

FREEDIVING PLANET

GUIDE FOR FREEDIVING INSTRUCTOR CANDIDATES

Welcome to Freediving Planet, we look forward to have you here for your AIDA/PADI Instructor Course.

BE PREPARED ;-)

The IC is organised during a period of 7 to 10 days and is very demanding in time. Course starts at 8:30 till 18:00 (sometimes later) everyday. Therefore, your physical condition must be at the top.

So in order to arrive well prepared and enter the course, here are some requirements that we ask to all our candidates:

1. Paperworks :

You need to send us a copy of your AIDA4 or PADI Master Freediver Certificate. We also need a copy of your CPR certificate, not older than 2 years. If you are PADI Master Freediver, you will need to pass the AIDA4 Crossover to be entitled to join the AIDA IC. The AIDA4 C/O is minimum 2 days.

When you will arrive in Freediving Planet you will have to complete the following documents :

- Registration
- Liability Release
- Medical Form.

Moreover, for the PADI Instructor Candidates, the PADI medical form must be completed and it must be signed by a doctor. This Medical form must be given on arrival at Freediving Planet and must be recent.

There are doctors in Moalboal, but it is better to secure your document in advance.

2. Theory :

Since you are already AIDA4 certified, the AIDA theory must not be a secret for you anymore. Therefore, we will organize the first exam on the Theory AIDA2-4 on the first day of the IC, so you will have the time to refresh your knowledge at home at your own pace.

To pass the AIDA2-4 exam you will need a score of 90%. If you don't pass on the first time, then you will have one exam B to pass on the next day. If another fail, then the IC stops and you will have to register at the next month session.

3. Freediving Techniques :

To enter the AIDA IC, your technique must be such as expected of an AIDA4 or PADI Master Freediver. The IC is not designed to teach you the techniques you are already supposed to master. We expect from you a Role Model technique. AIDA4 is already a high level of expertise.

4. Required Performances to enter the IC :

- Static min 4'
- Dynamic 75m
- DNF 50m
- FIM 38m
- CWT 38m
- CNF 15m

If you are not OK with one of those performances or with your techniques, no worry, our staff at Freediving Planet is there to train or coach you in order to prepare you for your IC.

In order to prepare your IC, we recommend you follow a Master Internships of minimum 2 weeks. You can also of course prepare your training at your own location, but when you will arrive here at our facilities, all the requirements must be met already so we can spend more time on the teaching skills and to prepare you for your future job as Freediving Instructor.

On the first day of the AIDA IC, we will organize an assessment OW session and you will have to demonstrate the following :

- Easy CWT dive to 35m min, with a role model technique;
- BO Rescue from 20m and 50m towing at the surface with rescue breathes;
- Setup and handling of the line, buoy, bottom weight.

5. Special Presentation :

Once you will register to the IC, you will need to provide us a list of 3 topics you would like to develop, with a 2 or 3 lines introduction. We will pickup one of the 3 topics and you will have time to prepare your special presentation at your place a few weeks in advance.

Note that for this Special Presentation, we will need 2 documents from you :

1. The powerpoint Presentation ;
2. The Full text assignement.

The PPT must be the outlines of your full text assignement.

You will need to present your topic at the end of the IC and you will be allowed to talk for 20-25 minutes and with a 5-10 minutes Q&A at the end.

By the first day of the IC, you must provide all your documents via email to your Instructor. Use the following email : moalboal@freediving-planet.com

6. Safety and Rescue :

During your IC, you will spend a lot of time to practice Rescue techniques. So take the opportunity to refresh your safety skills prior to the course.

Moreover, your CPR certificate must be up to date (not older than 2 years). If it is not the case, let us know and we can organise with you an EFR or EFRI course.

Note: For the PADI Freediver Instructor Candidates, you must also pass the EFR Instructor level that we can organise in 2 days in Moalboal. But you also must be EFR (not older than 2 years).

7. Course in English :

The IC is taught in english, so we expect from our candidates a total understanding of the english language. If you are not fluent in english, do not worry, we can offer the service of a translator (extra cost will apply to cover the salary of the translator).

