, active status Master Instructors may:

- Apply to enroll in an Instructor Trainer Seminar.

Dive Professional Training Standards

INSTRUCTOR TRAINER SEMINAR

I. INTENT

The SSI Instructor Trainer Seminar is intended to provide candidates with the knowledge and training necessary to organize and conduct SSI Instructor-level scuba training courses.

NOTE: Instructor Trainer Seminars are conducted by SSI Service Centers, and candidates are selected through an application process.

II. REQUIRED INSTRUCTOR RATING

An active status International Training Director may conduct the Instructor Trainer Seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Trainer Application.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Minimum age: 18 years old.

Must hold the SSI Master Instructor rating or an equivalent rating from a recognized agency.

Provide written proof of having assisted with at least one (1) ITC and one (1) Instructor Crossover program with an active status Instructor Trainer.

V. DURATION

Recommended hours for course completion: 70-80.

The number of classes, hours and sessions per day are set by the individual instructor, based on the candidate's needs, ability and local water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 5 and 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.
- The ratio may increase to 8:2 with one (1) active status Instructor Trainer.

VIII. SUPERVISION

- An active status International Training Director must directly supervise all academic, pool/confined water and open water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Instructor Trainer Seminar Manual.

X. CERTIFICATION

- Upon completion of the Instructor Trainer Seminar, send all required documentation to the SSI Service Center.
- The candidate will be certified as an Instructor Trainer.

XI. ACTIVE STATUS REQUIREMENTS

- Exclusively conduct the SSI Total Teaching System for all recreational levels and issue only SSI certifications. Only those programs that SSI does not provide materials for can be conducted through another agency.
- Exemplify the SSI philosophy and display competence in applying the SSI Business System.
- Conduct at least one (1) complete Instructor Training Course every 36 months. If this time period is exceeded, the Instructor Trainer may attend a remedial training session or maintain inactive status until remedial training is complete.
- Attend all mandatory SSI Dive Professional updates.
- Instructor Trainers will be held responsible for the quality of education. If a significant number of their candidates fail the Instructor Evaluation because of non-performance, the Instructor Trainer may be required to re-attend another Instructor Trainer Seminar or revert to the Master Instructor rating.

XII. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Dive Control Specialist Instructor/Assistant Instructor Trainers, active status Instructor Trainers may:

- Conduct the Instructor Training Course.
- Conduct the Dive Professional Crossover program for candidates from training agencies that are ISO Certified and/or RSTC Members.
- Assist an Instructor Certifier in conducting all SSI Instructor Evaluation programs.

XIII. INSTRUCTOR TRAINERS MUST NOT:

- Conduct any Instructor Evaluations or Dive Professional Crossovers for candidates from training agencies that are not ISO Certified and/or not RSTC Members.

Dive Professional Training Standards

REACT RIGHT INSTRUCTOR TRAINER SEMINAR

I. INTENT

The SSI React Right Instructor Trainer Seminar is intended to allow active status Instructor Trainers the ability to upgrade to React Right Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status SSI International Training Director may conduct the React Right Instructor Trainer Seminar.

III. ADMINISTRATIVE REQUIREMENTS

See: SSI Dive Professional Training Standards; Instructor Trainer Seminar Standards.

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be an active status React Right Instructor.
- Be an active status Instructor Trainer or higher.
- Have no ethics or Standards violation pending, or any verified ethics or Standards violations in the past 12 months with SSI or any other training organization.
- Have issued a minimum of 25 React Right certifications or the equivalent.

V. DURATION

- Recommended hours for program completion: 12-16.
- The number of classes, hours and sessions per day are set by the instructor trainer, based on the candidate's needs and ability.

VI. MATERIALS AND EQUIPMENT

- React Right Instructor Trainer candidates must train using current and appropriate first aid, CPR, oxygen administration and AED equipment.

VII. RATIOS

- There is no maximum candidate-to-instructor ratio for the React Right Instructor Trainer Seminar.
- The International Training Director must have sufficient training aids available and the ability to control and supervise all of the candidates at all times.

VIII. SUPERVISION

- An active status International Training Director must directly supervise all academic and practical training.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass several first aid and CPR, O2 administration and AED training scenarios and an Academic Teaching Evaluation.
- Complete and pass the final exam with a minimum score of 90%.

X. CERTIFICATION

- Upon completion of all academic and practical training requirements, an active status International Training Director or higher may issue the SSI React Right Instructor Trainer digital certification card.
- React Right Instructor Trainers may teach, supervise and issue React Right Instructor certifications.

Dive Professional Training Standards

INSTRUCTOR CERTIFIER

I. INTENT

The SSI Instructor Certifier Seminar is intended to provide candidates with the knowledge and training necessary to organize and conduct Instructor Evaluations.

II. REQUIRED INSTRUCTOR RATING

An active status International Training Director may conduct the Instructor Certifier Seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an SSI Dive Professional Universal application.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Minimum age: 18 years old.

Must hold the Instructor Trainer rating.

NOTE: Instructor Certifier Seminars are approved by SSI Service Centers, and candidates are selected through an application process.

V. SUPERVISION

- An active status International Training Director must directly supervise all activities.

VI. REQUIREMENTS FOR COMPLETION

- Satisfactorily complete all requirements as determined by an International Training Director.

VII. CERTIFICATION

- Upon completion of the Instructor Certifier Seminar, send all required documentation to the SSI Service Center.
- The candidate will be certified as an Instructor Certifier.

VIII. ACTIVE STATUS REQUIREMENTS

- Exclusively conduct the SSI Total Teaching System for all recreational levels and issue only SSI certifications. Only those programs that SSI does not provide materials for can be conducted through another agency.
- Exemplify the SSI Philosophy and display competence in applying the SSI Business System.
- Conduct at least one (1) complete ITC or IE every 36 months. If this time period is exceeded, the Instructor Certifier may attend a remedial training session or maintain inactive status until remedial training is complete.
- Attend all mandatory updates.
- Instructor Certifiers that act in the role of Instructor Trainer will be held responsible for the quality of education. If a significant number of their candidates fail the Instructor Evaluation because of non-performance, the Instructor Certifier may be required to re-attend another Instructor Trainer Seminar or revert to the Master Instructor rating.

IX. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Instructor Trainers, active status Instructor Certifiers may teach,

supervise and issue certifications for the following programs:

- Instructor Evaluations after approval is given by the SSI Service Center.
- Dive Professional Crossovers for candidates from training agencies that are not ISO Certified and/or an RSTC Member after approval is given by the SSI Service Center.

X. INSTRUCTOR CERTIFIERS MUST NOT:

- Conduct Instructor Evaluations without prior approval of an SSI Service Center.
- Evaluate Instructor candidates who they have personally trained during an Instructor Training Course.

REQUIREMENTS TO UPDATE OR RETURN TO ACTIVE STATUS

For any Dive Professional in inactive or canceled status for less than two (2) years:

- Pay the renewal fee and conduct a complete in-water review of the skills from the Open Water Instructor manual with an active status Open Water Instructor or higher. The Monitor of the affiliate Dive Center must verify completion of the review in ODiN.

OR

- Successfully complete an SSI Crossover program.

For any Dive Professional in inactive or canceled status for greater than two (2) years, but less than five (5) years:

- Purchase the digital SSI Update Kit, which includes the renewal fee, successfully complete the SSI Update program, and conduct a complete in-water review of the skills from the Open Water Instructor manual with an active status Open Water Instructor or higher. The SSI Dive Professional conducting the Update must verify completion of the review before completing the Update program.

OR

- Successfully complete an SSI Crossover program.

For any Dive Guide through Dive Control Specialist/Assistant Instructor in inactive or canceled status for greater than five (5) but less than ten (10) years:

- Purchase the digital SSI Update Kit, which includes the renewal fee, successfully complete the SSI Update program, and conduct a complete in-water review of the skills from the Open Water Instructor manual with an active status Open Water Instructor or higher. The SSI Dive Professional conducting the Update must verify completion of the review before completing the Update program.

OR

- Successfully complete an SSI Crossover program.

For any Open Water Instructor or higher in inactive or canceled status for greater than five (5) but less than ten (10) years:

- Pay the renewal fee and successfully complete the Instructor Training Course.

For any Dive Professional in inactive or canceled status for greater than ten (10) years:

- Purchase the digital SSI Update Kit, which includes the renewal fee, and successfully complete the specific SSI Dive Professional program (DM, DCS, ITC and IE) with an active Instructor.

For dive professionals in canceled status with SSI, but with an active affiliation to another agency, regular SSI Crossover procedures apply.

Additional procedures for active Status Dive Control Specialist Instructor/Assistant Instructor Trainers (DCSI):

- A Dive Control Specialist Instructor/Assistant Instructor Trainer will revert to the Divemaster Instructor rating if they do not participate in an official update conducted by an SSI Service Center OR complete a Dive Control Specialist/Assistant Instructor program within 3 years.
- To return to active status as a Dive Control Specialist Instructor/Assistant Instructor Trainer within 3-5 years, they must successfully complete a review with an active status DCSI that includes an academic presentation, evaluation criteria review and a final exam.
- If more than five (5) years have passed since the last completed Dive Control Specialist/Assistant Instructor program, they must attend and successfully complete a Dive Control Specialist Instructor/Assistant Instructor Trainer Seminar.

Additional procedures for active status Instructor Trainers (IT):

- An Instructor Trainer will revert to the Master Instructor rating if they do not participate in an official update conducted by an SSI Service Center OR complete an Instructor Training Course within 3 years.
- To return to active status as an Instructor Trainer within 3-5 years, they must successfully assist an active status Instructor Trainer with an Instructor Training Course as assigned by an active status International Training Director.
- If more than five (5) years have passed since the last completed Instructor Training Course, they must attend and successfully complete an Instructor Trainer Seminar.

Dive Professional Training Standards

DIVE PROFESSIONAL CROSSOVER AND UPDATE

I. INTENT

- The intent of the SSI Dive Professional Crossover program is to provide an orientation to SSI philosophies and procedures to dive professionals from other recognized scuba training agencies.
- It provides the knowledge and skills needed to conduct SSI programs equivalent to their existing qualifications in a safe and enjoyable manner.
- The intent of the SSI Dive Professional Update program is to update and reactivate SSI Dive Professionals that have been inactive for at least two (2) years.

II. REQUIRED INSTRUCTOR RATING

- An active status Divemaster Instructor or higher may conduct the Divemaster Professional Crossover.
- An active status Dive Control Specialist Instructor/Assistant Instructor Trainer or higher may conduct the Dive Control Specialist/Assistant Instructor Crossover or Update programs.
- An active status Instructor Trainer may conduct all Dive Professional Crossovers or Update programs.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Must hold an equivalent rating from a recognized agency for the program being crossed over.
- Must meet the minimum certification requirements for the program being crossed over.
- A Divemaster Professional Crossover candidate must have completed the Science of Diving knowledge and skill assessment.

V. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 5 and 40 meters.

VI. IN-WATER RATIOS

- The candidate-to-instructor ratio is 8:1.
- The ratio may increase to 10:2 with one (1) certified assistant or 12:3 with two (2) certified assistants.

VII. SUPERVISION

- An active status Divemaster Instructor or higher must directly supervise all academic, pool/confined water and open water training dives for the Divemaster candidates during a Crossover or an Update.
- An active status Dive Control Specialist Instructor/Assistant Instructor Trainer or higher must directly supervise all academic, pool/confined and open water training dives for Dive Control Specialist/Assistant Instructor candidates during a Crossover or an Update.
- An active status Instructor Trainer or higher must directly supervise all academic, pool/confined and open water training dives for Open Water Instructor through Dive Control Specialist Instructor/Assistant Instructor Trainer candidates during a Crossover or an Update.

VIII. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Crossover/Update Instructor Manual.
- Complete the water fitness evaluation as outlined in the Crossover/Update Instructor Manual.
- Complete the Crossover/Update final exam with a passing score of 90%.

A. RSTC/ISO/FEDERATION DIVE PROFESSIONALS

Dive Professionals certified by any training agency or Federation can attend an SSI Dive Professional Crossover.

Dive Professionals not certified by an RSTC or ISO Training Agency or an officially recognized Federation will need to attend an Instructor Evaluation (IE) to become a certified SSI Dive Professional.

Dive Professionals certified by Non-RSTC Member or Non-ISO Certified Training Agencies may attend an SSI Dive Professional Crossover conducted by an active SSI Instructor Trainer, but cannot be certified without attending an additional Instructor Evaluation (IE) conducted by an active Instructor Certifier for proper SSI Dive Professional-level knowledge and skill assessment.

It is at the discretion of the SSI Service Center to determine whether additional training or evaluation (e.g. completing a full SSI Instructor Evaluation), is required prior to issuing an equivalent SSI professional-level certification.

Dive Professional Training Standards

DIVE PROFESSIONAL RECOGNITION RATINGS

I. INTENT

SSI recognizes its Dive Professionals when they meet certain levels of training and experience.

NOTE: This should not be confused with the Unique Recognition program that SSI Dive Centers and SSI Dive Professionals may apply for and conduct with students. SEE: Specialty Program Standards

Century Instructor – Silver 300 Instructor – Gold 500 Instructor – Platinum 1000 Instructor

I. REQUIREMENTS FOR COMPLETION

- For Century Instructor – Provide proof of 100 Experience Points as outlined in ODIN.
- For Silver 300 Instructor – Provide proof of 300 Experience Points as outlined in ODIN.
- For Gold 500 Instructor – Provide proof of 500 Experience Points as outlined in ODIN.
- For Platinum 1000 Instructor – Provide proof of 1000 Experience Points as outlined in ODIN.

Platinum Pro 5000 Instructor

To qualify for Platinum 5000 status, the SSI Instructor must:

- Provide proof of 5000 Experience Points as outlined in the SSI Instructor DiveLog
- Provide a letter of recommendation from two existing Platinum Pro 5000 instructors

OR

- Provide proof of 2500 Experience Points as outlined in the SSI Instructor DiveLog
- Have ten (10) or more years of professional experience in the field of scuba diving
- Have made a significant contribution to the diving industry
- Provide a letter of recommendation from two existing Platinum Pro 5000 instructors

APPLICATION: No additional training beyond Dive Control Specialist/Assistant Instructor is needed to achieve the Platinum Pro 5000 rating.

SSI GRIEVANCE RESOLUTION

I. INTENT

The intent of the Grievance Resolution Committee is to research ethical- or standards-related complaints about SSI Authorized Dive Centers, Dive Resorts, Instructors and Dive Professionals.

Attention:

The Grievance Resolution Committee is explicitly not responsible for complaints that are not related to SSI training programs, or business ethics in conjunction with SSI training programs or services.

II. RECEIVING COMPLAINTS

There are two types of complaints: verbal and written. The Grievance Resolution Committee, which is comprised of members of the SSI Service Center staff, takes all complaints seriously, but its policy is to research only written and signed (or certified) complaints.

Verbal

Verbal complaints must be followed by a written and signed complaint or no action will be taken.

Written

Emails and MAP 2.0 Questionnaires received through SSI's online system may be treated as written complaints, depending on which alerts are triggered. In such cases, all of the following procedures apply as if a written complaint was filed.

IMPORTANT: No immunity can be guaranteed since all parties have the right to access and review all original documents. Grievance resolution procedures may last several weeks due to allowable response times.

III. FORMATION OF THE COMMITTEE

When a written complaint is received, a Grievance Resolution Committee is formed with a minimum of three (3) members who are subject matter experts and represent the SSI Service Center or Regional Center. One member of the Committee will be nominated to communicate on its behalf with the complainant(s) and all involved parties, but all communication must be in writing and copied to all members of the Committee. All information will be treated confidentially.

IV. PROCEDURE

The Grievance Resolution Committee reviews the complaint and adheres to the following procedures:

- 1. The complainant is notified in writing that a complaint has been received and must agree within 15 working days that his/her personal data, along with the complaint, may be forwarded to a third party or parties. If the Grievance Resolution Procedure agreement is not received from the complainant within the given timeframe, the case will be closed and no further action will be taken.**
- 2. On receipt of the Grievance Resolution Procedure agreement from the complainant, a copy of the complaint is sent to the Dive Center/Resort and/or Instructor/Dive Professional by email (or certified mail if applicable). The Dive Center/Resort and Instructor/Dive Professional has 15 working days from receipt of the complaint to respond in writing.**
 - If no written response, or an incomplete response is received by the deadline, the Dive Center/Resort and Instructor/Dive Professional is placed into inactive status and is no longer authorized to conduct SSI training courses or programs independently, or perform all duties outlined in SSI Training Standards, or issue SSI certifications until a written answer or full documentation is received.
 - If a complete written response is received, the Committee will review both the complaint and response to determine whether SSI Training or Ethical Standards have been violated.
 - If the Committee finds no reasonable indication of Standards violations, the Committee sends a notice to the complainant and the Dive Center/Resort and/or Instructor/Dive Professional that the Committee has found no violations and will take no further action.
 - If the Committee finds reasonable indication of Standards violations, the Committee will research the complaint further.

Attention:

In severe cases where major standard or safety violations are suspected the Dive Center/Resort and/or Instructor/Dive Professional will be placed into UNDER REVIEW status with immediate effect for consumer protection and is no longer authorized to conduct SSI training courses or programs issue SSI certifications until the matter is clarified.

3. The Committee uses several research methods, depending on the nature of the complaint.

- The Committee may request contact information from the Dive Center/Resort and/or Instructor/Dive Professional for students trained in the past twelve months by the Instructor in question. Students will be selected at random by SSI. A survey is sent to each student to gather further information.
- The Committee may contact via phone or email all students who did not respond to the survey or did not answer all the questions.
- The Committee may request copies of the Training Records or other key documents from the Dive Center/Resort and/or Instructor/Dive Professional.
- The Committee may use other research methods as it deems appropriate.

4. The Committee makes an initial determination on whether a Standards violation occurred.

- If research does not indicate a Standards violation, the Committee informs complainant and Dive Center/Resort and/or Instructor/Dive Professional that no violations have been found and that the case is closed and no further action is taken (pending further documentation to the contrary).
- If research indicates a Standards violation, the Committee determines appropriate action. The Committee may confer with legal representatives before taking action.

5. The Committee, at its sole discretion, may require several types of action of the Dive Center/Resort and/or Instructor/Dive Professional depending on the violation.

- If retraining is necessary, the Committee will determine the extent of retraining, the time frame for completing the retraining and the conditions under which the Dive Center/Resort and/or Instructor/Dive Professional will be reinstated.
- If a termination of membership is necessary, the Dive Center/Resort and/or Instructor/Dive Professional membership is revoked. Future reinstatement as an SSI Member is not possible.

In any case the Grievance Resolution Committee will notify the Dive Center/Resort and/or Instructor/Dive Professional in writing of the resolution of the complaint either by email (or certified mail if applicable).

EXTENDED RANGE (XR) GENERAL TRAINING STANDARDS

XR General Training Standards

HOW TO USE THESE STANDARDS

The Extended Range (XR) General Training Standards apply to all SSI XR programs unless otherwise specified in a program's specific Training Standards. If a specific standard is not listed in the XR General Training Standards or program-specific Training Standards, use the General Training Standards.

For the purpose of these standards, an SSI Dive Professional is defined as a person who holds any professional-level rating with SSI, or any staff member of a SSI Dive Center/Resort.

I. RESPONSIBILITY

All SSI XR Instructors and SSI Dive Professionals are accountable for their decisions and actions when working with the public. SSI expects you to display appropriate and professional behavior at all times while involved in training related activities. All SSI General and Ethical Standards apply to SSI Extended Range Dive Centers/Resorts.

XR General Training Standards

SSI MATERIALS

I. STUDENT MATERIALS

Each student must own the appropriate and current training materials in a physical and/or digital format for every program they participate in (if training materials are available).

II. PROFESSIONAL MATERIALS

The SSI Training Standards, SSI Professional Training Materials and SSI Student Materials form the basis of the SSI Teaching System and must be used for all SSI training programs. Whenever there is a discrepancy between these materials, the SSI Training Standards take precedence. If in doubt, contact an SSI Service Center for guidance or interpretation.

XR General Training Standards

EQUIPMENT DEFINITIONS

I. BREATHING GAS

Extended Range Nitrox Diving students may breathe air or optimized nitrox for bottom gases at a maximum ppO₂ of 1.4 bar and hyperoxic nitrox stage gases up to 50% O₂ with a maximum ppO₂ of 1.6 bar when the program allows staged decompression.

For all other XR programs, divers may breathe air or optimized nitrox for bottom gases at a maximum ppO₂ of 1.4 bar and hyperoxic nitrox stage gases up to and including 100% oxygen with a maximum ppO₂ of 1.6 bar when the program allows staged decompression.

Trimix divers have the same restrictions as all other XR programs, but they may add a helium-based trimix for bottom gases. The minimum oxygen content for the Extended Range Trimix program is 21%, and 18% for the Technical Extended Range Trimix program. The maximum END (Equivalent Narcotic Depth) for all trimix programs is 35 meters. The recommended END for colder water, poor visibility or strenuous conditions is 24 meters.

In addition to all other limits during XR program training dives, both the primary and contingency dive plans must expose divers to no more than 80% of the limits for CNS toxicity as calculated using the SSI Extended Range/Technical Extended Range materials and the pertinent NOAA tables for both single dive and multiple dive exposures. Where environmental or dive conditions are less than ideal, the instructor must choose more conservative limits.

For XR CCR divers, both the primary and contingency dive plans must expose divers to no more than 80% for a single dive, or 100% in 24 hours.

II. RECREATIONAL TOTAL DIVING SYSTEM

- Mask
- Fins
- Buoyancy compensator including power inflator and d-rings appropriate for stage cylinders
- Delivery System with a primary (2.1 meter hose is recommended) and an alternate air source
- Primary cylinder (high capacity is recommended if using a single cylinder)
- Submersible pressure gauge (all cylinders must have an attached SPG)
- Integrated depth gauge and timing device or dive computer
- Single-stage cylinder with a delivery system and submersible pressure gauge
- Exposure suit appropriate for the environment
- Cutting device
- One signaling device for deploying from depth (red surface marker buoy is recommended, but follow local guidelines)
- A reel or spool (recommended minimum line length of 1.2 x maximum planned depth)
- One surface signaling device (whistle or similar)
- Extended Range Dive Log

III. EXTENDED RANGE NITROX TOTAL DIVING SYSTEM

- Mask
- Fins
- Buoyancy compensator, including power inflator and d-rings appropriate for stage cylinders
- Delivery System with a primary with a 2.1 meter hose and an alternate air source
- A single cylinder with either a Y / H valve, or a single cylinder with a single outlet valve and a submersible pressure gauge (SPG)
- If a single cylinder with a single outlet valve is used, a pony cylinder with redundant air delivery system and SPG (all cylinders must have a attached SPG) must also be used
- Integrated depth gauge and timing device or dive computer that is Nitrox-capable (preferably multi-gas)
- A single, Nitrox-compatible stage cylinder with a single outlet valve, a delivery system and SPG
- Exposure suit appropriate for the environment
- Cutting device
- Compass
- One signaling device for deploying from depth (red surface marker buoy is recommended, but follow local guidelines)

- A reel or spool (recommended minimum line length of 1.2 x maximum planned depth)
- One surface signaling device (whistle or similar)
- Extended Range Dive Log and Dive Planning Sheets, and either wet notes or slate for dive plans

IV. EXTENDED RANGE TOTAL DIVING SYSTEM

- Two masks
- Fins
- A backplate or soft pack with a harness
- A buoyancy wing with appropriate lifting capacity for the planned dive
- One delivery system that has a regulator with a 2.1 meter hose
- One delivery system that has a regulator with a standard length hose and a neck retainer
- One set of double cylinders with an isolation manifold or one set of sidemount cylinders
- Submersible pressure gauge (SPG) (all cylinders must have a attached SPG)
- Two integrated depth and timing devices (one must be a multi-gas computer)
- Stage cylinder(s) with delivery systems and SPGs (attached as defined by the specific training program)
- Exposure suit appropriate for the environment
- Two cutting devices
- Compass
- Two signaling devices for deploying from depth (red and yellow surface marker buoys are recommended, but follow local guidelines)
- A reel or spool (recommended minimum line length of 1.5 x maximum planned depth)
- One signaling device for surface (whistle or similar)
- SSI Extended Range Dive Log and Dive Planning Sheets, and either wet notes or slate for dive plans

V. SIDEMOUNT

Students certified as an SSI Sidemount Diver or equivalent that meet all other prerequisites may participate in XR programs up to Technical Extended Range Trimix using a CE approved sidemount configuration, as long as they have all the components of the Total Diving System for that program. The SSI Dive Professional conducting the program must have direct and recent knowledge (within 180 days) of the student's skill level and configuration.

VI. REBREATHER

Students certified as an SSI Rebreather Diver or equivalent that meet all other prerequisites may participate in XR Advanced Wreck Diving and XR Cavern Diving programs using the rebreather they have been certified on, as long as they have all the components of the Total Diving System for that program. The SSI XR Instructor conducting the program must also be an SSI Rebreather Instructor and have direct and recent knowledge (within 180 days) of the student's skill level and configuration.

Students who are trained in XR CCR Extended Range or higher may attend all Overhead Environment programs.

NOTE: Specific programs training standards may require additional student and/or dive professional equipment.

The use of a snorkel during in-water training is optional for all CCR certification programs, and should be carried or stowed so that it does not interfere with the diver's breathing loop, but so it can be deployed in a timely manner.

VII. MINIMUM DIVE PROFESSIONAL EQUIPMENT

During all XR program open water training, each SSI Dive Professional must be equipped with at least all student equipment.

Dive Professionals conducting XR CCR programs must also have a dive computer (if not built into the CCR unit), a deployable surface marker buoy (SMB), a surface emergency signaling device, a cutting device and a compass.

VIII. GUIDELINES FOR SPECIALIZED DIVING EQUIPMENT

If specialized or additional equipment is incorporated into SSI CCR training programs, you must conduct an equipment orientation prior to taking students into the open water. Additional training is intended to provide practice and basic proficiency with the equipment.

NOTE Additional cylinders and buoyancy systems or specialized configurations like full face masks and dry suits must be introduced to students in confined water prior to taking students into open water.

STUDENT PARTICIPATION CRITERIA

I. AGE

- For Extended Range Nitrox Diving, Extended Range Foundations or Extended Range Specialities, the minimum age is 16.
- For any other Extended Range programs, the minimum age is 18.

II. EXPERIENCE PREREQUISITES

- The minimum experience prerequisites are listed in the individual program Training Standards.

III. CREDIT FOR PREVIOUS TRAINING

Issuing credit for any or all portions of the qualifying dives is entirely at the certifying instructor's discretion. If dives are credited, the instructor must have direct and recent knowledge (within 180 days) of the student's skills, equipment configuration and experience.

MEDICAL HISTORY, LIABILITY, AND AWARENESS

I. MEDICAL HISTORY

Each student participating in XR-level training must provide an SSI Medical History form, approved and signed by a licensed medical practitioner based on a diving medical examination, dated within one year of the training completion date.

II. LIABILITY RELEASE

Each student must complete an Extended Range Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement, and a Statement of Understanding prior to any in-water training (where applicable). The forms of minors must be reviewed and signed by a parent or guardian.

NOTE: Signing a Waiver and Release of Liability is contradictory to liability regulations in some countries of the world. EXAMPLE: The Waiver and Release of Liability is not valid in the European Union, so students should not be forced to sign it.

CONDUCTING EXTENDED RANGE PROGRAMS

I. IN-WATER RATIOS

- The maximum number of students for open water training is 4:1.
- The maximum number of students for overhead environment and hypoxic trimix dives is 3:1.
- The maximum number of students for no-decompression CCR training is 3:1.
- The maximum number of students for CCR training that involves staged decompression is 2:1.

II. WATER FITNESS EVALUATION

- For all XR programs, each student must complete a water fitness evaluation that includes:
 - An 800-meter surface swim using mask, snorkel and fins.
 - A 400-meter surface swim while wearing a Total Diving System and stage cylinder(s) applicable to their specific program.
 - A 10-minute survival swim or float without the use of mask, snorkel, fins or other swim aids.
 - A 15-meter underwater swim on a single breath.

III. CONFINED WATER

For all CCR entry-level programs, confined water should have depths that are both shallow enough to stand up in, and deep enough to adequately perform the required skills for the program.

- The instructor may conduct XR program water skills evaluations and pool/confined water practice sessions in open water environments, as long as conditions give the instructor adequate visibility and control.
- Classes may be conducted in confined open water with a maximum depth of 12 meters.
- There must be a minimum of five (5) meters of horizontal visibility, and the bottom composition must not compromise visibility.
- The training area must have an ascent line attached to a solid structure on the bottom, and no surface traffic is allowed in the training area during class.

IV. OPEN WATER

- All open water training dives must be conducted during daylight hours (between sunrise and sunset).

Open water training for all CCR entry-level programs must be conducted as no-decompression dives that allow direct vertical access to the surface.

V. STAGED DECOMPRESSION

- A guideline, physical structure or a reel and surface marker buoy must be used for ascents on dives where staged decompression is simulated or conducted.

VI. PROXIMITY

- Students must remain within three (3) meters of their dive buddy(ies) at all times unless required for skill development.

VII. DIVES PER DAY

- The maximum number of XR training dives is three (3) per day if none of the dives require the completion of staged decompression stops.
- The maximum number of XR training dives is two (2) per day if any dive on a given day is planned to, or actually

requires staged decompression stops. An optional third shallow training dive may be performed.

VIII. DURATION OF A DIVE

- Dive durations are specified in each program's individual Standard.
- To be counted for XR open-circuit training, a dive must have a minimum duration of 30 minutes.
- CCR open water training dives must have a minimum duration of 30 minutes, and must include an entry and exit from the water, and putting on/removal of the CCR unit.

IX. CERTIFIED ASSISTANTS

- XR certified assistants must be an SSI Dive Professional and certified in the XR program that they assist with.
- Using certified assistants is recommended, but they may not be used to increase student-to-instructor ratios.

X. FINAL EXAM

- Before certification, each XR student must pass the course-specific final exam with a minimum score of 80%.
- Instructor candidates must pass with a minimum score of 90%.

XI. OVERHEAD ENVIRONMENTS

Open water training dives must be conducted so that direct vertical access to the surface is available with the following exceptions:

A. SWIM THROUGH

A natural or artificial structure that restricts a diver's direct vertical access to the surface. A swim through must be no more than ten (10) meters in length and at a depth of no greater than 30 meters. It has separate and clearly visible entry and exit points free of obstruction or entanglement hazard.

Active status SSI Dive Professionals may accompany students during XR programs through a swim through as defined above.

B. DAYLIGHT ZONE OVERHEAD ENVIRONMENTS

A natural or artificial structure that restricts a diver's direct vertical access to the surface, It has a clearly visible entry point, and at all times the diver can see a safe window of natural day light, large enough to allow access to the surface in an emergency. All daylight zone overhead environment dives require a fixed guideline that leads back to the entry point. The line must be suitable to the environment, be tied outside of any overhead restriction, and must not require navigation decisions to be made.

Active status SSI Dive Professionals certified to teach Cavern Diving, Advanced Wreck Diving or higher may accompany students during these specific programs in an overhead environment that meets the above definition.

C. OUTSIDE THE DAYLIGHT ZONE

A dive in a natural or artificial structure that restricts a diver's direct vertical access to the surface. The diver may be any distance from a safe exit, provided enough gas has been planned to allow 1/3 of the total gas volume to be held in reserve upon exit (assuming no emergencies). All overhead environment dives require a fixed guideline that leads to an entry/exit point. The line must be suitable to the environment and be tied outside of any overhead restriction.

Active status SSI Dive Professionals certified to teach Cave Diving, Technical Wreck Diving or Full Cave Diving may accompany students during these specific programs in an overhead environment that meets the above definition.

XR DIVE PROGRAMS

GAS BLENDER (ISO 13293)

I. INTENT

The intent of the SSI Gas Blender program is to provide students with the ability to blend nitrox and helium-based trimix blends.

II. REQUIRED INSTRUCTOR RATING

An active status Gas Blender Instructor may conduct the Gas Blender program.

III. STUDENT PREREQUISITES

- None

IV. DURATION

- Recommended hours for course completion: 6-8.

V. MATERIALS AND EQUIPMENT

- Access to a blending station with gases capable of producing nitrox blends.
- Gas analyzer(s) suitable for blends up to 100% oxygen and a helium analyzer if producing any helium-based trimix blends.

VI. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Gas Blender Instructor Manual and PEGs.
- Complete a practical exam blending exercise (3 cylinders) with an error of no more than +/- 1% of each gas target.
- Complete a Gas Blender final exam with a passing score of 80%.
- Complete a practical application session as defined in the Gas Blender Instructor Manual.

VII. SEQUENCE

- Academic presentations should be completed prior to the completion of the examinations.
- There is no prescribed sequence for the completion of the practical and academic exams.

VIII. CERTIFICATION

- Gas Blender certification entitles the holder to blend nitrox and helium-based trimix gases while affiliated with, and operating under, the supervision of an SSI Dive Center/Resort/school or club.

EXTENDED RANGE FOUNDATIONS

I. INTENT

The intent of the SSI Extended Range Foundations program is to provide divers with a workshop environment to improve their skills to a high level using Extended Range Total Diving Systems and procedures.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Foundations Instructor or higher may conduct the Extended Range Foundations program.

III. STUDENT PREREQUISITES

- Enriched Air Nitrox 40 certification or equivalent.
- Advanced Open Water certification or equivalent.
- Have logged at least 24 dives.

IV. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions are set by the individual instructor, based on student needs, student ability and water conditions.

V. MATERIALS AND EQUIPMENT

All dives must be completed using one of the following configurations:

- A complete Extended Range Nitrox Total Diving System (the second “backup” regulator or pony cylinder is not required for this program).
- A complete Extended Range Total Diving System.
- A complete Extended Range Sidemount Total Diving System.

VI. DEPTH LIMITATIONS

- All training dives must be completed in confined water (Indoor Dive Centers are permitted) at depths shallower than 12 meters.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Extended Range Foundations Instructor Manual.
- Complete an Extended Range Foundations equipment configuration session.
- Total combined time for training dives must be at least four (4) hours. Additional optional training dives are permitted.
- Complete a water fitness evaluation as outlined in the General Standards.

A. PASSING CRITERIA

At the recreational level:

- Use either an Extended Range Nitrox or Extended Range Total Diving System.
- Demonstrate the ability to maintain trim at +/- 30 degrees throughout the entire program.
- Demonstrate the ability to perform all skills adequately with little shift in buoyancy or trim.
- Further information on passing criteria is listed in the Extended Range Foundations Instructor Manual.

At the Extended Range level:

- Use an Extended Range or Extended Range Sidemount Total Diving System.
- Demonstrate the ability to maintain trim at +/- 15 degrees throughout the entire program.
- Demonstrate the ability to perform all skills perfectly with almost no shift in buoyancy or trim.
- Further information on passing criteria is listed in the Extended Range Foundations Instructor Manual.

B. FAILURE

- Students that do not pass the program should not be discouraged from continuing. The instructor should plan additional sessions to help the diver attain the required level of proficiency.
- Students that fail must complete a minimum of five (5) experience dives after the program in the equipment configuration designated by the instructor.

VIII. CERTIFICATION

- Completing the Extended Range Foundations program means that the student has demonstrated good trim and buoyancy control in the equipment configuration used during the program, and that they have successfully passed the Extended Range skill circuit.

EXTENDED RANGE NITROX DIVING

I. INTENT

The intent of the SSI Extended Range Nitrox Diving program is to provide divers with the training necessary to independently plan and conduct limited decompression dives to a maximum depth of 40 meters, using nitrox mixtures of up to 50% and recreational or Extended Range Total Diving Systems and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Nitrox Diving Instructor or higher may conduct the Extended Range Nitrox Diving program.

III. STUDENT PREREQUISITES

- Deep Diving and Enriched Air Nitrox 40 certifications or equivalent.
- Have logged 24 dives.

IV. DURATION

- Recommended hours for course completion: 16

V. MATERIALS AND EQUIPMENT

The minimum required equipment for the Extended Range Nitrox Diving program is:

- A complete recreational Total Diving System, appropriate for single gas switch, non-accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

OR

- A complete Extended Range Nitrox Total Diving System, appropriate for single gas switch, non-accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

OR

- A complete Extended Range Total Diving System, appropriate for single gas switch, non-accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

VI. DEPTH LIMITATIONS

- The first two (2) open water training dives must be conducted at depths no deeper than 30 meters.
- The third and fourth training dives must be conducted at depths between 30m and 40m.
- One (1) dive must be to minimum of 35m for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the Extended Range Nitrox Diving Instructor Manual.
- Complete an Extended Range Nitrox Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour and a minimum of four (4) open water training dives, with a minimum run time of 30 minutes each, as outlined in the Extended Range Nitrox Diving Instructor Manual.
- Complete the water fitness evaluation as outlined in the General Standards.
- The first two (2) training dives must be planned within the no-decompression limits of the SSI Combined Air/EAN tables or the student's personal dive computer.
- Actual staged decompression training must be conducted on the third and fourth training dives.
- The total time for all required stage stops must not exceed 15 minutes per dive based on back gas decompression profile.
- Divers are not allowed to accelerate decompression.
- Be able to independently plan a full dive plan using the Extended Range Dive Planning sheet.

NOTE: Divers may carry a decompression mixture of up to 50% oxygen.

VIII. SEQUENCE

- Open Water Training Dives one (1) and two (2) may only be conducted after completing the equipment configuration section, the water fitness evaluation and all confined water sessions.
- Open Water Training Dives three (3) and four (4) must not be completed until all standards requirements for academic lectures, the final written exam and the first two training dives have been successfully met or exceeded.

IX. CERTIFICATION

Extended Range Nitrox Diving certification entitles the holder to dive with an equally- or more-qualified buddy, on dives using the equipment configuration used during training and extended range procedures to depths of up to 40 meters, and requiring staged decompression stops of no longer than 15 minutes based on a back gas profile; providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

Extended Range Nitrox Diving students may credit dives in this program to dives 1-4 of the Extended Range program, providing that the program was successfully completed in an Extended Range Total Diving System (twinset or sidemount, see General Standards). If Extended Range Nitrox Diving was completed in a recreational Total Diving System or Extended Range Nitrox Total Diving System (single cylinder) only academic credit for the Extended Range Nitrox Diving portion of the program can be given.

EXTENDED RANGE

I. INTENT

The intent of the SSI Extended Range program is to provide divers with the training necessary to independently plan and conduct limited decompression dives to a maximum depth of 45 meters, using decompression mixtures of up to 100% oxygen and specialized diving equipment and procedures, for a maximum accumulated decompression time of 25 minutes, with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Instructor or higher may conduct the Extended Range program.

The instructor must be qualified as an Extended Range Trimix Instructor to conduct the Extended Range Trimix program.

NOTE: The Extended Range Trimix curriculum is identical to the non-trimix program, except for the breathing gas used.

III. STUDENT PREREQUISITES

- Have Deep Diving and Enriched Air Nitrox certifications or equivalent.
- Have logged 50 dives.

OR

- Be certified in Extended Range Nitrox Diving.

IV. DURATION

- Recommended hours for course completion: 18.

V. MATERIALS AND EQUIPMENT

The minimum required equipment for the Extended Range program includes:

- A complete Extended Range Total Diving System, appropriate for single gas switch, accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

VI. DEPTH LIMITATIONS

- The first two (2) open water training dives must be conducted at depths no deeper than 30m.
- The third and fourth training dives must be conducted at depths between 30m and 40m.
- The fifth and sixth training dives must be conducted at depths between 30m and 45m.
- One (1) dive must be to a minimum of 40m for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Extended Range Instructor Manual.
- Complete an Extended Range final exam with a passing score of 80%.
- If qualifying trimix, complete an Extended Range Trimix final exam with a passing score of 80%.
- Complete a confined water skill development session lasting at least two (2) hours, and a minimum of six (6) open water training dives lasting at least 30 minutes each, as outlined in the Extended Range Instructor Manual.
- Complete the water fitness evaluation as outlined in the General Standards.
- Be able to independently plan a full dive plan using the Extended Range Dive Planning sheet.

A. NOTES

- Open Water Training Dive 1 and 2 must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables or the student's personal dive computer.
- Actual staged decompression training must be conducted on Open Water Training Dives 3 through 6.
- The total time for all required decompression stops on Open Water Training Dives 3 and 4 must not exceed 15 minutes per dive.
- The total time for all required decompression stops on Open Water Training Dives 5 and 6 must not exceed 25 minutes per dive.
- The total combined time for Open Water Training Dives 1-4 must be minimum of two (2) hours and the total combined time for dives 5 and 6 must be at least 90 minutes.

VIII. SEQUENCE

- Open Water Training Dives 1 and 2 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all pool/confined water sessions have been completed.
- Open Water Training Dives 3-6 may not be completed until all standards requirements for academic lectures, the final written exam and dives 1 and 2 have been successfully met or exceeded.

IX. CERTIFICATION

Extended Range (with or without Trimix) certification entitles the holder to dive with an equally- or more-qualified buddy, on dives using specialized diving equipment and procedures to depths of up to 45m and requiring staged decompression stops of no longer than 25 minutes, providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

At the instructor's discretion, preliminary dives 1 and 2 of the Technical Extended Range program may be credited from the Extended Range program.

TECHNICAL EXTENDED RANGE

I. INTENT

The intent of the SSI Technical Extended Range program is to provide divers with the training necessary to independently plan and conduct two-gas switch, multiple-stop decompression dives to depths of up to 50m (60m when using trimix), using specialized diving equipment and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Technical Extended Range Instructor or higher may conduct the Technical Extended Range program.

To conduct the Technical Extended Range Trimix program, the instructor must be qualified as a Technical Extended Range Trimix Instructor.

NOTE: The Technical Extended Range Trimix curriculum is identical to the non-trimix program, except for the breathing gas used.

III. STUDENT PREREQUISITES

- Have Science of Diving and Diver Stress and Rescue certifications or equivalent.
- Be certified in Extended Range, Full Cave Diving, or Technical Wreck Diving or equivalent.
- Have logged 70 dives, including at least 20 dives deeper than 30m and at least ten (10) dives requiring staged decompression with at least one (1) gas switch.

IV. DURATION

- Recommended hours for course completion: 18.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Technical Extended Range program includes:

- A complete Extended Range Total Diving System appropriate for multiple-gas switch, accelerated decompression diving.
- Two (2) stage cylinders and stage regulators, oxygen cleaned as required.

VI. DEPTH LIMITATIONS

- Preliminary (optional) dives 1 and 2 must be conducted no deeper than 40m.
- The third and fourth training dives must be conducted no deeper than 45m.
- The fifth and sixth training dives must be conducted no deeper than 50m.
- One (1) dive must be to a minimum of 45m for certification.

A. IF USING TRIMIX

- The preliminary (optional) dives 1 and 2 must be conducted no deeper than 40m.
- The third and fourth training dives must be conducted no deeper than 45m.
- The fifth and sixth training dives must be conducted no deeper than 60m.
- At least one (1) dive during the program must be to a depth of 55m.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Technical Extended Range Instructor Manual.
- Complete a Technical Extended Range final exam with a passing score of 80%.
- Complete a Technical Extended Range Trimix final exam with a passing score of 80% (if qualifying as trimix).
- Complete a confined water skills development session lasting at least 90 minutes, with a maximum depth of 12 meters.
- Complete a minimum of six (6) training dives, including two (2) optional preliminary evaluation dives and four (4) core training dives.
- Complete the water fitness evaluation as outlined in the General Standards.
- Be able to independently plan a full dive plan using the Extended Range Dive Planning sheet.

A. NOTES

- Preliminary dives 1 and 2 must have a minimum run time of 30 minutes.
- Open Water Training Dive 1 must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables, the student's personal dive computer, or computer-generated decompression profiles.
- The instructor may require safety stops or simulated staged decompression.
- The total cumulative time for Open Water Training Dives 3-6 must be a minimum of three (3) hours.
- The primary planned decompression obligation (total time of all decompression stops including deep stops, if used) for core dives must not exceed 30 minutes for Open Water Training Dives 3 and 4, and 60 minutes for Open Water Training Dives 5 and 6.
- At least one (1) dive must have a total run time in excess of 60 minutes.
- There must be a minimum of two (2) gas switches in each training dive.
- If environmental or water conditions make it unsafe or impractical to meet the cumulative time requirement in four (4) core dives, additional training dives should be scheduled.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of all water fitness evaluations and all preliminary dives.
- Open Water Training Dives 5 and 6 may not be conducted until all standards requirements for academic lectures, the final written exam and Open Water Training Dives 3 and 4 have been successfully met or exceeded.

IX. CERTIFICATION

Technical Extended Range certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, on dives using specialized diving equipment and procedures, to depths of 50m (for Technical Extended Range) or 60m (for Technical Extended Range Trimix), and requiring unlimited staged decompression stops with a maximum of two gas switches, providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

Technical Extended Range students may not credit dives in this program to any other Technical Extended Range program if the program is conducted individually. This program may be conducted in conjunction with the Technical Wreck Diving program or Full Cave Diving program.

If conducted in conjunction with the Technical Wreck Diving program:

- Dives 1-4 of the Technical Wreck Diving program may also be used to meet the requirements of preliminary dives 1 and 2 and core training dives 3 and 4 of the Technical Extended Range program.
- Divers must complete all of the prerequisites, skills development and academic requirements for both programs.
- The recommended maximum depth for penetration training dives is 45m, and under no circumstances may any penetration dives be conducted at depths deeper than 50m during the program.

If conducted in conjunction with the Cave Diving program:

- Dives 5-8 of the Cave / Full Cave Diving program may also be used to meet the requirements of preliminary dives 1 and

- 2 and core training dives 3 and 4 of the Technical Extended Range program.
- Divers must complete all of the prerequisites, skills development and academic requirements for both programs.
 - Under no circumstances may any cave penetration dives be conducted at depths in excess 30m on air or 60m on trimix during the program.

HYPOXIC TRIMIX

I. INTENT

The intent of the SSI Hypoxic Trimix program is to provide divers with the training necessary to independently plan and conduct limited decompression dives to depths of up to 100m, using specialized diving equipment and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Hypoxic Trimix Instructor or higher may conduct the Hypoxic Trimix program.

III. STUDENT PREREQUISITES

- Have Science of Diving and Diver Stress and Rescue certifications or equivalent.
- Certified in Technical Extended Range.
- Have logged 100 dives, including at least 30 dives deeper than 30m, 10 dives deeper than 50m, and at least 20 dives requiring staged decompression with at least two (2) gas switches.

IV. DURATION

- Recommended hours for course completion: 18.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Hypoxic Trimix program includes:

- A complete Extended Range Total Diving System appropriate for multiple-gas switch, accelerated decompression diving.
- Three (3) or more stage cylinders and stage regulators, oxygen cleaned as required.

VI. DEPTH LIMITATIONS

- Preliminary dives 1 and 2 must be conducted no deeper than 40m.
- The third and fourth dives must be conducted no deeper than 80m, with at least one dive deeper than 75m.
- The fifth and sixth training dives must be conducted shallower than 100m.
- One (1) dive must be to minimum of 90m for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the Hypoxic Trimix Instructor Manual.
- Complete an Hypoxic Trimix final exam with a passing score of 80%.
- Complete a confined water skills development session lasting at least 90 minutes, with a maximum depth of 12 meters.
- Complete a minimum of six (6) training dives, including two (2) preliminary evaluation dives and four (4) core training dives.
- Complete the water fitness evaluation as outlined in the General Standards.
- Be able to independently plan a full dive plan using the Extended Range Dive Planning sheet.

A. NOTES

- If environmental or water conditions make it unsafe or impractical to meet the cumulative time requirement in four (4) core dives, additional training dives should be scheduled.
- The total cumulative time for dives 3-6 must be a minimum of 5 hours.
- Preliminary dives 1 and 2 must have a minimum run time of 30 minutes.
- Open Water Training Dive 1 must be planned within the no-decompression limits of the SSI combined Air/EAN Tables, the student's personal dive computer or computer generated decompression profiles. The instructor may require safety stops or simulated stage decompression.
- The primary plan decompression obligation (total time of all decompression stops including deep stops if used) for core dives must not exceed 60 minutes for Open Water Training Dives 3 and 4 and 90 minutes for Open Water Training Dives 5 and 6.
- There must be a minimum of four (4) gas switches in each training dive.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of all water fitness evaluations and all preliminary dives.
- Open Water Training Dives 5 and 6 may not be completed until all standards requirements for academic lectures, the final written exam and dives 3 and 4 have been successfully met or exceeded.

IX. CERTIFICATION

The Hypoxic Trimix certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, on dives using specialized diving equipment and procedures to depths of either 80m or 100m.

The Hypoxic Trimix 80m certification is the same as the 100m certification, with one exception: if conditions do not permit, or the students cannot make the deepest dives, divers may become certified at 80m after the first four (4) dives.

After developing experience, and with an equally- or more-qualified buddy, a diver qualified to 100m may dive to depths in excess of 100m.

X. CREDIT

Dives from this program may not be credited to other programs.

XR Diving Standards

ADVANCED WRECK DIVING

I. INTENT

The intent of the SSI Advanced Wreck Diving program is to provide divers with the training necessary to independently plan and conduct limited penetration dives, within the light zone area of a wreck and to a maximum depth of 40m, using specialized advanced wreck diving equipment and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Advanced Wreck Diving Instructor or higher may conduct the Advanced Wreck Diving program.

III. STUDENT PREREQUISITES

- Have Deep Diving, Wreck Diving and Enriched Air Nitrox certifications or equivalent.
- Have Advanced Open Water Diver certification or equivalent.
- Have logged 24 dives.

For CCR Advanced Wreck Diving (in addition to the above):

- Be certified in CCR on the unit being used.
- 20 dives and a minimum of 30 logged hours on the specific unit being used.

IV. DURATION

- Recommended hours for course completion: 12.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Advanced Wreck Diving program includes:

- A complete recreational Total Diving System, appropriate for single gas switch, non-accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

OR

- A complete Extended Range Nitrox Total Diving System.
- One stage cylinder and stage regulator, oxygen cleaned as required.

OR

- A complete Extended Range Total Diving System, appropriate for single gas switch, non-accelerated decompression diving.
- One stage cylinder and stage regulator, oxygen cleaned as required.

AND

- Primary and back-up lights.
- One safety spool per diver with a minimum of 45m of line.
- One primary line reel per dive team (team reels may be provided by the instructor).

VI. DEPTH LIMITATIONS

- All dives in this program must be conducted at depths shallower than 40m.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Advanced Wreck Diving Instructor Manual.
- Complete an Advanced Wreck Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour and a minimum of four (4) overhead environment training dives with a total cumulative time of at least 1.5 hours as outlined in the Advanced Wreck Instructor Manual.
- Complete the water fitness evaluation as outlined in the General Standards.

A. NOTES

- The open water and confined water training session(s) must be planned within the no-decompression limits of the SSI Combined Air / EAN Tables or the student's personal dive computer.
- A safety stop is required on every dive.
- Nitrox may be used with a maximum of 1.4 ppO₂.
- Open Water Training Dives 1-4 must be conducted in overhead environments, but penetrations must be limited to an area where the diver can clearly see light from the entry point of the penetration.
- In cases where a through swim is planned, the light from the exit must overlap with the light penetrating from the entrance so that the diver can clearly see light at any point during the dive.
- Divers are required to lay or use navigation lines on all penetration dives.
- A reel and guideline must be used as a primary method of navigation on all penetration dives.
- Navigation patterns are limited to simple, one-line linear patterns.
- No penetration may exceed 1/6 of the diver's bottom gas supply. Upon any diver consuming 1/6 of the available bottom gas, the dive must be turned, leaving 1/6 for the exit and 2/3 for contingencies.

NOTE: For more information on CCR bailout requirements see CCR Extended Range.

VIII. SEQUENCE

- Overhead environment Training Dives 1 and 2 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all open water practice sessions have been completed.
- Overhead environment Training Dives 3 and 4 may not be completed until all standards requirements for academic lectures, the final written exam, and dives 1 and 2 have been successfully met or exceeded.

IX. CERTIFICATION

- Advanced Wreck Diving certification entitles the holder to dive with an equally- or more-qualified buddy on no-decompression dives, using specialized advanced wreck diving equipment and procedures, into limited penetration overhead environments (within the zone of natural light entering the wreck through the entrance or exit) at depths not in excess of 40m.
- Dives must be conducted in environments similar to those of the diver's training and experience.
- The Rule of Sixths concept of gas management must be applied to all dives.

X. CREDIT

Advanced Wreck Diving students may credit dives in this program to the open water training session and dives 1 and 2 of the Cavern Diving program, providing that the program was successfully completed and the water work in the Cavern Diving program is commenced within 90 days of completion of the Advanced Wreck Diving program.

Crediting all or any portion of the qualifying dives is entirely within the instructor's discretion. If dives are credited, the instructor must either have direct and recent knowledge (within 90 days) of the student's skill level for overhead environment diving, OR the instructor must conduct both a confined water session and an evaluation dive prior to commencing any training dives requiring overhead environment penetration.

TECHNICAL WRECK DIVING

I. INTENT

The intent of the SSI Technical Wreck Diving program is to provide divers with the training necessary to independently plan and conduct full penetration dives inside ship wrecks or other structures, using specialized technical wreck diving equipment and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Technical Wreck Diving Instructor or higher may conduct the Technical Wreck Diving program.

III. STUDENT PREREQUISITES

- Certified in Wreck Diving or equivalent.
- Hold a Diver Stress and Rescue certification or equivalent.
- Certified in Extended Range or equivalent.
- Certified in Advanced Wreck Diving or Cavern Diving or equivalent.
- Hold an Advanced Open Water Diver certification or equivalent.
- Have logged 75 dives.

IV. DURATION

- Recommended hours for course completion: 20.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Technical Wreck Diving program includes:

- A complete Extended Range Total Diving System.
- A suitable primary light and a minimum of two back-up lights.
- Two reels or spools per diver (one should be a safety spool with a minimum of 45m of cave line).
- One primary line reel per diver.
- Three (3) line arrows and three (3) non-directional cookies.
- One (1) jump/gap reel per diver.

VI. DEPTH LIMITATIONS

The maximum depth limit for any Technical Wreck Diving training shall not exceed the maximum depth certification of the student or 60m, whichever is shallower.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Technical Wreck Diving Instructor Manual.
- Complete a Technical Wreck Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour, and a minimum of six (6) overhead environment training dives with a minimum run time of 30 minutes each (total cumulative time of all dives must be at least 3 hours, as outlined in the Technical Wreck Diving Instructor Manual).
- Complete the water fitness evaluation as outlined in the General Standards.

A. NOTES

- Training dives 1-6 must be planned within the decompression limited specified by the diver's current certification limits.
- A guideline or up-line to open water must be maintained during all phases of any penetration dive.
- Complex navigation patterns including jumps, circuits and other multiple line navigational systems are permitted.
- No penetration may exceed 1/3 of the diver's breathing gas supply for the penetration phase on any wreck dive, with

1/3 remaining for the exit and 1/3 left in reserve for emergencies. Gas matching formulas must be used and applied to the dive plan.

VIII. SEQUENCE

- Technical Wreck Diving training dives 1-4 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all open water practice sessions have been completed.
- No new skill may be completed by students in the overhead environment until it has been practiced in open water.
- Technical Wreck Diving training dives 5 and 6 may only be conducted after completion of all water fitness evaluations, open water training, dives 1-4, all academics sessions and a Technical Wreck Diving final exam.

IX. CERTIFICATION

Technical Wreck Diving certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, on full penetration dives using specialized technical wreck diving equipment and procedures, providing that dives are conducted in environments similar to those of the diver's training and experience.

The Rule of Thirds concept of gas management must be applied to all dives.

X. CREDIT

Technical Wreck Diving students may not credit any training in this program to dive requirements for other Extended Range programs.

However this program may be conducted in conjunction with the Technical Extended Range program, providing that at least two (2) qualifying dives deeper than 45m are conducted in open water.

Those open water dives may not be applied to any of the requirements for the Full Cave Diving overhead environment dive requirements.

If conducted in conjunction with the Technical Extended Range program:

Dives 5 and 6 of the Technical Wreck Diving program may also be used to meet the requirements of preliminary dives 1 and 2 and core training dives 3 and 4 of the Technical Extended Range program.

Divers must complete all of the prerequisites, skills development and academic requirements for both programs.

For CCR Technical Wreck Diving (in addition to the above):

XI. TRAINING CONDITIONS

- All Technical Wreck Diving training dives must be conducted in water with at least six (6) meters of visibility at the start of the dive.
- Minor restrictions (areas where two divers may swim single file without removing or manipulating equipment to navigate the restriction) are permitted.
- Dives must be completed in at least two (2) different wrecks, unless the wreck is large enough to have multiple access, entry and interior routes.
- Under no circumstances may any wreck penetration dives be conducted at depths in excess of 60m during the program.

XR Diving Standards

CAVERN DIVING

I. INTENT

The intent of the SSI Cavern Diving program is to provide divers with the training necessary to independently plan and conduct cavern penetration dives within the light zone, at depths less than 40m, using specialized cavern diving equipment and the Rule of Sixths gas management concept.

II. REQUIRED INSTRUCTOR RATING

An active status Cavern Diving Instructor or higher may conduct the Cavern Diving program.

III. STUDENT PREREQUISITES

- Hold an Advanced Open Water Diver certification or equivalent.
- Have logged 24 dives.

IV. DURATION

- Recommended hours for course completion: 12.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Cavern Diving program includes:

- A complete Extended Range Nitrox Total Diving System.

OR

- A complete Extended Range Total Diving System.

AND

- Primary and back-up lights.
- One (1) safety spool with a minimum of 45m of line
- One (1) primary line reel per dive team (team reels may be provided by the instructor).
- A minimum of two (2) line arrows.

VI. DEPTH LIMITATIONS

All dives in this program must be conducted at depths shallower than 40m.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Cavern Diving Instructor Manual.
- Complete a Cavern Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour, and a minimum of four (4) overhead environment training dives with a total cumulative time of at least 1.5 hours, as outlined in the Cavern Diving Instructor Manual.
- Complete the water fitness evaluation as outlined in the General Standards.

A. NOTES

- The open water and confined water training session(s) must be planned within the no-decompression limits of the SSI Combined Air / EAN Tables or the student's personal dive computer.
- A safety stop is required on every dive.
- Nitrox may be used with a maximum of 1.4 ppO₂.
- Training dives 1-4 must be conducted in overhead environments, but penetrations must be limited to an area where the diver can clearly see light from the entry point of the penetration.
- In cases where a swim through is planned, the light from the exit must overlap with the light penetrating from the entrance so that the diver can clearly see light at any point during the dive.
- Divers are required to lay or use navigation lines on all penetration dives.
- A reel and guideline must be used as a primary method of navigation on all penetration dives.
- Navigation patterns are limited to simple, one line linear patterns.
- No penetration may exceed 1/6 of the diver's bottom gas supply. Upon any diver consuming 1/6 of the available bottom gas, the dive must be turned, leaving 1/6 for the exit and 2/3 for contingencies.

NOTE: For more information on CCR bailout requirements see CCR Extended Range.

VIII. SEQUENCE

- Overhead environment training dives 1 and 2 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all open water practice sessions have been completed.
- Overhead environment training dives 3 and 4 may not be completed until all standards requirements for academic lectures, the final written exam, and dives 1-2 have been successfully met or exceeded.

IX. CERTIFICATION

- Cavern Diving certification entitles the holder to dive with an equally- or more-qualified buddy, on dives in cavern light zones, using specialized cavern diving equipment and procedures to depths of 40m/100ft (if qualified), providing that dives are conducted in environments similar to those of the diver's training and experience.
- The gas management Rule of Sixths concept must be applied to all dives.

X. CREDIT

- Cavern Diving students may credit dives in this program to the open water training session and dives 1 and 2 of the Advanced Wreck Diving program, providing that the program was successfully completed and the water work in the Advanced Wreck Diving program is commenced within 90 days of completion of the Cavern Diving program.
- Crediting for all or any portion of the qualifying dives is entirely within the instructor's discretion. If dives are credited, the instructor must either have direct and recent knowledge (within 90 days) of the student's skill level for overhead environment diving, or the instructor must conduct both a confined water session and an evaluation dive prior to commencing any training dives requiring overhead environment penetration.

XR Diving Standards

CAVE DIVING

I. INTENT

The intent of the SSI Cave Diving program is to provide divers with the training necessary to independently plan and conduct cave penetration dives using the Rule of Fourths concept of gas management, at depths less than 40m using specialized cave diving equipment and procedures, with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Cave Diving Instructor or higher may conduct the Cave Diving program.

III. STUDENT PREREQUISITES

- Hold a Diver Stress and Rescue certification or equivalent.
- Hold a Cavern Diving certification or equivalent (If there is no Cavern Diving certification, Cavern Diving and Cave Diving programs can be combined, but all water and academic sections must be completed).
- Hold an Advanced Open Water certification or equivalent.
- Have logged 50 dives.

For Cavern Diving and Cave Diving combination:

- Extended Range certification or equivalent.

OR

- CCR Extended Range certification or equivalent.

For CCR Extended Range Cave Diving (in addition to the above):

- Certified in CCR Extended Range on the unit being used.
- Have at least 35 dives and a minimum of 50 logged hours on the specific unit being used.

IV. DURATION

- Recommended hours for course completion: 18.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Cave Diving program includes:

- A complete Extended Range Total Diving System.
- A suitable primary light and a minimum of two back-up lights.
- Two reels or spools per diver (one should be a safety spool with a minimum of 45m of cave line).
- One primary line reel per dive team (team reels may be provided by the instructor).
- Three (3) line arrows and three (3) non-directional cookies.

VI. DEPTH LIMITATIONS

All dives in this program must be conducted at depths shallower than 40m.

VII. TRAINING CONDITIONS

- All Cave Diving training dives must be conducted in water with at least five (5) meters of visibility at the start of the dive.
- Dives are limited to areas where two divers can swim without restriction, one behind the other.
- Dives must be completed in at least two (2) different cave sites.

VIII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Cave Diving Instructor Manual.
- Complete a Cave Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour, and a minimum of six (6) overhead environment training dives with a total cumulative time of at least 3 hours, as outlined in the Cave Diving Instructor Manual.
- Complete the water fitness evaluation as outlined in the General Standards.

A. NOTES

- The open water and confined water training session(s) must be planned within the no-decompression limits of the SSI Combined Air / EAN Tables or the student's personal dive computer.
- A safety stop is required on every dive.
- Nitrox may be used with a maximum of 1.4 ppO₂
- Training dives 1-4 must be conducted in overhead environments.
- Divers are required to lay or use navigation lines on all penetration dives.
- A reel and guideline must be used as a primary method of navigation on all penetration dives.
- Navigation patterns are limited to simple, one line linear patterns.
- A simple linear guideline to the surface / open water must be maintained during all phases of any penetration dive, and maximum of one (1) tee may be passed.
- No penetration may exceed 1/4 of the diver's bottom gas supply. Upon any diver consuming 1/4 of the available bottom gas, the dive must be turned, leaving 1/4 for the exit and 1/2 for contingencies.

IX. SEQUENCE

- Cave Diving training dives 1-4 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all open water practice sessions have been completed.
- No new skill may be completed by students in the overhead environment until it has been practiced in open water.

X. CERTIFICATION

- Cave Diving certification entitles the holder to dive autonomously with an equally- or more-qualified buddy on cave dives using specialized cave diving equipment and procedures, providing that dives are conducted in environments similar to those of the diver's training and experience.
- A maximum of one tee may be passed.
- The Rule of Fourths gas management concept must be applied to all dives.

XI. CREDIT

- Cave Diving students may not credit any training in this program toward dive requirements for other Extended Range programs.
- However this program may be conducted in conjunction with the Extended Range Nitrox Diving program, only if all required qualifying dives deeper than 30m/100ft or requiring staged decompression are conducted in open water.
- Those open water dives may not be applied to any of the requirements for the Full Cave Diving overhead environment dive requirements.

XR Diving Standards

FULL CAVE DIVING

I. INTENT

The intent of the SSI Full Cave Diving program is to provide divers with the training necessary to independently plan and conduct cave penetration dives using the Rule of Thirds concept of gas management, at depths within the diver's current certification, using specialized cave diving equipment and procedures with an equally-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status Full Cave Diving Instructor or higher may conduct the Full Cave Diving program.

III. STUDENT PREREQUISITES

- Hold a Diver Stress and Rescue certification or equivalent.
- Hold a Cave Diving certification or equivalent.
- Hold an Advanced Open Water Diver certification or equivalent.
- Have logged 75 dives, with at least ten (10) dives inside cave environments.

For CCR Full Cave Diving (in addition to the above):

- Be certified in CCR Extended Range on the unit being used.
- Have at least 50 dives and a minimum of 100 logged hours on the specific unit being used.

IV. DURATION

- Recommended hours for course completion: 20.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for the Full Cave Diving program includes:

- A complete Extended Range Total Diving System.
- A suitable primary light and a minimum of two back-up lights.
- Two reels or spools per diver (one should be a safety spool with a minimum of 45m of cave line).
- One primary line reel per diver.
- Three (3) line arrows and five (5) non-directional cookies.
- One (1) jump/gap reel per diver.

VI. DEPTH LIMITATIONS

- Training dives 1 and 2 must be conducted at depths shallower than 40m.
- Training dives 3 - 6 may be conducted at depths up to the student diver's current certification limit.

VII. TRAINING CONDITIONS

- All Full Cave Diving training dives must be conducted in water with at least five (5) meters of visibility at the start of the dive.
- Minor restrictions (areas where two (2) divers may swim single file without removing or manipulating equipment to navigate the restriction) are permitted.
- Dives must be completed in at least two (2) different cave sites.

VIII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Full Cave Diving Instructor Manual.
- Complete a Full Cave Diving final exam with a passing score of 80%.
- Complete a confined water skill development session of at least one (1) hour, and a minimum of six (6) overhead environment training dives with a minimum run time of 30 minutes each (total cumulative time of all dives must be at least four (4) hours, as outlined in the Full Cave Diving Instructor Manual).
- Complete the water fitness evaluation as outlined in the General Standards.

A. NOTES

- Training dives 1 and 2 must be performed within the no-decompression limits of the SSI Combined Air / EAN Tables or the student's personal dive computer.
- Training dives 3 - 6 must be planned within the decompression limited specified by the student diver's current certification limits.
- A guideline to the surface / open water must be maintained during all phases of any penetration dive. Complex navigation patterns including jumps, circuits and other multiple line navigational systems are permitted.
- No penetration may exceed 1/3 of the diver's breathing gas supply for the penetration phase on any cave dive, with 1/3 remaining for the exit and 1/3 left in reserve for emergencies. Gas matching formulas must be used and applied to the dive plan.
- Any staged decompression longer than 15 minutes requires the use of a decompression gas, which may only be staged if there is no alternative exit. Otherwise it should be carried by the diver.

IX. SEQUENCE

- Full Cave Diving training dives 1-4 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all open water practice sessions have been completed.
- No new skill may be completed by students in the overhead environment until it has been practiced in open water.
- Full Cave Diving training dives 5 and 6 may only be conducted after completion of all water fitness evaluations, open water training, dives 1-4, all academics sessions and a Full Cave Diving final exam.

X. CERTIFICATION

Full Cave Diving certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, on cave dives using specialized cave diving equipment and procedures, providing that dives are conducted in environments similar to those of the diver's training and experience. The Rule of Thirds concept of gas management must be used on all dives.

XI. CREDIT

Full Cave Diving students may not credit any training in this program to dive requirements for other Extended Range programs.

This program may be conducted in conjunction with the Technical Extended Range program, providing that at least two (2) qualifying dives deeper than 45m are conducted in open water.

Those open water dives may not be applied to any of the requirements for the Full Cave Diving overhead environment dive requirements.

If conducted in conjunction with the Technical Extended Range program:

Dives 5 and 6 of the Full Cave Diving program may also be used to meet the requirements of preliminary dives 1 and 2 and core training dives 3 and 4 of the Technical Extended Range program.

Divers must complete all of the prerequisites, skills development and academic requirements for both programs.

XR DIVE PROFESSIONAL PROGRAMS

XR Professional Standards

GAS BLENDER INSTRUCTOR

I. INTENT

The intent of this standard is to provide a process for verifying an instructor's qualifications to teach the SSI Gas Blender program.

II. REQUIRED INSTRUCTOR RATING

None

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a certified Gas Blender.

V. DURATION

None

VI. REQUIREMENTS FOR COMPLETION

- Complete application form and submit it to the SSI Service Center as required.

VII. ACTIVE STATUS REQUIREMENTS

Show proof of Gas Blender certification.

VIII. CERTIFICATION

Active status Gas Blender Instructors may teach, supervise and issue certifications for the following program:

- Gas Blender

XR Professional Standards

FOUNDATIONS INSTRUCTOR

The SSI Extended Range Foundations Instructor Training Course is intended to certify the candidate as an Extended Range Foundations Instructor.

I. REQUIRED INSTRUCTOR RATING

Only an updated active status Extended Range Instructor Trainer may conduct the Extended Range Foundations Instructor Training Course.

II. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

III. CANDIDATE PREREQUISITES

- Be an Extended Range Instructor.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.
- Show proof of 30 experience dives per year in varied environments (training dives are not counted).

IV. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

V. REQUIREMENTS FOR COMPLETION

Co-teach at least two (2) separate Extended Range Foundations programs under the direct supervision of an active status Extended Range Foundations Instructor Trainer.

OR

Attend a two-day seminar that includes: academics, equipment confined water skills evaluation, and team work sessions.

Seminar must also include:

- A review of all Extended Range Foundations Standards.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Extended Range Foundations program. All skills must be to demonstration standard in zero trim +/- three (3) degrees.
- Demonstrate the ability to teach and problem solve and video debrief at the highest possible level.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined below.

VI. ACTIVE STATUS REQUIREMENTS

- Submit an Instructor Application signed by the Extended Range Instructor Trainer.
- Issue a minimum of six (6) Extended Range Foundations certifications every two (2) years.

VII. CERTIFICATION

Active status Extended Range Foundations Instructor may teach, supervise and issue certifications for the following programs:

- Extended Range Foundations

EXTENDED RANGE NITROX DIVING INSTRUCTOR

I. INTENT

The SSI Extended Range Nitrox Diving Instructor program is intended to certify the candidate as an Extended Range Nitrox Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Nitrox Diving Instructor Trainer or higher may conduct the Extended Range Nitrox Diving Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor - The Science of Diving Instructor program may be completed in conjunction with the this program.
- Have logged at least 20 dives deeper than 30m.
- Hold an Extended Range Nitrox Diving certification or higher.
- Provide their own Extended Range Nitrox Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Co-teach at least two (2) separate Extended Range Nitrox Diving programs under the direct supervision of an active Extended Range Nitrox Diving Instructor Trainer.

OR

Attend a three-day seminar to include: the academics, confined water skills evaluation and planning/participation as a team member on an Extended Range Nitrox dive to a maximum depth of 40 meters AND

Plan and supervise one (1) dive to a maximum depth of 40m while acting as instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Extended Range Nitrox Diving program. All skills must be to demonstration standard.
- Assist in planning and participate as a team member on at least one (1) Extended Range Nitrox dive.
- While acting as an instructor, plan and conduct at least one (1) dive from the Extended Range Nitrox Diving program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver).
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Extended Range Nitrox Diving Instructor final exam with a passing score of 90%.

For recreational Instructor Trainers only:

- Attend the one-day Extended Range Nitrox Diving Instructor Trainer Upgrade Seminar to include: the academics, confined water skills evaluation, and dive planning.
- This is a pass or fail evaluation; the certifying Extended Range Nitrox Diving International Training Director must personally decide if the Extended Range Nitrox Diving Instructor candidate is capable of teaching Extended Range Nitrox Diving after this course is complete..

VII. CERTIFICATION

Active status Extended Range Nitrox Diving Instructors may teach, supervise and issue certifications for the following program:

- Extended Range Nitrox Diving

EXTENDED RANGE INSTRUCTOR

I. INTENT

The SSI Extended Range Instructor Course is intended to certify the candidate as an Extended Range Instructor with or without trimix.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Instructor Trainer or higher may conduct the Extended Range Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Advanced Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Have certified three (3) Enriched Air Nitrox Divers or equivalent.
- Be a Science of Diving Instructor - The Science of Diving Instructor program may be completed in conjunction with the XR Extended Range Instructor Course.
- Have logged at least 20 dives deeper than 30m.
- Hold an Extended Range certification or higher.

OR

- Hold an Extended Range Trimix certification or higher (for Extended Range Trimix Instructor).
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Co-teach at least two (2) separate Extended Range programs under the direct supervision of an active status Extended Range Instructor Trainer,

OR

Attend a three-day seminar to include: the academics, confined water skills evaluation and planning/participation as a team member on an Extended Range dive to a maximum depth of 40 meters AND

Plan and supervise Extended Range dives deeper than 40m while acting as instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Extended Range program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least one (1) dive from the Extended Range program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the applicable final exams (Extended Range Trimix Instructor and/or Extended Range Instructor) with a passing score of 90%.

VII. CERTIFICATION

Active status Extended Range Instructors may teach, supervise and issue certifications for the following programs:

- Extended Range Foundations
- Extended Range Nitrox Diving
- Extended Range, with or without trimix as per certification

VIII. FOR AN EXTENDED RANGE TRIMIX INSTRUCTOR

An Extended Range Instructor who has a Technical Extended Range Trimix certification or higher can be automatically upgraded to an Extended Range Trimix Instructor.

An application form including the necessary documentation should be sent to the SSI Service Center or to their Extended Range Instructor Trainer.

TECHNICAL EXTENDED RANGE INSTRUCTOR

I. INTENT

This program is intended to certify the candidate as an SSI Technical Extended Range Instructor with or without trimix.

II. REQUIRED INSTRUCTOR RATING

An active status Technical Extended Range Instructor Trainer or higher may conduct the Technical Extended Range program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Advanced Open Water Diver Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- Be an Extended Range Instructor.
- Have logged at least 200 dives, including at least 50 decompression dives deeper than 36 meters and a minimum five (5) dives with at least 30 minutes of staged decompression requiring at least two (2) gas switches.
- Be certified in Technical Extended Range.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of a Technical Extended Range dive to a depth of at least 50 meters while acting as instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Technical Extended Range program. All skills must be to demonstration standard wearing two (2) stages.
- While acting as an instructor, plan and conduct at least one (1) dive from the Technical Extended Range program. The dive must be a full decompression dive at a depth of at least 45m with at least 25 minutes of planned staged decompression time and at least two (2) gas switches. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the applicable final exams (Technical Extended Range Trimix Instructor and/or Technical Extended Range Instructor) with a passing score of 90%.

And complete one of the following criteria:

- Certify five (5) divers in Extended Range Nitrox Diving and five (5) divers in Extended Range.

OR

- Teach at least two (2) complete Technical Extended Range programs with a certified Technical Extended Range Instructor Trainer and provide recommendation letters (completed and signed by the Instructor Trainer) for each class assisted.
- Co-teaching activities must take place after completion of the Technical Extended Range Instructor exam and prior to certification as a Technical Extended Range Instructor.

VII. CERTIFICATION

Active status Technical Extended Range Instructors may teach, supervise and issue certifications for the following programs:

- Extended Range Foundations
- Extended Range Nitrox Diving
- Extended Range, with or without trimix as per certification
- Technical Extended Range, with or without trimix as per certification

HYPOXIC TRIMIX INSTRUCTOR

I. INTENT

The SSI Hypoxic Trimix Instructor Training Course is intended to certify the candidate as a Hypoxic Trimix Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Hypoxic Trimix Instructor Trainer or higher may conduct the Hypoxic Trimix Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Advanced Open Water Diver Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- Be a Technical Extended Range Instructor.
- Have logged at least 250 dives, including at least 30 decompression dives deeper than 50 meters, and a minimum of ten (10) dives with at least 30 minutes of staged decompression requiring at least three (3) gas switches.
- Have logged 30 trimix dives.
- Hold a Hypoxic Trimix certification or higher.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 16.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of a hypoxic trimix dive to a depth of at least 80 meters while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Hypoxic Trimix program. All skills must be to demonstration standard while wearing a minimum of three (3) stages.
- While acting as an instructor, plan and conduct at least one (1) dive from the Hypoxic Trimix program. The dive will be a full-decompression dive at a depth of at least 80 meters, with at least 30 minutes of planned staged decompression time and at least two (2) gas switches. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Hypoxic Trimix Instructor final exam with a passing score of 90%.

AND complete one (1) of the following:

- Certify ten (10) or more divers in Technical Extended Range.

OR

- Co-teach at least two (2) complete Hypoxic Trimix programs with an active status Technical Extended Range Instructor Trainer and provide recommendation letters completed and signed by the Instructor Trainer for each class assisted.
- Co-teaching activities must take place after completion of the Hypoxic Trimix Instructor exam and prior to certification as a Hypoxic Trimix Instructor.

VII. CERTIFICATION

After certification, active status Hypoxic Trimix Instructors may teach, supervise and issue certifications for the following programs:

- Extended Range Foundations
- Extended Range Nitrox Diving
- Extended Range, with or without trimix as per certification
- Technical Extended Range, with or without trimix as per certification
- Hypoxic Trimix

CAVERN DIVING INSTRUCTOR

I. INTENT

The SSI Extended Range Cavern Diving Instructor Course is intended to certify the candidate as a Cavern Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Cave Diving Instructor Trainer or higher may conduct the Cavern Diving Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor - The Science of Diving Instructor program may be completed in conjunction with the Cavern Diving Instructor Training Course.
- Hold a Cavern Diving certification or higher.
- Provide their own Extended Range Nitrox Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

Recommended hours for course completion: 20.

The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of two (2) cavern dives while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Cavern Diving program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least two (2) dives from the Cavern Diving program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by traveling horizontally for 10 meters, then bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Cavern Diving Instructor final exam with a passing score of 90%.

For Extended Range Instructors or higher who are certified in Full Cave Diving:

- An active status Extended Range Instructor or higher who has a Full Cave Diving certification may be automatically upgraded to Cavern Diving Instructor. The candidate must submit a request to the SSI Service Center or to an Extended Range International Training Director and must submit copies of relevant certifications.

VII. CERTIFICATION

Active status Cavern Diving Instructors may teach, supervise or issue certifications for the following program:

- Cavern Diving

CAVE DIVING INSTRUCTOR

I. INTENT

The SSI Cave Diving Instructor Training Course is intended to certify the candidate as a Cave Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Cave Diving Instructor Trainer or higher may conduct the Cave Diving Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- Be a Cavern Diving Instructor.
- Be certified in Cave Diving or higher.
- Provide their own Extended Range Total Diving System.
- Have logged 75 cave dives.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 20.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of two (2) cave dives while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Cave Diving program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least two (2) dives from the Cave Diving program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by traveling horizontally for the (10) meters, then bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Cave Diving Instructor final exam with a passing score of 90%.

And complete one (1) of the following:

- Issue four (4) or more Cavern Diving certifications.

OR

Co-teach at least two (2) complete Cave Diving programs with an active status Cave Diving Instructor Trainer and provide recommendation letters completed and signed by the Instructor Trainer for each class assisted. Co-teaching activities must take place after completion of the Cave Diving Instructor exam and prior to certification as a Cave Diving Instructor.

VII. CERTIFICATION

Active status Cave Diving Instructors may teach, supervise and issue certifications for the following programs:

- Cavern Diving
- Cave Diving

FULL CAVE DIVING INSTRUCTOR

I. INTENT

The SSI Full Cave Diving Instructor Training Course is intended to certify the candidate as a Full Cave Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Full Cave Diving Instructor Trainer or higher may conduct the Full Cave Diving Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- BE an Extended Range Instructor.
- Be a Cave Diving Instructor or equivalent.
- Be certified in Full Cave Diving or higher.
- Provide their own Extended Range Total Diving System.
- Have logged 100 cave dives.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 30.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of two (2) cave dives while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Full Cave Diving program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least four (4) full penetration dives from the Full Cave Diving program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by traveling horizontally for 50 meters, then bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Full Cave Diving Instructor final exam with a passing score of 90%.

And either:

- Co-teach at least two (2) complete Full Cave Diving programs with an active status Full Cave Diving Instructor Trainer and provide recommendation letters completed and signed by the Instructor Trainer for each class assisted. Co-teaching activities must take place after completion of the Full Cave Diving Instructor exam and prior to certification as a Full Cave Diving Instructor.

OR

- Certify ten (10) or more divers at the Cave Diving level.

VII. CERTIFICATION

Active status Full Cave Diving Instructors may teach, supervise and issue certifications for the following programs:

- Cavern Diving
- Cave Diving
- Full Cave Diving

ADVANCED WRECK DIVING INSTRUCTOR

I. INTENT

The SSI Advanced Wreck Diving Instructor Trainer Course is intended to certify the candidate as an Advanced Wreck Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Advanced Wreck Diving Instructor Trainer or higher may conduct the Advanced Wreck Diving Instructor Training Course..

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- Be certified in Advanced Wreck Diving or higher.
- Provide their own Extended Range Nitrox Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

Recommended hours for course completion: 20.

The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of two (2) advanced wreck dives while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Advanced Wreck Diving program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least two (2) dives from the Advanced Wreck Diving program. During the dive, the candidate will supervise an assistant or another Instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by traveling horizontally for 10 meters, then bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Advanced Wreck Diving Instructor final exam with a passing score of 90%.

For Extended Range Instructors or higher with the Technical Wreck Diving certification:

- An active status Extended Range Instructor or higher who has a Technical Wreck Diving certification may be automatically upgraded to Advanced Wreck Diving Instructor.
- The candidate must submit a request to the SSI Service Center or to an Extended Range International Training Director and must submit copies of relevant certifications.

VII. CERTIFICATION

Active status Advanced Wreck Diving Instructors may teach, supervise and issue certifications for the following program:

- Advanced Wreck Diving

TECHNICAL WRECK DIVING INSTRUCTOR

I. INTENT

The SSI Technical Wreck Diving Instructor Training Course is intended to certify the candidate as a Technical Wreck Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status Technical Wreck Instructor Trainer or higher may conduct the Technical Wreck Diving Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Open Water Instructor or equivalent.
- Be an Enriched Air Nitrox Instructor or equivalent.
- Be a Deep Diving Instructor or equivalent.
- Be a Diver Stress and Rescue Instructor or equivalent.
- Be a Science of Diving Instructor.
- Be an Extended Range Instructor.
- Be an Advanced Wreck Diving Instructor or equivalent.
- Be certified in Technical Wreck Diving or higher.
- Provide their own Extended Range Total Diving System.
- Have logged 50 technical wreck penetrations.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 20.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar to include: the academics, confined water skills evaluation and planning/supervision of two (2) Technical Wreck dives while acting as an instructor.

At a minimum, the seminar will include:

- A review of all XR Standards and all SSI Facility Standards.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Technical Wreck Diving program. All skills must be to demonstration standard.
- While acting as an instructor, plan and conduct at least two (2) full technical wreck penetration dives from the Technical Wreck Diving program. During the dive, the candidate will supervise an assistant or another instructor candidate acting as the student during the training dive.
- Demonstrate the ability to rescue an unconscious diver by traveling horizontally for 50 meters, then bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Technical Wreck Diving Instructor final exam with a passing score of 90%.

And either:

- Co-teach at least two (2) complete Technical Wreck Diving programs with an active status Technical Wreck Diving Instructor Trainer and provide recommendation letters completed and signed by the Instructor Trainer for each class assisted. Co-teaching activities must take place after completion of the Technical Wreck Diving Instructor Exam and prior to certification as a Technical Wreck Diving Instructor.

OR

- Certify ten (10) or more divers at the Advanced Wreck Diving level.

VII. CERTIFICATION

Active status Technical Wreck Diving Instructors may teach, supervise and issue certifications for the following programs:

- Advanced Wreck Diving
- Technical Wreck Diving

EXTENDED RANGE NITROX DIVING INSTRUCTOR TRAINER

I. INTENT

The SSI Extended Range Nitrox Diving Instructor Trainer Seminar is intended to certify the candidate as an Extended Range Nitrox Diving Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range International Training Director may conduct the Extended Range Nitrox Diving Instructor Trainer Seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Extended Range Nitrox Diving Instructor.
- Have issued at least ten (10) Extended Range Nitrox Diving certifications.
- Be an recreational scuba Instructor Trainer and attend a full Extended Range Nitrox Instructor Trainer Seminar.
- Have logged at least 250 dives, including a minimum of 20 Extended Range Nitrox dives that require staged decompression.
- Provide their own Extended Range Nitrox Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. REQUIREMENTS FOR COMPLETION

- Submit a written application to an Extended Range International Training Director.

This rating is an experience rating, and must be approved by an Extended Range International Training Director.

VI. UPGRADES

- An active status recreational Instructor Trainer with an Extended Range Nitrox Diving Instructor certification may automatically upgrade to Extended Range Nitrox Diving Instructor Trainer.
- The candidate must submit a request to the SSI Service Center or to an Extended Range International Training Director, and must submit written proof of having issued at least ten (10) Extended Range Nitrox Diving certifications.

VII. CERTIFICATION

Active status Extended Range Nitrox Diving Instructor Trainers may teach, assist or supervise the following programs:

- Extended Range Nitrox Diving Instructor
- Extended Range Nitrox Diving Professional Crossover

EXTENDED RANGE INSTRUCTOR TRAINER

I. INTENT

The SSI Extended Range Instructor Trainer Seminar is intended to certify the candidate as an Extended Range Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range International Training Director may conduct the Extended Range Instructor Trainer Seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Extended Range Instructor.
- Be a recreational Instructor Trainer or attend a full Extended Range Instructor Seminar.

For Extended Range Instructor Trainer (covers Extended Range and Extended Range Foundations):

- Have logged at least 250 dives, including a minimum 100 Extended Range dives that require staged decompression and at least 50 dives deeper than 40m.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Advanced Wreck Diving Instructor Trainer:

- Must be an active status Extended Range Instructor Trainer.
- Be an Advanced Wreck Diving Instructor.
- Be certified in Technical Wreck Diving.
- Have logged at least 250 dives, including a minimum 50 Advanced or Technical Wreck dives.
- Have issued a minimum of ten (10) Advanced Wreck Diving certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Cavern Diving Instructor Trainer:

- Must be an active status Extended Range Instructor Trainer.
- Be a Cavern Diving Instructor.
- Be a Cave Diving Instructor.
- Be a Full Cave Diver.
- Have logged at least 250 dives, including a minimum 50 cavern or cave dives.
- Have issued a minimum of ten (10) Cavern Diver certifications.
- Provide their own Extended Range Nitrox Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Attended a five (5)-day Extended Range Instructor Trainer Seminar that includes academics, confined water skills, confined and open water evaluations, planning and supervision workshops, while acting as an Extended Range Instructor Trainer.
- Pass all instructor and candidate exams at the highest certified level with a minimum score of 90%.
- Exemplify the SSI philosophy and display competence in applying the SSI Business System.
- Must be approved by an Extended Range International Training Director.

VII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively for SSI (except where SSI does not have a specific program).
- Conduct a minimum of two (2) Extended Range Instructor Training Courses within 24 months.

VIII. CERTIFICATION

Active status Extended Range Instructor Trainers may teach, assist or supervise the following programs:

- Extended Range Foundations Instructor
- Extended Range Nitrox Diving Instructor
- Extended Range Instructor
- Extended Range Dive Professional Crossover

Active status Advanced Wreck Diving Instructor Trainers may teach, assist or supervise the following programs:

- Advanced Wreck Diving Instructor
- Extended Range Dive Professional Crossover

Active status Cavern Diving Instructor Trainers may teach, assist or supervise the following programs:

- Cavern Diving Instructor
- Extended Range Dive Professional Crossover

TECHNICAL EXTENDED RANGE INSTRUCTOR TRAINER

I. INTENT

The SSI Technical Extended Range Instructor Trainer Seminar is intended to certify the candidate as a Technical Extended Range Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range International Training Director may conduct the Technical Extended Range Instructor Trainer Seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be an Extended Range Instructor.
- Be a Technical Extended Range Instructor.
- Be a recreational Instructor Trainer or attend a full Extended Range Instructor Seminar.

For Technical Extended Range Instructor Trainer:

- Have logged at least 250 dives, including a minimum of 100 Extended Range dives that require staged decompression, a minimum of 50 dives deeper than 40 meters, and at least 75 decompression dives requiring staged decompression deeper than 45m.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Have issued a minimum of ten (10) Technical Extended Range certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Hypoxic Trimix Instructor Trainer:

- Be a Hypoxic Trimix Instructor.
- Have logged at least 250 dives, including a minimum 100 Extended Range dives that require staged decompression, 50 dives deeper than 40m, 75 decompression dives requiring staged decompression deeper than 45m, and 20 dives requiring staged decompression deeper than 60m.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Have issued a minimum of ten (10) Technical Extended Range certifications.
- Have issued a minimum of ten (10) Hypoxic Trimix certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Technical Wreck Diving Instructor Trainer:

- Be a Technical Wreck Diving Instructor.
- Have logged at least 250 dives, including a minimum 100 Extended Range dives that require staged decompression, 50 dives deeper than 40m, and 75 decompression dives requiring staged decompression deeper than 45m.
- Have logged at least 75 Technical Wreck dives.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Have issued a minimum of ten (10) Technical Extended Range certifications.
- Have issued a minimum of 25 Technical Wreck Diving certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Cave Diving Instructor Trainer - (covers Cave Diving and Full Cave Diving):

- Be a Full Cave Diving Instructor.
- Have logged at least 500 dives, including a minimum 100 Extended Range dives that require staged decompression, 50 dives deeper than 40m, and 75 decompression dives requiring staged decompression deeper than 45m.
- Have logged 250 cave dives.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Have issued a minimum of ten (10) Technical Extended Range certifications.
- Have issued a minimum of 20 Cave Diving certifications.
- Have issued a minimum of 25 Full Cave Diving certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

For Extended Range Foundations Instructor Trainer:

- Be an Extended Range Foundations Instructor.
- Be an Extended Range Instructor Trainer.
- Have logged at least 250 dives, including a minimum of 100 Extended Range dives that require staged decompression and 50 dives deeper than 40m.
- Have issued a minimum of ten (10) Extended Range Nitrox Diving and ten (10) Extended Range certifications.
- Have issued a minimum of 20 Extended Range Foundations certifications.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.

V. DURATION

- Recommended hours for the program: 40.
- The number of classes, hours and sessions per day are set by the individual Extended Range International Training Director, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Attended a five-day Extended Range Instructor Trainer Seminar that includes: academics, confined water skills, confined and open water evaluations, planning and supervision workshops, acting as an Extended Range Instructor Trainer.
- Pass all instructor and candidate exams at the highest certifying level with a minimum score of 90%.
- Exemplify the SSI philosophy and display competence in applying the SSI Business System.

VII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively for SSI (except where SSI does not have a specific program - Must be approved by an International Training Director).
- Conduct a minimum of two (2) Extended Range Instructor Trainer Courses within 24 months.

VIII. CERTIFICATION

Active status Technical Extended Range Instructor Trainers may teach, assist or supervise the following programs:

- Extended Range Nitrox Diving Instructor
- Extended Range Instructor
- Technical Extended Range Instructor
- Extended Range Dive Professional Crossover

Active status Technical Wreck Diving Instructor Trainers may teach, assist or supervise the following programs:

- Technical Wreck Diving Instructor
- Extended Range Nitrox Diving Instructor
- Extended Range Instructor
- Technical Extended Range Instructor
- Extended Range Dive Professional Crossover

Active status Cave Diving Instructor Trainers may teach, assist or supervise the following programs:

- Cave Diving Instructor
- Full Cave Diving Instructor
- Extended Range Nitrox Diving Instructor
- Extended Range Instructor
- Technical Extended Range Instructor
- Extended Range Dive Professional Crossover

DIVE PROFESSIONAL CROSSOVER

I. INTENT

This program is intended to provide an orientation for the SSI Dive Professional candidate to Extended Range philosophies and procedures, training standards, the SSI Educational System and the Extended Range scuba skills required in the Extended Range training programs.

II. REQUIRED INSTRUCTOR RATING

An active status Extended Range Instructor Trainer or higher may conduct the Extended Range Dive Professional Crossover program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years
- A copy of a recognized qualification from another agency.
- A copy of all certifications issued from other agencies.
- A complete list of all applicable Extended Range certifications.

IV. CANDIDATE PREREQUISITES

- All prerequisites from each individual instructor-level outline must be met or exceeded.
- Provide their own Extended Range Total Diving System.
- Complete the Extended Range Instructor Assessment Form and provide proof of the required teaching and diving experience.
- Be an active status Extended Range-level instructor or equivalent with a recognized training organization, and have no ethics or standards violations pending, or any verified ethics or standards violations in the past 12 months.

OR

- If the candidate has not been active within the last two years with a scuba training organization, they must provide proof of non-renewal, which states that no ethics actions or standards violations have been taken or are pending.

V. DURATION

- Recommended hours for course completion: 16 to 20.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.
- The two-day seminar is designed for candidates who are already SSI recreational instructors or who have recently completed the SSI Recreational Dive Professional Crossover.
- The three-day seminar is for candidates who want to crossover to SSI, but only want to become Extended Range Instructors.

Attend the three-day seminar to include: the academics, confined water skills evaluation, and planning of one (1) extended range dive deeper than 40m.

Seminar will include:

- A review of the SSI Recreational Dive Professional PEG's.
- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- Give an academic presentation from the highest Extended Range level applied for, as defined in the Extended Range Instructor Trainer Manual.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Extended Range programs. All skills must be to demonstration standard.
- Participate in a dive planning session to plan multiple XR level dives.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Extended Range candidate and instructor-level final exams for the highest certifying level with a passing score of 90%.

OR

Attend the two-day seminar to include: the academics, confined water skills evaluation, and planning of one (1) extended range dive deeper than 40m

Seminar will include:

- A review of all XR Standards and all SSI Dive Center/Resort Standards.
- Give an academic presentation from the highest Extended Range level applied for as defined in the Extended Range Instructor Trainer Manual.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- A confined water session that includes the presentation and the evaluation of all water skills required in the Extended Range programs. All skills must be to demonstration standard.
- Participate in a dive planning session to plan multiple Extended Range-level dives.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may be used ONLY for the handling of equipment once it is removed from the diver) This skill must be completed proficiently and without unnecessary time delays depending upon the conditions present at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water skills evaluation as outlined in the General Standards.
- Complete the Extended Range candidate and instructor-level final exams for the highest certifying level with a passing score of 90%.

VI. CERTIFICATION

Active status Extended Range Crossover Instructors may:

- Teach, assist, or supervise Extended Range programs as per certification.
- Issue Extended Range certifications for all levels below their highest rating.

VII. FOR OHE CROSSOVERS

The Extended Range Instructor Trainer conducting the program must be certified as an Instructor Trainer for all levels of OHE that the candidate is applying for, and is responsible for ensuring the suitability and skills of the candidate.

XR CLOSED-CIRCUIT REBREATHING PROGRAMS

XR Diving Standards

CCR DIVING

I. INTENT

The SSI CCR Diving program provides divers with the knowledge and training necessary to independently plan and conduct closed-circuit rebreather (CCR) dives to a maximum depth of 30 meters, using a CCR Total Diving System with air as diluent and CCR Diving procedures with an equally- or more-qualified dive buddy.

Beyond the SSI Standards, individual manufacturers may require additional prerequisites, experience, knowledge and skills. The instructor conducting this program must check with the applicable manufacturer for the latest standards and procedures.

II. REQUIRED INSTRUCTOR RATING

An active status unit-specific CCR Diving Instructor or higher may conduct the unit-specific CCR Diving program.

III. STUDENT PREREQUISITES

- Deep Diving and Enriched Air Nitrox 40 certification (or equivalent)
-
- Have Advanced Open Water Diver certification (or equivalent)
- Have logged 24 open-circuit dives

OR

- SSI Recreational Rebreather Diver certification (or equivalent)
- Six (6) recreational rebreather dives (if applicable to the specific unit)

NOTE: Individual manufacturers may require additional prerequisites, experience and additional knowledge and skills. SSI CCR instructors are required to check with the individual manufacturer for the latest standards and procedures.

IV. DURATION

- Recommended hours for course completion: 40.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for this program includes:

1. A complete CCR Total Diving System that:
 - Is approved by SSI
 - Has CE-type approval (European version)
 - Is properly functioning
2. A single stage cylinder (minimum volume: 6 liters) and stage regulator:
 - Second stage with 1-2 meter hose and SPG
 - Oxygen cleaned as required
4. A surface marker buoy (SMB)
5. Spool or reel appropriate for the planned dive depth
7. Cutting device

- 8. Surface signaling device

VI. DEPTH LIMITATIONS

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 12 meters.
- Open Water Training Dives 3 and 4 must be conducted at depths between 15 and 20 meters.
- Open Water Training Dives 5 and 6, and any additional training dives, must be conducted at depths between 20 and 30 meters.
- One (1) dive must be to a minimum of 25 meters for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the instructor manual.
- Complete a final exam with a passing score of 80%.
- Complete a minimum of eight (8) training dives, including two(2) confined water skill development sessions each lasting at least one (1) hour, and six (6) core open water training dives with a minimum run time of 30 minutes each, as outlined in the CCR Diving Instructor Manual.
- Complete at least 480 minutes of in-water runtime on the applicable CCR unit.
- Complete an equipment configuration session with the applicable CCR unit.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.

A. NOTES

- All training dives must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables or the student's personal dive computer.
- Divers must carry a bailout mixture of up to 50% oxygen. The volume of the carried bailout gas should be based on the highest SAC rate in the team.
- Apart from the onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom and a maximum setpoint/loop ppO₂ of 1.3 bar.

VIII. SEQUENCE

- Open Water Training Dives 1 and 2 may only be conducted after completing the equipment configuration session, the water fitness evaluation and all pool/confined water sessions.
- Open Water Training Dives 3-6, and any additional open water training dives, may not be completed until all standards requirements for academic lectures, the final written exam and Open Water Training Dives 1 and 2 are successfully met or exceeded.

NOTE: These core open water training dives are the absolute minimum required for certification. Students must not proceed to the next dive if they did not successfully complete the previous dive. The instructor may repeat the previous dive, or they can plan additional experience dives, before the students can proceed to the next core open water training dive.

IX. CERTIFICATION

CCR Diving certification entitles the holder to dive with an equally- or more-qualified buddy, with the equipment configuration used during training, and CCR diving procedures to depths of up to 30 meters, not requiring staged decompression stops, providing that dives are conducted in environments similar to those of the diver's training and experience.

XR Diving Standards

CCR EXTENDED RANGE

I. INTENT

The intent of the CCR Extended Range program is to provide divers with the training necessary to independently plan and conduct limited decompression dives using air to a maximum depth of 40m, or normoxic trimix (minimum 20% O₂) to a maximum depth of 45 meters, using decompression mixtures of up to 100% oxygen and specialized diving equipment and procedures, for a maximum accumulated decompression time of 25 minutes, with an equally-or more-qualified dive buddy.

Beyond the SSI Standards, individual manufacturers may require additional prerequisites, experience, knowledge and skills. The instructor conducting this program must check with the applicable manufacturer for the latest standards and procedures.

II. REQUIRED INSTRUCTOR RATING

An active status unit-specific CCR Extended Range Instructor or higher may conduct the unit-specific CCR Extended Range program.

The instructor must be qualified as a unit-specific CCR Extended Range Trimix Instructor to conduct the CCR Extended Range Trimix program.

NOTE: The CCR Extended Range Trimix curriculum is identical to the non-trimix program, except for the breathing gas used. Air should only be used if helium is not an option.

III. STUDENT PREREQUISITES

- Have Deep Diving and Enriched Air Nitrox 40 certifications (or equivalent)
- Have Advanced Open Water Diver certification (or equivalent)
- Have SSI Extended Range Nitrox Diving certification (or equivalent)
- Have logged 50 extended range dives that require a stage cylinder, decompression and a written dive plan

OR

- Have Deep Diving and Enriched Air Nitrox 40 certifications (or equivalent)
- Have Advanced Open Water Diver certification (or equivalent)
- Have CCR Diving certification (or equivalent)
- Have logged 25 CCR dives

IV. DURATION

- Recommended hours for course completion: 40.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for this program includes:

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
 - Is properly functioning
2. At least one stage cylinder for bottom bailout with:

- Stage regulator
 - Second stage with 1-2 meter hose and SPG
 - Low-pressure inflator hose or quick-connect compatible with the unit
 - Oxygen cleaned as required
3. Backup OC/CCR computer for bailout in the event of a system failure
 4. A surface marker buoy (SMB)
 5. Spool or reel appropriate for the planned dive depth
 6. Backup mask
 7. Cutting device
 8. Surface signaling device

VI. DEPTH LIMITATIONS

Air as diluent:

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 12 meters.
- Open Water Training Dives 3 and 4 must be conducted at depths between 15 and 20 meters.
- Open Water Training Dives 5 and 6, and any additional training dives, must be conducted at depths between 30 and 40 meters.
- One (1) dive must be to a minimum of 35 meters for certification.

Trimix as diluent:

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 12 meters.
- Open Water Training Dives 3 and 4 must be conducted at depths between 15 and 20 meters.
- Open Water Training Dives 5 and 6, and any additional training dives, must be conducted at depths between 30 and 45 meters.
- One (1) dive must be to a minimum of 40 meters for certification.

NOTE: students upgrading to CCR Extended Range Trimix must add an additional day of training with a minimum of two (2) dives between 30-45 meters.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the instructor manual.
- Complete a final exam with a passing score of 80%.
- If qualifying trimix, complete a CCR Extended Range Trimix final exam with a passing score of 80%.
- Complete at least eight (8) training dives, including two (2) confined water skill development sessions, each lasting at least two (2) hours, and a minimum of six (6) open water core training dives, with a minimum runtime of at least 30 minutes each, as outlined in the CCR Extended Range Instructor Manual.
- Complete at least 480 minutes of in-water runtime on the applicable CCR unit.
- Complete an equipment configuration session with the applicable CCR unit.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.

- Be able to independently complete a full dive plan using the Extended Range Dive Planning sheet.

A. NOTES

The first and second training dives must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables or the student's personal dive computer.

- Actual stage decompression must be conducted on Open Water Training Dive 3, and all remaining open water training dives.

The total time for all required decompression stops on dives 3 and 4 must not exceed 15 minutes per dive.

- The total time for all decompression stops on Open Water Training Dives 5 and 6, and all remaining open water training dives, must not exceed 25 minutes per dive.
- The total combined time for Open Water Training Dives 1 through 4 must be at least two (2) hours, and the total combined time for Open Water Training Dives 5 and 6 must be at least 90 minutes.
- The volume of the carried bailout gas should be based on the highest SAC rate in the team, plus 30% for reserve, and sufficient to complete a gas-sharing ascent and all required decompression.
- Apart from onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom, must use a maximum setpoint/ loop ppO₂ of 1.3 bar at depth, and must not exceed a maximum loop ppO₂ of 1.6 bar.

VIII. SEQUENCE

Open Water Training Dives 1 and 2 may only be conducted after completion of the equipment configuration section, all water fitness evaluations, and all pool/confined water sessions have been completed.

Open Water Training Dives 3-6, and any additional open water training dives, may not be completed until all standards requirements for academic lectures, the final written exam and Open Water Training Dives 1 and 2 have been successfully met or exceeded.

IX. CERTIFICATION

CCR Extended Range (with or without trimix) certification entitles the holder to dive with an equally - or more-qualified buddy, on dives using specialized diving equipment and procedures to depths of up to 40m (using air) or 45m (using trimix) and requiring staged decompression stops of no longer than 25 minutes (based on bailout gas), providing that dives are conducted in environments similar to those of the diver's training and experience.

CCR TECHNICAL EXTENDED RANGE

I. INTENT

The intent of the CCR Technical Extended Range program is to provide divers with the training necessary to independently plan and conduct multiple-stop decompression dives to depths of up to 60m, using trimix, specialized diving equipment and CCR extended range diving procedures with an equally- or more highly-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status unit-specific CCR Technical Extended Range Instructor or higher may conduct the unit-specific CCR Technical Extended Range program.

III. STUDENT PREREQUISITES

- Have Science of Diving and Diver Stress and Rescue certifications (or equivalents)
- Have CCR Extended Range certification (or equivalent)
- Have logged 50 CCR dives, including at least 20 dives deeper than 30m, and at least ten (10) dives requiring staged decompression with at least two (2) stage cylinders.

IV. DURATION

- Recommended hours for course completion: 30.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for this program includes:

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
 - Is properly functioning
 - Is appropriate for bailout and multiple-gas switch, accelerated decompression diving.
2. At least two (2), maximum of three (3), stage cylinders with:
 - Stage regulator
 - Second stage with 1-2 meter hose and SPG
 - Low-pressure inflator hose or quick-connect compatible with the unit
 - Oxygen cleaned as required
3. Backup OC/CCR computer for bailout in the event of a system failure
4. A surface marker buoy (SMB)
5. Spool or reel appropriate for the planned dive depth

6. Backup mask
7. Two (2) cutting devices
8. Surface signaling device
10. Emergency spool

VI. DEPTH LIMITATIONS

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 meters.
- Open Water Training Dives 3 and 4 must be conducted shallower than 45 meters.
- Open Water Training Dives 5 through 7 must be conducted shallower than 60 meters.
- One (1) dive must be to at least 55 meters for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the instructor manual.
- Complete a final exam with a passing score of 80%.
- Complete a minimum of seven (7) core open water training dives.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Be able to independently complete a full dive plan using the Extended Range Dive Planning sheet.
- Complete at least one (1) manual flight training dive using the backup display and off-board connected gases.
- Complete at least one bailout ascent, including a gas switch during the ascent, from a depth of at least 40 meters.

A. NOTES

Preliminary dives 1 and 2 must have a minimum run time of 30 minutes.

Open Water Training Dive 1 must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables, the student's personal dive computer, or computer-generated decompression profiles.

- The total cumulative time for Open Water Training Dives 3 through 7 must be at least three (3) hours.
- The primary planned decompression obligation (total time of all decompression stops, including any deep stops) must not exceed 30 minutes for Open Water Training Dives 3 and 4, and 60 minutes for Open Water Training Dives 5 through 7.

At least one (1) dive must have a total run time in excess of 60 minutes.

- If environmental or water conditions make it unsafe or impractical to meet the cumulative time requirements in four (4) core open water training dives, additional training dives should be scheduled.
- The volume of the carried bailout gas should be based on the highest SAC rate in the team, plus 30% for reserve, and sufficient to complete a gas-sharing ascent and all required decompression.
- Apart from onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom, must use a maximum setpoint/ loop ppO₂ of 1.3 bar at depth, and must not exceed a maximum loop ppO₂ of 1.6 bar.
- For the diluent, the maximum END at the bottom of the dive must not be shallower than 40 meters.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of all water skills evaluations and Open

Water Training Dives 1 and 2.

- Open Water Training Dives 5 through 7 may not be completed until all standards requirements for academic lectures, the final written exam and Open Water Training Dives 3 and 4 have been successfully met or exceeded.

NOTE: These core open water training dives are the absolute minimum required for certification. Students must not proceed to the next dive if they did not successfully complete the previous dive. The instructor may repeat the previous dive, or they can plan additional experience dives, before the students can proceed to the next core open water training dive.

IX. CERTIFICATION

CCR Technical Extended Range certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, using trimix and specialized diving equipment and procedures, to depths of 60m, and requiring unlimited staged decompression stops with a maximum of two bailout gas switches, providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

CCR Technical Extended Range students may not credit dives in this program to any other Technical Extended Range program. This program may be conducted in conjunction with the Technical Wreck Diving program or Full Cave Diving program.

If conducted in conjunction with the Technical Wreck Diving program:

- Open Water Training Dives 1-4 of the Technical Wreck Diving program may also be used to meet the requirements of Open Water Training Dives 1-4 of the CCR Technical Extended Range program.
- Divers must complete all of the prerequisites, skills development and academic requirements for both programs.
- The recommended maximum depth for penetration training dives is 45m, and under no circumstances may any penetration dives be conducted at depths deeper than 50m during the program.

If conducted in conjunction with the Cave Diving program:

- Open Water Training Dives 5-8 of the Cave / Full Cave Diving program may be used to meet the requirements of Open Water Training Dives 1-4 of the CCR Technical Extended Range program.
- Divers must complete all of the prerequisites, skills development and academic requirements for both programs.
- Under no circumstances may any cave penetration dives be conducted at depths deeper than 35m on air or 60m on trimix during the program.

XR Diving Standards

CCR HYPOXIC TRIMIX

I. INTENT

The intent of the CCR Hypoxic Trimix program is to provide divers with the training necessary to independently plan and conduct staged decompression dives to depths of up to 100m, using specialized CCR diving equipment, hypoxic trimix mixtures and procedures with an equally-, or more-qualified dive buddy.

II. REQUIRED INSTRUCTOR RATING

An active status unit-specific CCR Hypoxic Trimix Instructor or higher may conduct the unit-specific CCR Hypoxic Trimix program.

III. STUDENT PREREQUISITES

- Have Science of Diving and Diver Stress and Rescue certifications (or equivalents)
- Have CCR Technical Extended Range certification or equivalent.

Have logged 100 CCR dives, including at least 30 dives deeper than 30m, at least ten (10) dives deeper than 50m, and at least 20 dives requiring staged decompression.

IV. DURATION

- Recommended hours for course completion: 30.

V. MATERIALS AND EQUIPMENT

The minimum required student equipment for this program includes:

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
 - Is properly functioning
 - Is appropriate for bailout and multiple-gas switch, accelerated decompression diving.
2. At least two (2), maximum of three (3), stage cylinders with:
 - Stage regulator
 - Second stage with 1-2 meter hose and SPG
 - Low-pressure inflator hose or quick-connect compatible with the unit
 - Oxygen cleaned as required
3. Backup OC/CCR computer for bailout in the event of a system failure
4. A surface marker buoy (SMB)
5. Spool or reel appropriate for the planned dive depth
6. Backup mask
7. Two (2) cutting devices

8. Surface signaling device
10. Emergency spool
11. Access to emergency decompression gas, either by trailing, team sharing, staging or from support divers

VI. DEPTH LIMITATIONS

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 meters.
- Open Water Training Dives 3 and 4 must be conducted shallower than 80m, with at least one dive deeper than 75m.
- Open Water Training Dives 5 and 6 must be conducted shallower than 100m.
- One (1) dive must be to at least 90m for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the instructor manual.
- Complete a final exam with a passing score of 80%.
- Complete a minimum of six (6) Open Water Training Dives.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Be able to independently complete a full dive plan using the Extended Range Dive Planning sheet.
- Complete at least one (1) manual flight training dive using the backup display and off-board connected gases.
- Complete at least one bailout ascent, including at least two (2) gas switches during the ascent, from a depth of at least 40 meters.

A. NOTES

Preliminary dives 1 and 2 must have a minimum run time of 30 minutes.

Open Water Training Dive 1 must be planned within the no-decompression limits of the SSI Combined Air/EAN Tables, the student's personal dive computer, or computer-generated decompression profiles.

The total cumulative time for Open Water Training Dives 3 through 6 must be a minimum of five (5) hours.

The primary planned decompression obligation (total time of all decompression stops including deep stops, if used) for core dives must not exceed 30 minutes for dives 3 and 4, and 60 minutes for dives 5 and 6.

- If environmental or water conditions make it unsafe or impractical to meet the cumulative time requirements in four (4) core open water training dives, additional training dives should be scheduled.
- The volume of the carried bailout gas should be based on the highest SAC rate in the team, plus 30% for reserve, and sufficient to complete a gas-sharing ascent and all required decompression.
- Apart from onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom, must use a maximum setpoint/ loop ppO₂ of 1.3 bar at depth, and must not exceed a maximum loop ppO₂ of 1.6 bar.
- For the diluent, the maximum END at the bottom of the dive must not be shallower than 40 meters.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of all water skills evaluations and Open Water Training Dives 1 and 2.
- Open Water Training Dives 5 and 6 may not be completed until all standards requirements for academic lectures, the final written exam, and Open Water Training Dives 1 through 4 have been successfully met or exceeded.

IX. CERTIFICATION

The CCR Hypoxic Trimix certification entitles the holder to dive autonomously with an equally- or more-qualified buddy, on dives using specialized diving equipment and procedures to depths of either 80m or 100m.

The Hypoxic Trimix 80m certification is the same as the 100m certification, with one exception: if conditions do not permit, or the students cannot make the deepest dives, divers may become certified at 80m after the first four (4) core open water training dives.

After developing experience, and with an equally- or more-qualified buddy, a diver qualified to 100m may dive to depths in excess of 100m.

X. CREDIT

Dives from this program may not be credited to other programs.

XR CLOSED-CIRCUIT REBREATHER PROFESSIONAL PROGRAMS

XR Diving Standards

CCR DIVING INSTRUCTOR

I. INTENT

This program is intended to certify the candidate as a CCR Diving Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status CCR Extended Range Instructor Trainer or higher may conduct the CCR Diving Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Have at least the following certifications:

- Enriched Air Nitrox Instructor (or equivalent)
- Deep Diving Instructor (or equivalent)
- Diver Stress and Rescue Instructor (or equivalent)
- Science of Diving Instructor (may be completed in conjunction with this program)
- CCR Extended Range Trimix (or equivalent)
- Extended Range Nitrox Diving Instructor

Have logged at least 75 hours of CCR runtime, with at least 50 hours on the specific unit, and 30 dives deeper than 30m.

Provide their own CCR Total Diving System

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Have logged at least 100 CCR dives, with at least 50 hours on the CCR unit used to conduct CCR Diving programs.

Co-teach at least two (2) CCR Diving programs under the direct supervision of two different active status CCR Diving Instructor Trainers or manufacturer-approved CCR Diving Instructors who have issued at least 15 CCR Diving certifications.

A unit-specific CCR Diving Instructor Trainer must conduct the final evaluation program.

OR

Co-teach at least one (1) CCR Diving program under the direction supervision of an active status CCR Diving Instructor Trainer or manufacturer-approved CCR Diving Instructor who has issued at least 15 CCR Diving certifications.

AND

Attend a five-day seminar conducted by an active status CCR Diving Instructor Trainer or higher that includes: the academics, confined water skills evaluation and planning/participation as a team member/supervising instructor on CCR dives to a maximum depth of 40m.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- While acting as instructor, plan and conduct at least one (1) dive from the program.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may ONLY be used to handle and control equipment once it has been removed from the diver.) This skill must be completed proficiently and without unnecessary delay, depending on conditions at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete the applicable final exams with a passing score of at least 90%.

A. NOTES

- Instructors must carry a bailout cylinder with a maximum oxygen content of 50%, depending on the depth of the dive.
- The volume of the carried bailout gas should be based on the highest SAC rate in the team, plus 30% for reserve, and sufficient to complete a gas-sharing ascent and all required decompression.
- Apart from onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom, must use a maximum setpoint/ loop ppO₂ of 1.3 bar at depth, and must not exceed a maximum loop ppO₂ of 1.6 bar.

VII. CERTIFICATION

Active status CCR Diving Instructors may teach, supervise and issue certifications for the following program:

- CCR Diving

CCR EXTENDED RANGE INSTRUCTOR

I. INTENT

This program is intended to certify the candidate as a CCR Extended Range Trimix Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status CCR Extended Range Instructor Trainer or higher may conduct the CCR Extended Range Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Have at least the following certifications:

- Advanced Open Water Instructor (or equivalent)
- Enriched Air Nitrox Instructor (or equivalent)
- Deep Diving Instructor (or equivalent)
- Diver Stress and Rescue Instructor (or equivalent)
- Science of Diving Instructor (may be completed in conjunction with this program)
- CCR Technical Extended Range
- A unit-specific CCR instructor certification from a recognized training agency

Have issued the following certifications (minimum):

- 3 Enriched Air Nitrox (or equivalent)
- 5 CCR Diving (or equivalent)

Have logged at least 100 hours on CCR, 50 hours on the program-specific unit, and 30 dives deeper than 40m

Provide their own CCR Extended Range Total Diving System

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a five-day seminar conducted by an active status CCR Extended Range Instructor Trainer or higher that includes: the academics, confined water skills evaluation and planning/participation as a team member/supervising instructor on CCR Extended Range dives to a maximum depth of 40m, and plan and supervise Extended Range dives deeper than 40m while acting as the instructor.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- While acting as instructor, plan and conduct at least three (3) dives from the CCR Extended Range program.
- The candidate must supervise an assistant, or another candidate acting as the student, one at least one (1) dive while performing a bailout and staged decompression.
- At least one (1) dive should include an ascent using manual addition.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may ONLY be used to handle and control equipment once it has been removed from the diver.) This skill must be completed proficiently and without unnecessary delay, depending on conditions at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete the applicable final exams with a passing score of at least 90%.

A. NOTES

- Instructors must carry a bailout cylinder with a maximum oxygen content of 50%, depending on the depth of the dive.
- The volume of the carried bailout gas should be based on the highest SAC rate in the team, plus 30% for reserve, and sufficient to complete a gas-sharing ascent and all required decompression.
- Apart from onboard oxygen, divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 bar at the bottom, must use a maximum setpoint/ loop ppO₂ of 1.3 bar at depth, and must not exceed a maximum loop ppO₂ of 1.6 bar.
- Certified Extended Range Instructors may carry an additional decompression cylinder with up to 100% oxygen.

VII. CERTIFICATION

Active status CCR Extended Range Instructors may teach, supervise and issue certifications for the following programs:

- CCR Diving
- CCR Extended Range Trimix

CCR TECHNICAL EXTENDED RANGE INSTRUCTOR

I. INTENT

The intent of this program is to certify the candidate as a CCR Technical Extended Range Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status CCR Technical Extended Range Instructor Trainer or higher may conduct the CCR Technical Extended Range Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Have at least the following certifications:

- Advanced Open Water Instructor (or equivalent)
- Enriched Air Nitrox Instructor (or equivalent)
- Deep Diving Instructor (or equivalent)
- Diver Stress and Rescue Instructor (or equivalent)
- Science of Diving Instructor
- CCR Hypoxic Trimix
- CCR Extended Range Instructor

Have logged at least 150 CCR dives, including at least 50 decompression dives deeper than 50m, with at least 30 minutes of staged decompression

Provide their own CCR Extended Range Total Diving System

Have a clean record and approval from the manufacturer

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.

- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a five-day seminar conducted by an active status CCR Technical Extended Range Instructor Trainer that includes: the academics, confined water skills evaluation and planning/supervision of a CCR Technical Extended Range dive to a depth of at least 50m while acting as an instructor.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- While acting as instructor, plan and conduct at least three (3) dives from the CCR Technical Extended Range program.
- The candidate must supervise an assistant, or another candidate acting as the student, on at least one (1) full decompression dive to a depth of at least 45m, with at least 25 minutes of planned staged decompression time deploying off-board manual injection.
- The candidate must supervise an assistant, or another candidate acting as the student, during at least one (1) bailout dive from a depth of at least 45m to 55m (depending on environmental conditions and visual references), with at least 15 minutes of simulated staged decompression and at least one (1) gas switch.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may ONLY be used to handle and control equipment once it has been removed from the diver.) This skill must be completed proficiently and without unnecessary delay, depending on conditions at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete the applicable final exams with a passing score of at least 90%.

AND complete one (1) of the following:

- Issue at least ten (10) CCR Diving certifications and five (5) CCR Extended Range certifications

OR

- Issue at least five (5) CCR Diving certifications and five (5) CCR Extended Range certifications
- Co-teach at least two (2) CCR Technical Extended Range programs with an active status CCR Technical Extended Range Instructor Trainer, and provide recommendation letters from the Instructor Trainer for each program (co-teaching must occur after successful completion of the CCR Technical Extended Range Instructor Exam).

VII. CERTIFICATION

Active status CCR Technical Extended Range Instructors may teach, supervise and issue certifications for the following programs:

- CCR Diving
- CCR Extended Range Trimix
- CCR Technical Extended Range

XR Diving Standards

CCR HYPOXIC TRIMIX INSTRUCTOR

I. INTENT

The intent of this program is to certify the candidate as a CCR Hypoxic Trimix Instructor.

II. REQUIRED INSTRUCTOR RATING

An active status CCR Hypoxic Trimix Instructor Trainer or higher may conduct the CCR Hypoxic Trimix Instructor Training Course.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

Have at least the following certifications:

- CCR Hypoxic Trimix
- CCR Technical Extended Range Instructor

Have logged at least 250 CCR dives, including at least 50 decompression dives deeper than 60 meters, that meet the following requirements:

- At least ten (10) dives requiring a minimum of 30 minutes of staged decompression using three (3) stage cylinders
- At least 30 Hypoxic Trimix dives

Provide their own CCR Extended Range Total Diving System

Have a clean record and approval from the manufacturer

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Attend a five-day seminar conducted by an active status CCR Hypoxic Trimix Instructor Trainer that includes: the academics,

confined water skills evaluation and planning/supervision of a CCR Hypoxic Trimix dive to a depth of at least 80m while acting as an instructor.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- While acting as instructor, plan and conduct at least three (3) dives from the CCR Hypoxic Trimix program.
- The candidate must supervise an assistant, or another candidate acting as the student, on at least one (1) full decompression dive to a depth of at least 80m, with at least 30 minutes of planned staged decompression time deploying off-board manual injection.
- The candidate must supervise an assistant, or another candidate acting as the student, during at least one (1) bailout dive from a depth of at least 65m, with at least 25 minutes of simulated (limited) staged decompression and at least two (2) gas switches.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may ONLY be used to handle and control equipment once it has been removed from the diver.) This skill must be completed proficiently and without unnecessary delay, depending on conditions at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete the applicable final exams with a passing score of at least 90%.
- Issue at least ten (10) CCR Diving certifications and at least five (5) CCR Technical Extended Range certifications.

VII. CERTIFICATION

Active status CCR Hypoxic Trimix Instructors may teach, supervise and issue certifications for the following programs:

- CCR Diving
- CCR Extended Range Trimix
- CCR Technical Extended Range
- CCR Hypoxic Trimix

CCR DIVING INSTRUCTOR TRAINER

I. INTENT

The intent of this program is to certify the candidate as a CCR Diving Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status XR International Training Director may conduct the CCR Diving Instructor Trainer Seminar in conjunction with a manufacturer-approved, unit-specific Trainer.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be a CCR Diving Instructor on the applicable unit
- Have issued at least 25 CCR Diving certifications on the applicable unit
- Be an Extended Range Instructor Trainer, or complete an Extended Range Instructor Trainer Seminar
- Have logged at least 250 dives, including a minimum of 200 CCR dives and at least 100 unit-specific dives

Provide their own CCR Extended Range Total Diving System

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Submit a written application to an XR International Training Director and the CCR unit manufacturer.
- Complete a 5-day CCR Diving Instructor Trainer Seminar.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- Complete the water fitness evaluation as outlined in the General Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.

Assist with at least one (1) complete CCR Diving Instructor Training Course, where the candidate is responsible for supervising and evaluating the instructor candidate's development.

VII. CERTIFICATION

Active status CCR Diving Instructor Trainers may teach, assist or supervise the following programs:

- CCR Diving Instructor
- XR Dive Professional Crossover

CCR EXTENDED RANGE INSTRUCTOR TRAINER

I. INTENT

The intent of this program is to certify the candidate as a CCR Extended Range Trimix Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status XR International Training Director may conduct the CCR Extended Range Instructor Trainer Seminar in conjunction with a manufacturer-approved, unit-specific Trainer.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be a CCR Extended Range Instructor on the specific unit
- Be an Extended Range Trimix Instructor
- Be an Extended Range Instructor Trainer, or complete an Extended Range Instructor Trainer Seminar

Have logged at least 250 hours on CCR, 100 unit-specific dives that require staged decompression, and at least 50 dives deeper than 40m.

- Have issued at least 25 XR CCR certifications, including at least ten (10) CCR Extended Range certifications on the specific unit

Provide their own CCR Extended Range Total Diving System

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Submit a written application to an XR International Training Director and the CCR unit manufacturer.

- Complete a five (5)-day CCR Extended Range Instructor Trainer Seminar that includes academics, confined water skills, confined and open water evaluations, and planning and supervision workshops, while acting as a CCR Extended Range Instructor Trainer.
- Pass all instructor and candidate exams at the highest certified level with a minimum score of 90%.
- Exemplify the SSI philosophy, and display competence in applying the SSI Business System.

VII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively SSI programs (except where SSI does not have a specific program).
- Conduct a minimum of two (2) CCR Extended Range Instructor Training Courses within 24 months.

VIII. CERTIFICATION

Active status CCR Extended Range Instructor Trainers may teach, assist or supervise the following programs:

- CCR Diving Instructor
- CCR Extended Range Instructor
- XR Dive Professional Crossover

CCR TECHNICAL EXTENDED RANGE INSTRUCTOR TRAINER

I. INTENT

The intent of this program is to certify the candidate as a CCR Technical Extended Range Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status XR International Training Director may conduct the CCR Technical Extended Range Instructor Trainer Seminar in conjunction with a manufacturer-approved, unit-specific Trainer.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be a CCR Technical Extended Range Instructor on the specific unit
- Be a Technical Extended Range Trimix Instructor
- Have logged at least 250 dives, including at least 150 CCR Extended Range dives requiring staged decompression, at least 50 dives deeper than 40m, and at least 75 decompression dives requiring staged decompression deeper than 45m
- Have issued at least ten (10) certifications each for CCR Diving, CCR Extended Range, and CCR Technical Extended Range

Provide their own CCR Extended Range Total Diving System

Have a clean record and approval from the manufacturer

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Submit a written application to an XR International Training Director and the CCR unit manufacturer.
- Complete a five (5)-day CCR Technical Extended Range Instructor Trainer Seminar that includes academics, confined

water skills, confined and open water evaluations, and planning and supervision workshops, while acting as a CCR Technical Extended Range Instructor Trainer.

- Pass all instructor and candidate exams at the highest certified level with a minimum score of 90%.
- Exemplify the SSI philosophy, and display competence in applying the SSI Business System.

VII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively SSI programs (except where SSI does not have a specific program).
- Conduct a minimum of two (2) CCR Extended Range Instructor Training Courses within 24 months.

VIII. CERTIFICATION

Active status CCR Technical Extended Range Instructor Trainers may teach, assist or supervise the following programs:

- CCR Diving Instructor
- CCR Extended Range Instructor
- CCR Technical Extended Range Instructor
- XR Dive Professional Crossover

CCR HYPOXIC TRIMIX INSTRUCTOR TRAINER

I. INTENT

The intent of this program is to certify the candidate as a CCR Hypoxic Trimix Instructor Trainer.

II. REQUIRED INSTRUCTOR RATING

An active status XR International Training Director may conduct the CCR Hypoxic Trimix Instructor Trainer Seminar in conjunction with a manufacturer-approved, unit-specific Trainer.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Be a CCR Hypoxic Trimix Instructor on the specific unit
- Have logged at least 250 dives, including at least 100 unit-specific CCR Extended Range dives requiring staged decompression.
- Have issued at least ten (10) certifications each for CCR Diving, CCR Extended Range, CCR Technical Extended Range and CCR Hypoxic Trimix

Provide their own CCR Extended Range Total Diving System

Have a clean record and approval from the manufacturer

Complete the XR Instructor Assessment Form and provide proof of the required teaching and diving experience

V. DURATION

- Recommended hours for course completion: 40.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

- Submit a written application to an XR International Training Director and the CCR unit manufacturer.
- Complete a five (5)-day CCR Hypoxic Trimix Instructor Trainer Seminar that includes academics, confined water skills, confined and open water evaluations, and planning and supervision workshops, while acting as a CCR Hypoxic Trimix

Instructor Trainer.

- Pass all instructor and candidate exams at the highest certified level with a minimum score of 90%.
- Exemplify the SSI philosophy, and display competence in applying the SSI Business System.

VII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively SSI programs (except where SSI does not have a specific program).
- Conduct a minimum of two (2) CCR Extended Range Instructor Training Courses within 24 months.

VIII. CERTIFICATION

Active status CCR Hypoxic Trimix Instructor Trainers may teach, assist and supervise the following programs:

- CCR Diving Instructor
- CCR Extended Range Instructor
- CCR Technical Extended Range Instructor
- CCR Hypoxic Trimix Instructor
- XR Dive Professional Crossover

XR Diving Standards

CCR DIVE PROFESSIONAL CROSSOVER

I. INTENT

This program is intended to provide an orientation for the SSI Dive Professional candidate to XR CCR philosophies and procedures, training standards, the SSI Educational System and the CCR skills required for the XR CCR training programs.

II. REQUIRED INSTRUCTOR RATING

An active status, unit-specific CCR Diving Instructor Trainer or higher may conduct the XR CCR Dive Professional Crossover program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an XR Professional Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years
- A copy of a recognized qualification from another agency.
- A copy of all certifications issued from other agencies.
- A complete list of all applicable Extended Range certifications.

IV. CANDIDATE PREREQUISITES

- All prerequisites from each individual instructor-level outline must be met or exceeded.
- Be an active status CCR Extended Range-level instructor or equivalent with a recognized training organization.
- Have no ethics or standards violations pending, or any verified ethics or standards violations in the past 12 months.
- Provide proof of unit-specific CCR diver-level certification for the applicable level.
- Provide proof of at least 50 unit-specific CCR dives for the applicable level.

NOTE: If the candidate has been inactive within the last two years with a scuba training organization, they must provide proof of non-renewal that states that no ethical actions or standards violations have been taken or are pending.

V. DURATION

- Recommended hours for course completion: 16 to 20.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and water conditions.

VI. REQUIREMENTS FOR COMPLETION

Co-teach at least one (1) CCR Diving program under the direct supervision of an active status CCR Diving Instructor Trainer,

including the evaluation requirements from the seminar as described below.

OR

Complete a two- or three-day seminar to include: academics, confined water skills evaluation, and planning/participation as a team member/supervising instructor on XR CCR dives to the maximum depth of the applicable level.

- The two-day seminar is designed for candidates who are already SSI recreational instructors or who have recently completed the SSI Recreational Dive Professional Crossover.
- The three-day seminar is for candidates who want to crossover to SSI, but only want to become XR CCR Instructors.

NOTE: The seminar must be conducted by an active status, manufacturer-approved CCR Instructor Trainer at the applicable level.

At a minimum, seminar candidates will:

- Complete a review of all Extended Range Standards and all SSI Dive Center/Resort Standards.
- Complete a dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete a confined water session that includes the presentation and evaluation of all required water skills. All skills must be to demonstration standard.
- While acting as a team member, plan and participate in at least one (1) successful XR CCR dive at the applicable level.
- While acting as instructor, plan and conduct at least three (3) dives from the applicable program. At least one of the dives must be a bailout dive and at least one of the dive must be a manual oxygen flight dive to a depth at the applicable instructor level.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 5m and 10m, establishing positive buoyancy, evaluating the diver's status, removing all equipment and removing the diver from the water. (Assistance may ONLY be used to handle and control equipment once it has been removed from the diver.) This skill must be completed proficiently and without unnecessary delay, depending on conditions at the rescue site.
- Complete an appropriate equipment assembly workshop.
- Complete the water fitness evaluation as outlined in the General Standards and the instructor manual.
- Complete the applicable final exams with a passing score of at least 90%.

VII. CERTIFICATION

Active status XR CCR Instructors who have successfully completed the CCR Dive Professional Crossover may:

Teach, assist or supervise XR CCR programs as per certification.

Issue XR CCR certifications for all levels below their highest rating.

VIII. FOR OHE CROSSOVERS

- The XR CCR Instructor Trainer conducting the program must be certified as a CCR XR Instructor Trainer for all levels of OHE that the candidate is applying for, and is responsible for ensuring the suitability and skills of the candidate.

FREEDIVING GENERAL TRAINING STANDARDS



FREEDIVING GENERAL TRAINING STANDARDS

GENERAL TRAINING STANDARDS

I. HOW TO USE THESE STANDARDS

The Freediving General Training Standards apply to all SSI Freediving programs unless otherwise specified in program-specific Training Standards. If a specific standard is not listed in the Freediving General Training Standards or program-specific Training Standards, use the General Training Standards.

For the purpose of these standards, an SSI Dive Professional is defined as a person holding any professional-level rating with SSI, or any staff member of an SSI Dive Center/Resort.

II. RESPONSIBILITY

All SSI Freediving Instructors and Dive Professionals are accountable for their decisions and actions when working with the public.

SSI expects you to display appropriate and professional behavior at all times while involved in training-related activities. All General and Ethical Standards apply to SSI Freediving Centers/Resorts.

III. SSI MATERIALS

A. STUDENT MATERIALS

Each student must own the appropriate and current training material, either in a physical and/or digital format, for every program (if training materials are available) they participate in.

B. PROFESSIONAL MATERIALS

The SSI Training Standards, SSI Professional Training Materials and SSI Student Materials form the basis of the SSI Teaching System and are to be used for all SSI training programs. Whenever there is a discrepancy between these materials, the SSI Training Standards take precedence. If in doubt, contact your SSI Service Center for guidance or interpretation.

IV. EQUIPMENT DEFINITIONS

A. MINIMUM STUDENT EQUIPMENT

Snorkeling - During all open water snorkeling training dives, each student must be equipped with a properly fitted Total Snorkeling System; mask, snorkel, fins and an exposure suit that is appropriate for the environment.

Freediving - During all open water freediving training dives, each student must be equipped with a properly fitted Total Freediving System; mask, fins, an exposure suit appropriate for the environment, and SSI Freediving Log

B. MINIMUM DIVE PROFESSIONAL EQUIPMENT

- During all freediving open water training, each SSI Dive Professional must be equipped with at least all student equipment
- SSI Dive Professionals must use bi-fins during all programs with the exception of the monofin specialty

V. STUDENT PARTICIPATION CRITERIA

A. AGE

The minimum age to participate in any SSI program is listed in the individual program Training Standards.

B. EXPERIENCE PREREQUISITES

The minimum experience prerequisites are listed in the individual program Training Standards.

C. PERSONAL FITNESS

All SSI Freediving programs have required water skills and stamina evaluations that can be found in the program-specific standards.

VI. MEDICAL HISTORY, LIABILITY AND RISK AWARENESS

A. MEDICAL HISTORY

Each student must complete the SSI Medical History form prior to any water activity. If the Medical History form or the student's appearance/behavior indicate any condition contrary to participation in any in-water activities, the student is required to secure medical approval by a licensed medical practitioner, based on a medical examination, prior to any water activity. The SSI Medical History forms of minors must be reviewed and signed by a parent or guardian prior to any in-water activity.

Medical History forms are valid for 12 months from the date they are signed. Students may participate in multiple SSI programs within the 12 months without completing another form. If an SSI student becomes ill or injured within the 12 months, the student must complete a new SSI Medical History form prior to any in-water activities, following the same protocol outlined above.

B. SSI DIVE PROFESSIONALS

Each candidate participating in professional level training must provide to their SSI Service Center an SSI Medical History form, approved and signed by a licensed medical practitioner based on a diving medical examination, dated less than one (1) year before the training completion date. The medical statement must be uploaded by the dive professional via ODIN for approval.

Active status SSI Dive Professionals are required to notify SSI if they develop a medical condition that interferes with their teaching ability. They must submit a new Medical History form to their SSI Service Center to maintain their active status.

C. LIABILITY RELEASE

Each student must complete an SSI Freediving Waiver, Release of Liability and Assumption of Risk, Indemnity Agreement and a Statement of Understanding prior to any in-water training. The forms of minors must be reviewed and signed by a parent or guardian.

NOTE: Signing a Waiver and Release of Liability is contradictory to liability regulations in some countries of the world. EXAMPLE: In the European Union the Waiver and Release of Liability is not valid, and the student should be not forced to sign it.

VII. CONDUCTING FREEDIVING PROGRAMS

A. STUDENT-TO-INSTRUCTOR RATIOS

The student-to-instructor ratio for academic sessions is set by the individual instructor, based on the ability of the instructor to deal effectively with all student needs.

The maximum student-to-instructor ratio for in-water training is provided in each specific program standard. Any certified freedivers that dive with a class during open water training dives must be counted towards the student-to-instructor ratios.

The SSI Dive Professional may not engage in any activities (like photography or hunting) other than supervision during the confined water and open water training dives for all entry-level programs.

Whenever possible, additional instructors or certified assistants should be used during training. If open water diving conditions dictate, decrease the student-to-instructor ratio.

B. CONFINED WATER

It is acceptable to conduct freediving water skills evaluations and confined water practice sessions in open water environments, as long as the conditions give the instructor adequate visibility and control. Programs may be conducted in confined open water with a maximum depth of five (5) meters. No surface traffic is allowed in the training area during class.

C. OPEN WATER

All open water training dives must have direct vertical access to the surface, and must be conducted during daylight hours (between sunrise and sunset).

D. DEFINITION OF A DIVE SESSION

Freediving sessions must consist of a minimum of 15 minutes, up to one (1) hour and 14 minutes of freediving activity. Freediving sessions can be combined (e.g. 1 hour and 15 minutes to 2 hours and 14 minutes is two (2) sessions).

An in-water session with a single entry and exit may consist of several dive sessions that cover various topics, as long as the minimum time for a dive session is met.

Land-based sessions like Dry Breath-Hold Tables or Breath-Hold Walks should be logged as a dive session in the Training Diary, but do not count towards the Recognition ratings.

E. CERTIFIED ASSISTANTS

The requirements for SSI Freediving certified assistants are listed in the specific program standards.

F. DIRECT SUPERVISION

Direct Supervision: An active SSI Dive Professional certified to conduct the specific SSI program must personally supervise and evaluate all students during in-water training. He/ she may not delegate the supervision to a certified assistant.

G. FINAL EXAM

Before receiving certification, each Freediving student must have passed the course-specific final exam with a minimum score of 80%. Instructor candidates must pass with a minimum score of 90%.

H. USE OF SAFETY LANYARDS

It is mandatory that students wear a freediving safety lanyard when freediving below 30 meters of depth.

The use of a freediving safety lanyard is mandatory when freediving in vertical visibility of less than three (3) meters, and in situations where the natural bottom depth is substantially deeper than the bottom plate depth.

I. COLD WATER DIVING

When training in cold water (below 12°C temperature measured at depth) the depth limits should be adjusted by 20%.

Therefore the following depth limits are to be used for cold water:

1. 10 meters/33 feet = 8 meters/26 feet in cold water
2. 20 meters/66 feet = 16 meters/52 feet in cold water
3. 30 meters/100 feet = 24 meters/80 feet in cold water
4. 40 meters/130 feet = 32 meters/105 feet in cold water
5. 50 meters/165 feet = 40 meters/130 feet in cold water

FREEDIVING PROGRAM STANDARDS



RECREATIONAL FREEDIVING PROGRAMS

TRY FREEDIVING

I. INTENT

- The SSI Try Freediving program is intended to provide students with the necessary skills and knowledge to safely partake in the recreational sport of freediving (breath-hold diving) with an SSI Dive Professional in a confined water environment.

This is an experience program. The SSI Dive Professional should focus on the student's safety and enjoyment, and avoid over-teaching.

II. REQUIRED INSTRUCTOR RATING

- An active status Basic Freediving Instructor or higher may conduct the Try Freediving program.

III. ADMINISTRATIVE REQUIREMENTS

- Prior to training, student must have completed a Try Freediving/Basic Freediving Record form including:
 - Statement of Understanding
 - Privacy Statement
 - Medical History form
 - Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- There is no recommended program duration for Try Freediving.

VI. DEPTH LIMITATIONS

- The Try Freediving program has a pool/confined water depth limit of five (5) meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 4:1.
- No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

- An active status Basic Freediving Instructor or higher must directly supervise all academic and in-water activities.

IX. PROXIMITY

- During in-water skill evaluations, the students must remain under direct supervision of the SSI Dive Professional so that physical contact can be made at any time.

X. REQUIREMENTS FOR COMPLETION

- Complete academic and in-water sessions and assessments as outlined in the Try Freediving Instructor Manual.

XI. CERTIFICATION

- Try Freediving is a recognition program. Upon completion of the program, process all students in ODiN so they may

receive their digital recognition card.

Freediving Standards

BASIC FREEDIVING

I. INTENT

- The SSI Basic Freediving program is intended to provide students with the necessary skills and knowledge to safely participate in the recreational sport of freediving (breath-hold diving) with an SSI Dive Professional in a pool/confined water environment.

This is an experience program. The SSI Dive Professional should focus on the student's safety and enjoyment, and avoid over-teaching.

II. REQUIRED INSTRUCTOR RATING

- An active status Basic Freediving Instructor or higher may conduct the Basic Freediving program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must have completed a Try Freediving/Basic Freediving Record form, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 10 years old.

V. DURATION

- Recommended hours for course completion: 6-8.

VI. DEPTH LIMITATIONS

- The Basic Freediving program has an in-water depth limit of five (5) meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 8:1.
- If any students are 10 to 11 years old, the maximum student-to-instructor ratio is 4:1
- No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

VIII. SUPERVISION

An active status Basic Freediving Instructor or higher must directly supervise all academic and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Basic Freediving Instructor Manual.
- Complete two (2) pool confined water sessions, or one (1) pool/confined water and one (1) open water session, and assessments as outlined in the Basic Freediving Instructor Manual.

Achieve the following performance requirements:

- Static and dynamic session in the water with no minimum requirement.
- Demonstrate proper breathe-up, relaxation, body positioning and surfacing techniques.
- Freedive with a dive line, or along a reef, using bi-fins to maximum depth of five (5) meters, focusing on: relaxation, duck diving, equalization, finning and surfacing techniques (optional).
- Perform a surface blackout rescue.

X. CERTIFICATION

- Certified Basic Freediving freedivers are qualified to freedive autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.
- After certification, all Junior Divers younger than 15 years must dive with a certified adult or dive professional.

Freediving Standards

FREEDIVING POOL

I. INTENT

- The SSI Freediving Pool program is intended to provide students with the necessary skills and knowledge to safely participate in the recreational sport of freediving (breath-hold diving) in a confined water environment.

II. REQUIRED INSTRUCTOR RATING

- An active Freediving Pool Instructor or higher may conduct this program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Freediving Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be able to swim.

V. DURATION

- Recommended hours for course completion: 12–14.

VI. DEPTH LIMITATIONS

- The Freediving Pool program has a pool/confined water depth limit of five (5) meters.

VII. IN-WATER RATIOS

- The student-to-instructor ratio is 8:1.
- If any student is under the age of 15, the ratio is 4:1.

VIII. SUPERVISION

- An active status Freediving Pool Instructor or higher must directly supervise all academic and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Freediving Level I Instructor Manual.
- Complete the Freediving Level 1 final exam with a passing score of 80%.
- Complete at least two (2) pool/confined water sessions as outlined in the Freediving Level I Instructor Manual.

Achieve the following performance requirements:

- Dynamic swim with bi-fins for 30 meters while demonstrating proper: neutral buoyancy, starting, finning, body positioning, turning and surfacing techniques.
- Dynamic Blackout (DYN BO) Rescue with dynamic weights on.
- Loss of Motor Control (LMC) Surface Rescue.
- Only arm-stroke 15m.
- Mask removal.
- Static session in the water with no minimum requirements.

X. SEQUENCE

- After completion of the Freediving Pool program, students can upgrade to Freediving Level I by completing the open water training dives for Freediving Level I with a qualified instructor.

XI. CERTIFICATION

- Certified Freediving Pool freedivers are qualified to freedive autonomously with an equally- or more-qualified buddy, in pool/confined water environments and to a depth equivalent with their training.
- After certification, all Junior Divers younger than 15 years must dive with a certified adult or dive professional.

Freediving Standards

FREEDIVING LEVEL 1

I. INTENT

- The SSI Freediving Level 1 program is intended to provide students with the necessary skills and knowledge to safely participate in the recreational sport of freediving (breath-hold diving) autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.

II. REQUIRED INSTRUCTOR RATING

- An active status SSI Freediving Level 1 Instructor or higher may conduct this program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Freediving Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be able to swim.

V. DURATION

- Recommended hours for course completion: 16–20

VI. DEPTH LIMITATIONS

- The Freediving Level 1 program has an open water depth limit of 20 meters.
- The maximum depth for students under the age of 15 during all training dives is 12 meters.

VII. IN-WATER RATIOS

A. POOL/CONFINED WATER

- The student-to-instructor ratio is 8:1.
- If any student is under the age of 15, the ratio is 4:1.

B. OPEN WATER

- The student-to-instructor ratio is 4:1.
- The ratio may increase to 6:2 with a Pool Freediving Instructor or higher acting as a certified assistant.

VIII. SUPERVISION

- An active status Freediving Level 1 Instructor or higher must directly supervise all academic sessions, confined water and open water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Freediving Level 1 Instructor Manual.
- Complete the Freediving Level 1 final exam with a passing score of 80%.
- Complete at least two (2) pool/confined water sessions as outlined in the Freediving Level 1 Instructor Manual.
- Complete at least two (2) open water sessions as outlined in the Freediving Level 1 Instructor Manual.

Achieve the following performance requirements:

- Dynamic with bi-fins for 30 meters, while demonstrating proper neutral buoyancy, start, finning, body position, turn and surfacing.
- Dynamic Blackout (DYN BO) rescue with dynamic weights on.
- Loss of Motor Control (LMC) surface rescue.
- Dynamic Only arm stroke 15m.
- Mask removal (confined water).
- Static session in the water with no minimum requirements.
- Constant Weight Dive (CWT) to a minimum depth of ten (10) meters (20 meters maximum), while demonstrating proper duck diving, finning, body positioning, line orientation, turn and surfacing techniques.
- Shallow Water Blackout (SWBO) rescue from ten (10) meters.
- Arm-stroke only ascent from ten (10) meters.
- Mask removal ascent from (10) meters.

NOTE: A large dimension pool, an aquarium or any other artificial body of water, which provides the necessary depth limits, can used as an open water training site.

X. SEQUENCE

- Open water training dives may only be conducted after all the related academic sessions are covered and the related in-water skills have been conducted in a pool or confined water.

XI. CERTIFICATION

- Certified Freediving Level I freedivers are qualified to freedive autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.
- After certification, all Junior Divers younger than 15 years must dive with a certified adult or dive professional.

Freediving Standards

FREEDIVING LEVEL 2

I. INTENT

- The SSI Freediving Level 2 program is intended to provide students with the necessary skills and knowledge to safely freedive (breath-hold diving) autonomously with an equally- or more-qualified buddy in environments and to a depth equivalent with their training.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Level 2 Instructor or higher may conduct this program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Freediving Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 15 years old.
- Be able to swim.
- Have completed the Freediving Level 1 program or equivalent.
- Have logged at least six (6) freediving sessions.

NOTE: Freediving sessions may take place in confined or open water.

V. DURATION

- Recommended hours for course completion: 24-30.

VI. DEPTH LIMITATIONS

- The Freediving Level 2 program has an open water depth limit of 30 meters.

VII. IN-WATER RATIOS

- Pool/confined water - The student-to-instructor ratio is 8:1, and may increase to 12:2 with a Freediving Pool Instructor as a certified assistant.
- Open water - The student-to-instructor ratio is 4:1, and may increase to 6:2 with a Freediving Level 1 Instructor as a certified assistant.

VIII. SUPERVISION

- An active status Freediving Level 2 Instructor or higher must directly supervise all academic and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Freediving Level 2 Instructor Manual.
- Complete the Freediving Level 2 final exam with a passing score of 80%.
- Complete at least two (2) confined water sessions as outlined in the Freediving Level 2 Manual.
- Complete at least four (4) open water sessions as outlined in the Freediving Level 2 Manual.

Achieve the following performance requirements:

- Dynamic with bi-fins for minimum 50 meters while demonstrating proper neutral buoyancy, starting, finning, body positioning, turning and surfacing techniques.
- Dynamic Blackout (BO) rescue with dynamic weights on, from depth between 2-4 meters.
- Static performance for a minimum of 2.5 minutes.
- Loss of Motor Control (LMC) surface rescue.
- Constant Weight (CWT) dive with bi-fins to a minimum 20 meters and maximum 30m depth, while performing the Frenzel Equalization method and proper duck-diving, line orientation, body positioning, finning, free-falling, turning and surfacing techniques.
- Arms only ascent from 15 meters.
- Mask removal ascent from 15 meters.
- Blackout rescue from 15 meters.
- Towing a tired freediver for 50 meters.
- Perform buddy procedures from ten (10) meters (including proper timing and surfacing procedures).

NOTE: A large dimension pool, an aquarium or any other artificial body of water that provides the necessary depth limits may used as an open water training site.

X. SEQUENCE

- Open water training dives may only be conducted after all the related academic sessions are covered and the related in-water skills have been conducted in a pool or confined water.

XI. CERTIFICATION

- Certified Freediving Level 2 freedivers may freedive autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.

Freediving Standards

FREEDIVING LEVEL 3

I. INTENT

- The SSI Freediving Level 3 program is intended to provide students with the necessary skills and knowledge to safely freedive (breath-hold diving) autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Level 3 Instructor or higher may conduct this program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Freediving Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

- Minimum age: 18 years old.
- Be able to swim at least 400 meters non-stop without fins or buoyancy devices.
- Have completed the Freediving Level 2 program or equivalent.
- Have logged a minimum 30 freediving sessions.

NOTE: Freediving sessions may take place in confined or open water training environments.

V. DURATION

Recommended hours for course completion: 30-35 hours.

VI. DEPTH LIMITATIONS

- The Freediving Level 3 program has an open water depth limit of 40 meters.

VII. IN-WATER RATIOS

- Pool/confined water - the student-to-instructor ratio is 8:1 and may be increased to 12:2 with a Freediving Pool Instructor as a certified assistant.
- Open water - the student-to-instructor ratio is 4:1 and may be increased to 6:2 with a Freediving Level 2 Instructor as a certified assistant.

VIII. SUPERVISION

- An active status Freediving Level 3 Instructor must directly supervise all academic and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the Freediving Level 3 Instructor Manual.
- Complete the Freediving Level 3 final exam with a passing score of 80%.
- Complete at least two (2) confined water sessions as outlined in the Freediving Level 3 Instructor Manual.
- Complete at least five (5) open water sessions as outlined in the Freediving Level 3 Instructor Manual.

Achieve the following performance requirements:

- Plan and execute a dynamic training session, including 75m DYN with bi-fins.
- Static Coaching: Coach, and be coached by, a fellow student in static to a minimum of 3.30min.
- Perform warm-up hang at 10-12m for minimum 1.30min.
- FRC diving with mouth-fill (from surface) to minimum 10 meters.
- Constant Weight (CWT) minimum 30m (max 40m), while performing mouth-fill, and free falling.
- Arms only from 20m.
- Mask removal from 20m.
- BO rescue from 20m with a 25m tow.
- Dynamic BO rescue with dynamic weights on, from a depth between 2-4 meters.
- Loss of Motor Control (LMC) surface rescue.

NOTE: A large dimension pool, an aquarium or any other artificial body of water that provides the necessary depth limits may used as an open water training site.

X. SEQUENCE

- Open water training dives may only be conducted after all the related academic sessions are covered and the related in-water skills have been conducted in a pool or confined water.

XI. CERTIFICATION

- Certified Freediving Level 3 divers may freedive autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.

Freediving Standards

FREEDIVING SPECIALTY PROGRAMS

I. INTENT

Freediving Specialty programs are intended to introduce and familiarize students to a variety of freediving activities by providing basic knowledge and experiences in these areas.

II. REQUIRED INSTRUCTOR RATING

An active status Freediving Instructor may conduct the specialty programs that they are certified to teach.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed a Freediving Training Record, including:

- Statement of Understanding
- Privacy Statement
- Medical History form
- Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. DURATION

The time required to complete a Freediving Specialty program will vary depending on the applicable program.

NOTE: Specialty programs are designed to be completely focused on practical freediving skills. The total number of hours is determined by the individual instructor based on student needs, student ability and environmental conditions.

V. UNIQUE RECOGNITION PROGRAMS

- Other Specialty programs than those provided by SSI, may be suggested by sending an Instructor Manual and program Standards outline to SSI for approval.
- If the Unique program is approved, it will be aligned with an existing specialty, or it will be considered a unique program.
- Qualification is issued to the SSI Dive Center or SSI Dive Professional as an official SSI Unique Recognition program.
- The intellectual property of this Unique Recognition program becomes the sole property of SSI and may be redistributed.
- Unique Recognition programs recognize participation but are not certification programs.

NOTE: Upon completion of a Unique Recognition Program, process all students in ODIN so that they may receive their digital recognition card.

VI. REQUIREMENTS FOR COMPLETION

- Complete any academic sessions and assessments as outlined in the individual Specialty Instructor Manual.
- Complete the applicable specialty program final exam (when available) with a passing score of 80%.
- Complete the confined water sessions, as outlined in the individual Specialty Instructor Manual.
- Complete the minimum number of open water training sessions if required, including a professional briefing and debriefing as outlined in the individual Specialty Instructor Manual.

RECOMMENDATION: Specialty programs are intended to provide students with a variety of experiences. Whenever possible, conduct more training dives than the minimum required by the program. Always take student needs, student ability and environmental conditions into consideration when combining Specialty programs and their training dives.

VII. CERTIFICATION

- Upon completion of a Specialty program, process all students in ODiN so they may receive their digital certification card.
- Certified SSI freedivers may dive autonomously with an equally- or more-qualified buddy, in environments and to a depth equivalent with their training.

VIII. CREDIT

- Most specialty certifications will qualify toward SSI Recognition ratings for; Specialty Freediver, Advanced Freediver or Master Freediver. Non-diving specialty programs and recognition programs may not count towards SSI Recognition ratings.

Certified in Basic Freediving and Up

- Photo and Video Freediving
- Night/Limited Visibility Freediving
- React Right
- Fish Identification
- Marine Ecology
- Coral Identification
- Sea Turtle Ecology

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be at least a Basic Freediver, or hold an equivalent certification from another recognized certification agency.

II. DEPTH LIMITATIONS

- There are no open water sessions required for Basic Freediving specialties.
- Confined water session depths should not exceed five (5) meters.

III. IN-WATER RATIOS

- The student-to-instructor ratio is 8:1.
- If one (1) or more students are under the age of 15, the ratio is 4:1; ratios may not increase with the addition of certified assistants.
- If any students are 10 to 11 years old, the maximum student-to-instructor ratio is 4:1. No more than two (2) students per class may be under the age of 12, and none of the remaining students may be younger than 15 years old.

IV. SUPERVISION

- Freediving Instructors certified to conduct the applicable specialty must directly supervise all academic and in-water activities.

Certified in Freediving Pool and Up

- Monofin Pool Freediving
- No Fin Pool Freediving (DNF)
- Freediving Training Tables
- Free Immersion Freediving (FIM)
- Basic Spearfishing

I. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be certified in Freediving Pool, or hold an equivalent certification from another recognized certification agency.

II. DEPTH LIMITATIONS

- In-water freediving sessions must be conducted in environments and depths within the limits of the student's freediving certification and experience.

III. IN-WATER RATIOS

- Pool/confined water - The student-to-instructor ratio is 8:1.
- If one or more students are under the age of 15, the ratio is 4:1.
- Open water - The student-to-instructor ratio is 4:1.

IV. SUPERVISION

- Freediving Instructors certified to conduct the applicable specialty must directly supervise all academic and in-water activities.

Certified in Freediving Level 1 and Up

- Monofin Freediving (Pool/OW)
- Spearfishing Safety and Training
- Wreck Freediving
- Scooter/DPV Freediving
- Basic Spearfishing
- Shark Freediving

I. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be a Freediver Level 1, or hold an equivalent certification from another recognized certification agency.

II. DEPTH LIMITATIONS

- In-water freediving sessions must be conducted in environments and depths within the limits of the student's freediving certification and experience.

III. IN-WATER RATIOS

- Pool/confined water - The student-to-instructor ratio is 8:1.
- If one or more students are under the age of 15, the ratio is 4:1.
- Open water - The student-to-instructor ratio is 4:1.

IV. SUPERVISION

- Freediving Instructors certified to conduct the applicable specialty must directly supervise all academic and in-water activities.

Certified in Freediving Level 2 and Up

- Freediving Stress and Rescue
- Variable Weight (VWT)
- No Fins Freediving (DNF/CNF)

I. STUDENT PREREQUISITES

- Minimum age: 15 years old.
- Be a Freediver Level 2, or hold an equivalent certification from another recognized certification agency.
- Before issuing the Stress and Rescue certification, all students must have proof of current First Aid and CPR training within two (2) years.

II. DEPTH LIMITATIONS

- In-water freediving sessions must be conducted in environments and depths within the limits of the student's freediving certification and experience.

III. IN-WATER RATIOS

- The student-to-instructor ratio is 4:1.

IV. SUPERVISION

- Freediving Instructors certified to conduct the applicable specialty must directly supervise all academic and in-water activities.

Freediving Standards

FREEDIVING RECOGNITION RATINGS

I. INTENT

- SSI recognizes its freedivers when they meet certain levels of training and experience.

NOTE: This should not be confused with the Unique Recognition programs that SSI Dive Centers and SSI Dive Professionals may apply for and conduct with students. SEE: Specialty Program Standards.

Specialty Freediver

I. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be a Basic Freediver or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- Complete two (2) Freediving Specialty programs.
- Log 12 freediving sessions.

NOTE: Only one (1) specialty from another certification agency may be credited toward the Freediving Specialty Diver rating. All non-SSI certifications must be entered into ODIN for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile in ODIN.

III. CERTIFICATION

- Once all requirements are met and the student's ODIN profile is updated (including a photo), a Specialty Freediver digital card will be produced at no charge.

Advanced Freediver

I. STUDENT PREREQUISITES

- Minimum age: 15 years old.
- Be a Freediver Level 2 or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- Complete three (3) Specialty programs including Freediving Training Tables.
- Log 24 freediving sessions.

NOTE: Only two (2) specialties from another certification agency may be credited toward the Freediving Specialty Advanced Diver rating. All non-SSI certifications must be entered into ODIN for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile in ODIN.

III. CERTIFICATION

Once all requirements are met, and the student's ODIN profile is updated (including a photo), a Specialty Advanced Freediver digital card will be produced at no charge.

Master Freediver

I. STUDENT PREREQUISITES

- Minimum age: 18 years old.
- Be a Freediver Level 3 or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- Complete four (4) Specialty programs including: Training Tables, DNF and Freediver Stress and Rescue.
- Log 50 freediving sessions.

NOTE: Only two (2) specialties from another certification agency may be credited toward the Freediving Specialty Master Diver rating. All non-SSI certifications must be entered into ODiN for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile in ODiN.

III. CERTIFICATION

- Once all requirements are met, and the student's ODiN profile is updated (including a photo), a Specialty Master Freediver digital card will be produced at no charge.

Century Freediver – Silver Freediver – Gold Freediver – Platinum Freediver

I. STUDENT PREREQUISITES

- Minimum age: 12 years old.
- Be a Basic Freediver or hold an equivalent certification from another recognized certification agency.

II. REQUIREMENTS FOR COMPLETION

- Century Diver – provide proof of 100 logged freediving sessions to an SSI Dive Center.
- Silver Diver – provide proof of 300 logged freediving sessions to an SSI Dive Center.
- Gold Diver – provide proof of 500 logged freediving sessions to an SSI Dive Center.
- Platinum Diver – provide proof of 1000 logged freediving sessions to an SSI Dive Center.

The number of dives must be entered into the student's MySSI profile in ODiN

FREEDIVING PROFESSIONAL STANDARDS



FREEDIVING DIVE PROFESSIONAL PROGRAMS

Freediving Professional Training Standards

BASIC FREEDIVING INSTRUCTOR

I. INTENT

The intent of the SSI Basic Freediving Instructor program is to provide individuals with the knowledge and skills to conduct the Basic Freediving program in a safe and enjoyable manner.

II. REQUIRED INSTRUCTOR RATING

An active status Freediving Specialist Instructor or Freediving Instructor Trainer may conduct the Basic Freediving Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be a Dive Control Specialist/Assistant Instructor or higher.

V. DURATION

- Recommended hours for course completion: 8-12.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted no deeper than 10 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Specialist Instructor or Freediving Instructor Trainer must directly supervise all academic, confined/pool and open water sessions.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all Freediving Specialist requirements and evaluations for Basic Freediving Instructor in the Freediving Instructor Training Manual or Upgrade Manual.

X. ACTIVE STATUS QUALIFICATIONS

Active status Basic Freediving Instructors may teach, supervise and issue certifications for the following programs:

- Basic Freediving

Freediving Professional Training Standards

FREEDIVING POOL, LEVEL 1 AND 2 INSTRUCTOR

I. INTENT

- The intent of the SSI Freediving Pool, Level 1 and 2 Instructor program is to provide individuals with the knowledge and skills to conduct Freediving Pool, Level 1 or 2 programs in a safe and enjoyable manner.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Instructor Trainer may conduct the Freediving Pool, Level 1 and 2 Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

NOTE: Freediving Specialty prerequisites for any SSI Freediving program (recreational and professional) must only be met once that Specialty is available.

- Minimum age: 18 years old.

For Freediving Pool Instructors:

- Have satisfactorily completed the Freediving Level 1 program, Dynamic No Fin (DNF) and Training Tables specialties.
- Have at least 50 logged in-water freediving sessions.

OR

- Be an SSI Basic Freediving Instructor.
- Have issued at least 25 Basic Freediving certifications.
- Have completed the Dynamic No Fin (DNF) and Training Table Specialty programs.

For Freediving Level 1 Instructors:

- Have satisfactorily completed the Freediving Level 1 and 2 programs, Dynamic No Fin (DNF), Training Tables specialties and Freediving Stress and Rescue.
- Have at least 100 logged freediving sessions.

OR

- Be an SSI Basic Freediving Instructor.
- Have issued at least 25 Basic Freediving certifications.
- Have completed the Freediving Level 2, Dynamic No Fin (DNF) and Training Table Specialty programs.

For Freediving Level 2 Instructors:

- Have passed the Freediving Level 3 program and Freediving Stress and Rescue.
- Have logged at least 100 freediving sessions.

V. DURATION

- Recommended hours for course completion: 75-90.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted shallower than 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Level 3 Instructor or higher must directly supervise all performance requirements.
- An active status Freediving Instructor Trainer must directly supervise all academic, pool/confined water, and open water training sessions.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Freediving Instructor Training Manual.
- Display leadership behaviors and skill levels.
- Complete a final exam with a passing score of 90%.

Achieve the following performance requirements:

Freediving Pool Instructor candidate requirements:

- Swim 400 meters in less than ten (10) minutes.
- Swim 800 meters on snorkeling equipment in less than 15 minutes.
- 50-meter Dynamic (DYN) with bi-fins.
- 25-meter Dynamic No Fins (DNF).
- Static performance for a minimum of two (2) minutes and 30 seconds.
- DYN Blackout (BO) rescue from a depth between 2-4 meters.

Freediving Level 1 Instructor candidate requirements:

- Swim 400 meters in less than ten (10) minutes.
- Swim 800 meters on snorkeling equipment in less than 15 minutes.
- 50-meter Dynamic (DYN) with bi-fins.
- 25-meter Dynamic No Fins (DNF).
- Static performance for a minimum of two (2) minutes and 30 seconds.
- 30-meter Constant Weight (CWT) with bi-fins.
- 5x15 meters with a one (1) minute rest in-between.
- Blackout (BO) rescue with a hang at 15 meters.
- Blackout (BO) rescue from 20 meters with a 50 meters tow while giving rescue breaths.

Freediving Level 2 Instructor candidate requirements:

- Swim 400 meters in less than ten (10) minutes.
- Swim 800 meters on snorkeling equipment in less than 15 minutes.
- 85-meter Dynamic (DYN) with bi-fins.
- 50-meter Dynamic No Fins (DNF).
- Static performance for a minimum of four (4) minutes.
- 40-meter Constant Weight (CWT) with bi-fins.
- 5x20 meters with a one (1) minute rest in-between.
- Blackout (BO) rescue with a hang at 20 meters.
- Blackout (BO) rescue from 20 meters with a 50-meter tow while giving rescue breaths.

X. ACTIVE STATUS QUALIFICATIONS

Active status Freediving Pool Instructors may teach, supervise and issue certifications for the following programs:

- Try Freediving
- Basic Freediving
- Freediving Pool

Active status Freediving Pool Instructors may also:

- Act as a certified assistant in pool/confined water session for Freediving Level 1-3 programs.

In addition to the programs taught by Freediving Pool Instructors, active status Freediving Level 1 Instructors may teach, supervise and issue certifications for the following program:

- Freediving Level 1

Active status Freediving Level 1 Instructors may also:

- Act as a certified assistant in pool/confined water and open water sessions for Freediving Level 2 programs.
- Act as a certified assistant in pool/confined water sessions for Freediving Level 3 programs.

In addition to the programs taught by Freediving Level 1 Instructors, active status Freediving Level 2 Instructors may teach, supervise and issue certifications for the following program:

- Freediving Level 2

Active status Freediving Level 2 Instructors may also:

- Act as a certified assistant in pool/confined water and open water sessions for Freediving Level 3 programs.

Freediving Professional Training Standards

FREEDIVING SPECIALIST INSTRUCTOR

I. INTENT

- The intent of the SSI Freediving Specialist Instructor program is to provide individuals with the knowledge and skills to conduct the Basic Freediving Instructor program and to assist with teaching Freediving Instructor Training Courses.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Instructor Trainer may conduct the Freediving Specialist Instructor seminar.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 21 years old.
- Be at minimum, a Freediving Level 1 Instructor.
- Have issued a minimum of 30 Basic Freediving/Freediving Level 1 certifications.
- Assisted in at least one (1) Freediving Instructor Training program at any level, or one (1) Freediving Instructor Crossover program.

V. DURATION

- Recommended hours for course completion: 24-32.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted in confined water to a maximum depth of five (5) meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Instructor Trainer must directly supervise all academic and pool/confined water activities.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Freediving Specialist Instructor Manual.
- Complete the water skills evaluation as outlined in the Freediving Specialist Instructor Manual.
- Display leadership behaviors and skill level.
- Complete a final exam with a passing score of 90%.

X. ACTIVE STATUS QUALIFICATIONS

An active status Freediving Specialist Instructor may teach, supervise and issue certifications for the following programs:

- Basic Freediving Instructor

Active status Freediving Specialist Instructors may also:

- Assist Freediving Instructor Trainers with conducting all SSI Freediving instructor-level programs.

FREEDIVING LEVEL 1, 2 AND 3 INSTRUCTOR UPGRADE

I. INTENT

- The intent of the SSI Freediving Level 1, 2 and 3 Instructor Upgrade program is to provide individuals with the knowledge and skills to conduct the Freediving Level 1, 2 or 3 programs in a safe and enjoyable manner.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Instructor Trainer may conduct the Freediving Level 1, 2 and 3 Instructor Upgrade program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.

For Freediving Level 1 Upgrade candidates:

- Be a Freediving Pool Instructor.
- Have completed the Freediving Level 2 program.
- Have completed the Freediving Stress and Rescue program.

For Freediving Level 2 Upgrade candidates:

- Be a Freediving Level 1 Instructor or higher.
- Have completed the Freediving Level 3 program.

For Freediving Level 3 Upgrade candidates:

- Be a Freediving Level 2 Instructor.
- Have issued at least 30 Freediving Pool/Level 1 certifications.
- Have issued at least 20 Freediving Level 2 certifications.

V. DURATION

- Recommended hours for course completion: 24-32.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted shallower than 50 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Level 3 Instructor or higher must directly supervise all performance requirements.
- An active status Freediving Instructor Trainer must directly supervise all academic, pool/confined water, and open water training.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Freediving Instructor Training Manual or Upgrade Manual.
- Display leadership behaviors and skill levels.
- Complete a final exam with a passing score of 90%.

Achieve the following performance requirements:

Freediving Level 1 Instructor candidate requirements:

- 30-meter Constant Weight (CWT) with bi-fins.
- 5x15 meters with a one (1) minute rest in-between.
- Blackout (BO) rescue with a hang at 15 meters.
- Blackout (BO) rescue from 20 meters with a 50-meter tow while giving rescue breaths.

Freediving Level 2 Instructor candidate requirements:

- Swim 400 meters in less than ten (10) minutes.
- Swim 800 meters on snorkeling equipment in less than 15 minutes.
- 85-meter Dynamic (DYN) with bi-fins.
- 50-meter Dynamic No Fins (DNF).
- Static performance for a minimum of four (4) minutes.
- 40-meter Constant Weight (CWT) with bi-fins.
- 5x20 meters with a one (1) minute rest in-between.
- Blackout (BO) rescue with a hang at 20 meters.
- Blackout (BO) rescue from 20 meters with a 50-meter tow while giving rescue breaths.

Freediving Level 3 Instructor candidate requirements:

- 100-meter Dynamic (DYN) with bi-fins.
- Constant Weight (CWT) dive to 50 meters using mouth-fill (with bi-fins or a monofin).
- Functional Residual Capacity (FRC) dive to 25 meters using mouth-fill from a maximum five (5) meters depth.
- Coach a static performance session, considering both safety and motivation.
- Hang at 20 meters with a Blackout (BO) rescue.
- Blackout (BO) rescue from 25 meters with a 50-meter tow while giving rescue breaths.

X. ACTIVE STATUS QUALIFICATIONS

For Freediving Level 1 Instructors:

- Teach and issue certifications for Try Freediving, Basic Freediving, Freediving Pool, and Freediving Level 1.
- Act as a certified assistant in pool/confined water and open water sessions for Freediving Level 2 programs.
- Act as a certified assistant in pool/confined water sessions for Freediving Level 3 programs.

For Freediving Level 2 Instructors:

- Teach and issue certifications for Try Freediving, Basic Freediving, Freediving Pool, and Freediving Level 1 and 2.
- Act as a certified assistant in pool/confined water and open water sessions for Freediving Level 3 programs.

For Freediving Level 3 Instructors:

- Teach and issue certifications for Try Freediving, Basic Freediving, Freediving Pool, and Freediving Level 1, 2, and 3.
- Act as a certified assistant in pool/confined water and open water sessions for Freediving Instructor Training Course programs.
- Directly supervise all in-water performance requirements for Pool through Level 2 Freediving Instructor Training Course programs.

Freediving Professional Training Standards

FREEDIVING SPECIALTY INSTRUCTOR

I. INTENT

The intent of the SSI Freediving Specialty Instructor program is to provide candidates with the knowledge, skills and experience necessary to conduct SSI Freediving Specialty programs.

II. ADMINISTRATIVE REQUIREMENTS

Prior to certification, candidates must have completed an SSI Dive Professional Universal Application.

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

III. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be a Basic Freediving Instructor or higher.

There are two ways to become certified to teach SSI Freediving Specialty programs:

1. Specialty Instructor Seminar
2. Co-teaching

IV. CERTIFICATION

Once all requirements are met, send the candidate's professional application form with all required documentation to the local SSI Service Center.

The candidate will be certified as a Freediving Specialty Instructor.

V. ACTIVE STATUS QUALIFICATIONS

Freediving Specialty Instructors may only conduct specialties that they are qualified to teach, and may not teach specialties above their level of training.

Basic Freediving Instructors or higher may qualify to teach the following programs:

- Photo and Video Freediving
- React Right
- Boat Freediving
- Fish Identification
- Marine Ecology
- Coral Identification
- Sea Turtle Ecology

- Shark Ecology

NOTE: Active status SSI Dive Control Specialists/Assistant Instructors or higher with the Basic Freediving Instructor certification will be automatically upgraded to Freediving Specialty Instructor for the programs they are certified to teach.

Freediving Pool Instructors or higher may qualify to teach the following programs:

- Training Tables
- Monofin Pool
- No-Fin Pool

Freediving Level 1 Instructors or higher may qualify to teach the following programs:

- Monofin
- Free Immersion (FIM)
- Basic Spearfishing
- Spearfishing Safety and Training
- Night and Limited Visibility Freediving
- Wreck Freediving
- Scooter/DPV Freediving

Freediving Level 2 Instructors or higher may qualify to teach the following programs:

- Variable Weight (VWT)
- No-Fin
- Freediver Stress and Rescue

Seminar

I. REQUIRED INSTRUCTOR RATING

An active status Freediving Instructor Trainer, certified as an instructor in the applicable specialty, may conduct the seminar.

II. REQUIREMENTS FOR COMPLETION

- Successfully complete the Specialty Freediving Instructor Seminar.

NOTE: No proof of logged dives is required for this method.

Co-Teaching A Specialty Program

I. REQUIRED INSTRUCTOR RATING

The candidate may co-teach only the Free Immersion Freediving (FIM) and Training Tables freediving specialty programs with an active status Freediving Specialty Instructor who is certified to teach that specialty.

II. REQUIREMENTS FOR COMPLETION

- Co-teach at least one complete freediving specialty program (Free Immersion or Training Tables).
- Have the Monitor of the affiliated SSI Freediving Center/Resort sign off the Universal Application form.

NOTE: Your local SSI Service Center may have additional completion requirements based on local laws and regulations.

Freediving Professional Training Standards

FREEDIVING INSTRUCTOR TRAINER

I. INTENT

- The intent of the SSI Freediving Instructor Trainer Seminar is to provide individuals with instructor-level knowledge and skills, and evaluate their ability to conduct Freediving Instructor programs in a safe and enjoyable manner.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving International Training Director may conduct the Freediving Instructor Trainer Seminar when appointed by an SSI Service Center.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Have assisted in, at a minimum, one (1) Freediving Instructor Training Course.
- Be an active status Level 3 Instructor.
- Issue, at a minimum, (60) Pool/Level 1 + (35) Level 2 + five (5) Level 3 Freediving certifications.
- Submit a written application to an SSI Service Center for approval.

OR

- Be an active status Freediving Specialist Instructor.
- Be an active status Level 3 Instructor.
- Have conducted at least one (1) Freediving Basic Instructor Course.
- Issue, at a minimum, (60) Basic/Pool/Level 1 + (35) Level 2 + five (5) Level 3 freediving certifications.

V. DURATION

- Recommended hours for course completion: 70-80.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All Instructor Trainer training sessions must be conducted no deeper than 40 meters.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.
- The ratio may increase to 8:2 with one (1) active status Freediving Instructor Trainer.

VIII. SUPERVISION

- An active status Freediving International Training Director must directly supervise all academic, confined/pool and open water sessions.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Freediving Instructor Trainer Manual.
- Complete the water skills assessment, if not performed within the last six (6) months, as outlined in Freediving Instructor Training Course Manual.
- Display leadership behaviors and skill levels.
- Complete a final exam with a passing score of 90%.

Achieve the following performance requirements:

- Hang at 20 meters with a Blackout (BO) rescue.
- Blackout (BO) rescue from 25 meters with a 50-meter tow while giving rescue breaths.
- Dynamic with bi-fins 100m.
- Complete a final exam with a passing score of 90%.

X. ACTIVE STATUS REQUIREMENTS

- Exclusively conduct the SSI Total Teaching System for all recreational levels and issue only SSI certifications. Only those programs that SSI does not provide materials for can be conducted through another agency.
- Exemplify the SSI philosophy and display competence in applying the SSI Business System.
- Conduct at least one (1) complete Instructor Training Course every 36 months. If this time period is exceeded, the Instructor Trainer may attend a remedial training session or maintain inactive status until remedial training is complete.
- Attend all mandatory SSI Dive Professional updates.
- Instructor Trainers will be held responsible for the quality of education. If a significant number of their candidates fail the Instructor Evaluation because of non-performance, the Instructor Trainer may be required to re-attend another Instructor Trainer Seminar or revert to the Master Instructor rating.

NOTE: Freediving Instructor Trainers are held responsible for the quality of their education. If their candidates do not fulfill the standard of quality set by SSI due to non-performance from the Freediving Instructor Trainer, that trainer may be required to re-attend the next Freediving Instructor Trainer Seminar, or revert to the Freediving Instructor Level 3 rating.

XI. ACTIVE STATUS QUALIFICATIONS

- Active status Freediving Instructor Trainers may teach, supervise and issue certifications for all SSI Freediving programs.

Freediving Professional Training Standards

FREEDIVING INSTRUCTOR CROSSOVER AND UPDATE

I. INTENT

- The intent of the SSI Freediving Instructor Crossover program is to provide freediving instructors from other recognized training agencies an orientation to SSI philosophies and procedures.
- It provides the knowledge and skills needed to conduct SSI Freediving programs equivalent to their existing qualifications in a safe and enjoyable manner.
- The intent of the SSI Freediving Instructor Update program is to update and reactivate SSI Freediving Instructors that have been inactive for at least two (2) years.

II. REQUIRED INSTRUCTOR RATING

- An active status Freediving Instructor Trainer may conduct Freediving Instructor Crossover or Update programs for all Freediving ratings.
- An active status Freediving Specialist Instructor may conduct Freediving Instructor Crossover programs up to the Freediving Basic Instructor rating.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed an Instructor Training Record including:

- Statement of Understanding
- Professional Training Assumption of Risk and Liability Release
- SSI Dive Professional Agreement

All candidates participating in professional level training must have digital copies of the following documents uploaded into ODIN before the final certification(s) can be issued:

- RSTC Medical Statement signed by a physician within one (1) year
- Proof of CPR training within two (2) years
- Proof of First Aid training within two (2) years
- Proof of Oxygen First Aid training within (2) years

IV. CANDIDATE PREREQUISITES

- Minimum age: 18 years old.
- Be an active status freediving instructor with a recognized training agency and have no ethical or standards violations within the past 12 months.

OR

- Be a Freediving Instructor or equivalent that has been inactive for a minimum of two (2) years.
- The candidate is required to provide proof of non-renewal that states that no ethical actions or standards violations have been taken or pending.

V. DURATION

- Recommended hours for course completion: 24-32.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted at the depths listed in the applicable Freediving Instructor Standards.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Specialist Instructor or Freediving Instructor Trainer must directly supervise all academic, pool/confined water and open water training during Freediving Basic Instructor crossovers.
- An active status Freediving Instructor Trainer must directly supervise all academic, pool/confined water and open water training during all other crossovers.

IX. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the Freediving Instructor Training Manual or Upgrade Manual.
- Complete the performance requirements for each level as outlined in the Freediving Standards.
- Display leadership behaviors and skill levels.
- Complete a final exam with a passing score of 90%.

X. ACTIVE STATUS REQUIREMENTS

- Comply with all annual renewal procedures
- Maintain professional liability insurance where applicable
- Work through an active SSI Dive Center or SSI Dive Resort

XI. ACTIVE STATUS QUALIFICATIONS

- Teach, supervise, issue certifications and act as a certified assistant for the Freediving programs for which they are qualified.

DIVE CENTER STANDARDS



SSI DIVE CENTER STANDARDS

I. SSI DIVE CENTER

An SSI Dive Center is a full service, commercial retail operation that provides customers with all of the components outlined in the SSI Diver Diamond philosophy. The center must be in a commercial location and meet all zoning and licensing requirements.

SSI Dive Centers must offer the following:

- REGULAR BUSINESS HOURS
- SSI DIVE TRAINING
- SCUBA EQUIPMENT SALES
- EQUIPMENT SERVICE
- ACCESS TO CYLINDER FILLS
- DIVE TRIPS AND ACTIVITIES

II. SSI DIVE RESORT

An SSI Dive Resort is a full service, travel destination that provides customers with all of the components outlined in the SSI Diver Diamond philosophy and derives a source of income from dive training, trips and activities.

SSI Dive Resorts must offer the following:

- REGULAR BUSINESS HOURS
- SSI DIVE TRAINING
- ACCESS TO CYLINDER FILLS
- DIVE TRIPS AND ACTIVITIES

III. SSI DIVE SCHOOL

An SSI Dive School is a college, university, school, municipality, aquarium, club or water-sports park that offers dive or snorkeling programs, but does not sell equipment directly to students or the general public. Organizations earn this rating at the sole discretion of SSI, and are annually reviewed to ensure compliance.

SSI Dive Schools must offer the following:

- SSI DIVE TRAINING
- ACCESS TO CYLINDER FILLS
- DIVE TRIPS AND ACTIVITIES

IV. SSI DIVE BOAT

An SSI Dive Boat is a charter diving operation. This includes daily excursion boats, live-aboard boats, etc., where diving and snorkeling activities are the operation's primary business. Organizations with the SSI Dive Boat rating are not required to have a separate physical business location.

SSI Dive Boats must offer the following:

- SSI DIVE TRAINING
- ACCESS TO CYLINDER FILLS
- DIVE TRIPS AND ACTIVITIES

V. SSI FREEDIVING CENTER

An SSI Freediving Center is a business that provides customers with all of the components outlined in the SSI Diver Diamond philosophy and derives a source of income from freediving training, trips and activities.

SSI Freediving Centers must offer the following:

- REGULAR BUSINESS HOURS
- SSI FREEDIVING TRAINING

- FREEDIVING TRIPS AND ACTIVITIES

VI. SSI SWIM CENTER

An SSI Swim Center is a business that provides customers with all of the components outlined in the SSI Diver Diamond philosophy and derives a source of income from swim training and activities.

SSI Swim Centers must offer the following:

- REGULAR BUSINESS HOURS
- SSI SWIM TRAINING
- SWIM ACTIVITIES

VII. ADDITIONAL PROGRAMS

SSI Dive Centers, Dive Resorts, Dive Schools or Dive Boats that offer the additional program category (e.g. Scuba Rangers, Extended Range, etc.) can qualify to become an SSI Scuba Rangers Center, Extended Range Center, Freediving Center or Swim Center.

VIII. ACTIVE STATUS REQUIREMENTS

Additionally, each authorized SSI business must fulfill the following minimum requirements:

A. TRAINING

- Maintain a minimum of one (1) active status SSI Instructor on staff that is qualified to conduct the promoted programs.
- Regularly schedule, promote and conduct SSI programs, from entry-level training to the highest SSI Dive Professional level permitted by the teaching qualifications of the staff.
- Issue SSI certifications to all students and Referral Divers who have successfully completed an SSI program.
- Provide high quality, regularly maintained rental and/or training equipment for student use.

B. MARKETING

- Use authorized SSI marketing and promotion materials in the retail area and classroom.
- Include the SSI logo on the business website and in all applicable advertisements.
- Offer a link to divessi.com from the business website.

C. QUALITY ASSURANCE

- Utilize the SSI MAP Quality Assurance program.
- Comply with all required government regulations, insurance requirements, licenses, and labor and tax laws.

IX. INSTRUCTOR TRAINING CENTER STATUS

Authorized SSI Dive Centers, Resorts, Schools or Boats with an active status SSI Instructor Trainer or Swim Teacher Trainer on staff are automatically upgraded to an SSI Instructor Training Center.

To maintain active status, the Instructor Training Center must maintain the following minimum requirements:

- Predominantly offer SSI Dive Professional programs and certifications. This requirement does not apply for programs that do not have an equivalent SSI program.
- Have one (1) permanent Instructor Trainer on staff.
- Promote the full range of SSI Dive Professional programs, from Dive Guide to Instructor Training Course, at least twice (2) per year in the SSI Event Calendar.
- Conduct a minimum of one (1) SSI Dive Professional program per year.

X. SSI DIAMOND CENTER STATUS

Authorized SSI Dive Centers or Resorts that offer customers the Ultimate Dive Experience may qualify for the SSI Diamond Center Status.

SSI Diamond Center status is granted through an application process (see application for complete details), and active status SSI Diamond Centers are re-evaluated every three (3) years.

Additionally, Authorized SSI Dive Centers, Resorts, Schools or Boats applying for SSI Diamond Center status must fulfill the following minimum requirements:

- Any staff that conducts dive training must be qualified active status SSI Dive Professionals.
- Predominantly offer SSI programs and certifications from entry-level to dive professional levels. This requirement does not apply for programs that do not have an equivalent SSI program.
- Promote all regionally appropriate SSI programs at least twice (2) per year in the SSI Event Calendar.
- Use the SSI Equipment Service Program for all instructor, rental, staff and sales equipment.
- Exist as a licensed business operation for at least two (2) years.

Appendix:

EQUIVALENCY CHARTS

Appendix: Equivalency Charts

RECREATIONAL SCUBA

I. RSTC MEMBERS

ISO	RSTC	SSI (ISO Certified)	PADI (ISO Certified)	SDI	NAUI
ISO24801-1 Supervised Diver	Supervised Diver	Scuba Diver	Scuba Diver	Supervised Diver	No Equivalence
ISO24801-2 Autonomous Diver	Open Water Diver	Open Water Diver	Open Water Diver	Open Water Scuba Diver	Scuba Diver
		Advanced Adventurer	Advanced Open Water	Advanced Adventure	Advanced Scuba Diver
	Entry Level Rescue Diver	Diver Stress & Rescue	Rescue Diver	Rescue Diver	Scuba Rescue Diver
		Advanced Open Water Diver	No Equivalence	Advanced Diver	Master Scuba Diver
		Master Diver	Master Scuba Diver	Master Scuba Diver	No Equivalence

II. RECOGNIZED AGENCIES AND FEDERATIONS

SSI (ISO Certified)	CMAS
Scuba Diver	No Equivalence
Open Water Diver	One Star Diver
Advanced Adventurer	One Star Diver
Diver Stress & Rescue	Two Star Diver
Advanced Open Water Diver	Two Star Diver
Master Diver	No Equivalence

Appendix: Equivalency Charts

DIVE PROFESSIONALS

I. RSTC MEMBERS

ISO	RSTC	SSI (ISO Certified)	PADI (ISO Certified)	SDI	NAUI
ISO24801-3 Dive Leader	Recreational Dive Supervisor	Dive Guide	Divemaster	Divemaster	Assistant Instructor
		Divemaster			
ISO24802-1 Instructor Level 1	Recreational Assistant Instructor	Dive Control Specialist/Assistant Instructor	Assistant Instructor	Assistant Instructor	Divemaster
ISO24802-2 Instructor Level 2	Recreational Scuba Instructor	Open Water Instructor	Open Water Scuba Instructor	Open Water Scuba Diver Instructor	Instructor
		Advanced Open Water Instructor	Master Scuba Diver Trainer		
		Divemaster Instructor			
		Dive Control Specialist Instructor/Assistant Instructor Trainer	Staff Instructor	IT Staff Instructor	
	Recreational Scuba Instructor Trainer	Instructor Trainer	Course Director	Instructor Trainer	Instructor Trainer

II. RECOGNIZED AGENCIES AND FEDERATIONS

SSI	CMAS
Dive Guide	Three Star Diver
Divemaster	
Dive Control Specialist/Assistant Instructor	Assistant Instructor
Open Water Instructor	One Star Instructor
Advanced Open Water Instructor	Two Star Instructor
Divemaster Instructor	
Dive Control Specialist Instructor/Assistant Instructor Trainer	
Instructor Trainer	Instructor Trainer

Appendix: Equivalency Charts

FREEDIVING

I. DIVER LEVEL EQUIVALENCY CHART

SSI	AIDA	Apnea Academy	PADI	CMAS (may vary by country)	Fii	Performance Freediving
Basic	AIDA*	Level 1				
Pool	AIDA **Pool			APNOE * or SK1	Level 1 Pool	Basic Freediver
Level 1	AIDA**	Level 2	Freediver & Advanced	APNOE ** or SK1 + SK2	Level 1 & Junior	Intermediate Freediver
Level 2	AIDA***	Level 3	Master	APNOE ***	Level 2	Advanced Freediver
Level 3	AIDA****			APNOE ****	Level 3	

II. DIVE PROFESSIONAL EQUIVALENCY CHART

SSI	AIDA	Apnea Academy	PADI	CMAS/VDSTTL	Fii	Performance Freediving
Basic Instructor					Assistant Instructor	Assistant Instructor
Level 1 Instructor	POOL Instructor		Instructor	VDST *.*** & SK1 & SK2	Level 1 Instructor	Basic Instructor
Level 2 Instructor	Instructor	Instructor	Advanced & Master Instructor	CMAS/VDSTTL with finished VDST **** Course	Level 2 Instructor	
Level 3 Instructor	Master Instructor				Level 3 Instructor	

Appendix: Equivalency Charts

EXTENDED RANGE

I. DIVER LEVEL EQUIVALENCY CHART

SSI XR	ANDI	TDI	IANTD	PADI	GUE	CMAS
Extended Range Foundations		Intro to Tech		Discover Tech	Fundamentals	Tec Basic
Extended Range Nitrox Diving	Complete Safe Air User	Advanced Nitrox Diver	Advanced Nitrox Diver	TEC 40		Nitrox **
Extended Range	Technical Safe Air Diver	Decompression Procedure	Advanced Nitrox Diver	TEC 45		
Extended Range Trimix	Technical Trimix Diver	Helitrox	Advanced Recreational Trimix			Triox Diving
Technical Extended Range	Extended Range Diver	Extended Range	Technical Diver	TEC 50	Tech 1	
Technical Extended Range Trimix	Intermediate Trimix Diver	Trimix	Normoxic Trimix	Tec Trimix 65	Tech 1 /Tech 60	Trimix *
Hypoxic Trimix	Trimix Diver	Advanced Trimix	Trimix Diver	Tec Trimix	Tech 2 /Tech 3	Trimix **
Advanced Wreck Diving	Technical Wreck Diver	Advanced Wreck	Advanced Wreck Diver	Wreck Diver		
Technical Wreck Diving			Technical Wreck Diver			
Cavern Diving	Cavern	Cavern	Cavern	Cavern Diver		
Cave Diving	Cave Level III & IV	Intro to Cave	Technical Cave Diver		Cave Diver 1	
Full Cave Diving	CAVE LEVEL V	Full Cave	Cave		Cave Diver 2 & 3	

II. DIVE PROFESSIONAL EQUIVALENCY CHART

SSI XR	ANDI	TDI	IANTD	PADI	GUE	CMAS
Extended Range Foundations Instructor		Intro to Tech Instructor			Fundamentals Instructor	Tec Basic Instructor
Extended Range Nitrox Diving Instructor	Complete Safe Air Instructor (L2)	Advanced Nitrox Instructor	Advanced Nitrox Instructor	Tec Instructor		Advanced Nitrox Instructor
Extended Range Instructor	Technical Safe Air Instructor (L3)	Decompression Procedure Instructor	Advanced Nitrox Instructor	Tec Instructor		
Extended Range Trimix Instructor	Technical Trimix Instructor (L3)		Advanced Recreational Trimix Instructor			Recreational Trimix Instructor
Technical Extended Range Instructor	Extended Range Instructor (L4)	Extended Range Instructor	Technical Instructor	Tec Deep Instructor		
Technical Extended Range Trimix Instructor	Extended Range Instructor (L4) Trimix	Trimix Instructor	Normoxic Trimix Instructor	Tec Trimix Instructor	Tech 1 Instructor	Trimix* Instructor
Hypoxic Trimix Instructor	Trimix Instructor (L5)	Advanced Trimix Instructor	Trimix Instructor	Tec Trimix Instructor	Tech 2 /Tech 3 Instructor	Trimix Instructor
Advanced Wreck Diving Instructor	Technical Wreck Instructor (L3)	Advanced Wreck Instructor	Advanced Wreck Instructor	Wreck Instructor		

Technical Wreck Diving Instructor			Technical Wreck Instructor			
Cavern Diving Instructor	Cavern Instructor (L2)	Cavern Instructor	Cavern Instructor	Cavern Instructor		
Cave Diving Instructor	Cave Instructor (L4)	Intro to Cave Instructor	Technical Cave Instructor		Cave 1 Instructor	
Full Cave Diving Instructor	Cave Instructor (L5)	Full Cave Instructor	Cave Instructor		Cave 2 Instructor	

CHANGES FOR 2017

Global Changes

- change terminology to “Open Water Diver Instructor Manual”
- change terminology to “Dive Guide and Professional Dive Guide”
- change terminology to “Student Water Fitness Evaluation”
- change terminology to “Candidate Water Fitness Evaluation”
- Update all pro-level standards to use ‘candidate’ in place of ‘student’

Global Name Changes

- Enriched Air Nitrox Diver to Enriched Air Nitrox
- Extended Range Nitrox to Extended Range Nitrox Diving
- Extended Range Diving to Extended Range
- XR Nitrox Total Diving System to Extended Range Nitrox Total Diving System
- When it refers to a series of programs, Extended Range changed to XR (to avoid confusion with XR Extended Range program)
- Changed Dive Control Specialist to Dive Control Specialist/Assistant Instructor
- Changed Dive Control Specialist Instructor to Dive Control Specialist Instructor/Assistant Instructor Trainer

I. GENERAL TRAINING STANDARDS

- Conducting SSI Programs: Changed requirement for floats and dive flags to reflect local regulations
- Program Administration: Added (or legible copies) to requirement for submitting paperwork to SSI Service Centers
- SSI Professional Status: removed redundant sentence (content is described in 'Returning to Active Status')
- Training and Dealer Standards: Removed duplicate of 'Continue Your Adventure' section

II. DIVE PROGRAM STANDARDS

- Water Fitness Evaluation: Name change. Minor content changes to improve legibility
- Try Scuba/Scuba Diving: Minor name changes to Try Scuba Diving Instructor Manual.
- Referral Diver: In-Water Ratio text changed for legibility. Ratio for 12-14 year old students changed from 4:1 to 6:1. 'Pool/confined water' changed to 'in-water' requirements.
- Indoor Diver: In-water ratio text changed. Ratio changed to match OWD. 'Deep water' changed to 'in-water' requirements.
- Scuba Diver/Open Water Diver: Ratio text and numbers changed. 4:1 ratio is now 6:1 for 12-14 year olds. 'pool/confined water' corrected to 'in-water' requirements.
- Advanced Adventurer: Added clarification text 'Adventure Dives are supervised experience dive only...! Changed 'pool/confined water' to 'in-water' requirements.
- Specialty Program General Standards: Added text clarifying requirements for combining specialties. Changed 'pool/confined water' to 'in-water' requirements.
- Ecology Specialty Programs: Changed 'Shark Diving' to 'Shark Ecology'. Changed minimum age - now only applies to scuba training.
- Pool/Confined Water Specialties: Added clarification that Full Face Mask students are required to do a pool/confined water session prior to any open water training.

- **Dedicated Equipment Specialties:** Added new student pre-requisites for Independent Diver. Removed Full Face Mask from list.
- **Diver Recognition Ratings:** Changed terminology from 'Certification' to 'Issuing a Recognition Card' and removed redundant text for all recognition levels.
- **Scuba Skills Update:** Changed ratios text to improve legibility.
- **Scuba Rangers Program:** removed depth restriction from in-water ratios.
- **Added new page:** RSTC Equivalent Ratings.

III. DIVE PROFESSIONAL STANDARDS

- **Candidate Water Fitness Evaluation:** minor text changes. Added 300m required swim (United States only) that can be used as an alternative to the 700m assisted swim. Details are in the Dive Professional Evaluation Form and Criteria program.
- **Snorkeling Instructor:** Minimum Instructor rating to conduct the Snorkeling Instructor program is now OWI. 'Certification' changed to 'Recognition'.
- **Dive Guide:** Changed terminology to reflect Dive Guide and Professional Dive Guide ratings. Required hours changed from 25 to 32. Minor formatting changes.
- **Instructor Training Course:** Added EANx 40 requirement to allow OWI to teach Enriched Air Nitrox.
- **Instructor Evaluation and OWI:** Two new elements clarifying the requirements for the IE.
- **Training Specialist/Specialty Instructor:** Added additional requirements and removed the letter of recommendation requirement. Added note about 'local SSI Service Center' requirements.
- **Divemaster Instructor:** Minor text changes for clarity.
- **Dive Control Specialist Instructor/Assistant Instructor Trainer:** Updated certification requirement numbers.
- **Returning to Active Status:** Added additional requirement for DCSI. Added update option for IT to maintain active status.

IV. EXTENDED RANGE

- **Equipment Definitions:** New text describing special requirements for CCR divers.
- **Medical History, Liability...:** Added 'where applicable' to legal requirements
- **Conducting XR Programs:** Added CCR ratios and in-water requirements to ratios, duration, and open water.
- **Extended Range Foundations:** Changed EANx requirement to EAN40
- **Extended Range Nitrox Diving:** EANx requirement changed to EAN40. Added 'non-accelerated' to equipment requirements.
- **Technical Extended Range:** Added missing water skills development session to requirements for completion.
- **Hypoxic Trimix:** Added missing water skills development session to requirements for completion.
- **Advanced Wreck Diving:** Corrected formatting errors.

V. FREEDIVING

- **Basic Freediving:** Added text to clarify in-water session requirements. Added 'optional' to open water session requirements.
- **Freediving Level 3:** Added dynamic blackout performance requirement

- Freediving Specialty Programs: Removed 6:2 in-water ratio for Level 2 and higher programs.
- Basic Freediving Instructor: Removed performance requirements.
- Freediving Specialist Instructor: Changed minimum level rating requirement from 2 to 1.
- Freediving Instructor Trainer: Changed minimum age from 21 to 18 years old. Removed 'Basic' from minimum certifications

REGIONAL ADDENDUMS