

SSI Standards (2018)



(2018 EDITION)

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SSI Standards (2018)

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I. NOTICE AND DISCLAIMER OF LIABILITY

The online English-metric 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 SSI 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 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 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. MINIMUM INSTRUCTOR RATING

Any active status SSI Dive Professional with the minimum applicable instructor rating or higher may conduct training as specified in the program-specific standard.

III. 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.

IV. 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 the responsible SSI Service Center, in writing, in the event of a conflict.

V. WAIVERS FROM STANDARDS

Waivers or deviations to the SSI Standards must be requested, in writing, to the responsible 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.

VI. 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 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 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 the responsible 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 pool/confined water skills while wearing wetsuits. However, to prepare students for the open water, SSI Dive Professionals may elect to have an additional pool/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.

VII. 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 responsible SSI Service Center prior to incorporating the changes.

General Training Standards

PROGRAM DEFINITIONS

I. CERTIFICATION PROGRAM

A digital certification card 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 student's training record and logbook.

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 digital recognition card must be issued once a student has completed a 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 training record and logbook.

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.

General Training Standards

MEDICAL HISTORY

I. MEDICAL HISTORY FORM

Each student must complete the SSI Medical History form, or submit a valid medical statement, prior to any in-water activity.

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.

NOTE: SSI recommends completing a Medical History form prior to any in-water activity for any SSI training program.

Medical History forms, or valid medical statements, are valid for 12 months from the date they are signed. Students may participate in multiple SSI training programs within the 12 months without completing another form.

If the student becomes ill or injured within the 12 months, they must complete a new Medical History form, or valid medical statement, prior to any in-water activities and follow the protocol outlined above.

II. SSI DIVE PROFESSIONALS

Each candidate participating in professional-level training must provide to the responsible 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 MySSI 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 the responsible SSI Service Center (by uploading the form into their MySSI account) 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 available in their area and language, each student participating in a entry-level scuba program is required to watch the video or read the text for 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 video or read the text for 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 video or read the text for 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 the responsible SSI Service Center for guidance or interpretation.

Each Professional has 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 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.

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 with an SSI Sidemount Diving certification (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.

A. SIDEMOUNT TOTAL DIVING SYSTEM

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

- Mask and fins
- Buoyancy compensator with sufficient lift capacity for the planned dive
- An industry-approved sidemount harness
- One delivery system with a primary hose approximately 7 feet long
- One delivery system with a standard-length hose, neck retainer, and low-pressure inflator
- Two cylinders with valves configured for sidemount diving
- Submersible pressure gauge with 6-inch high-pressure hose (all cylinders must have an SPG attached)
- Integrated depth and timing device or dive computer that is nitrox-capable (preferably multi-gas)
- Exposure suit appropriate for the environment

In addition to the equipment listed above, the XR Sidemount Total Diving System includes:

- Backup mask
- Backup depth and timing device (one must be a multi-gas computer)
- Two cutting devices
- 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 the maximum planned depth)
- One surface signaling device (whistle or similar)

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.

VII. 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 must be able to comfortably repeat the skill in diverse and adverse conditions.

A. FINAL EXAMS

If a final exam is required for certification, the following requirements must be met:

- The student must complete the exam without outside assistance or personal notes
- The professional administering the exam may only provide clarification to help explain the question
- Minimum passing score for recreational programs: 80%
- Minimum passing score for professional programs: 90%

VIII. 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.

IX. TIME LIMIT TO COMPLETE A PROGRAM

Open water training dives for all SSI programs must 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 MySSI 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.

X. 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 40 feet, and extend surface intervals to two (2) hours between dives.

XI. 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.

XII. 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 pool/confined water training sessions.

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

XIII. 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.

SSI IN-WATER TRAINING PHILOSOPHY

I. 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, and 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.

II. DIVING POSITION

SSI's "Comfort through Repetition" in-water training philosophy is student-centered, and gradually increases the complexity of skills as students demonstrate mastery.

New skills are introduced in the shallow water, where the students develop their technique and motor skills. Once they demonstrate comfort and confidence with the skill, they can transition to performing the skill in deeper water, and incorporate more complex buddy team and emergency skills.

A. KNEELING VS. THE DIVING POSITION

The position of the student during skill practice and demonstration plays an important role in their progression, in-water comfort, and eventual autonomy. Skills are usually introduced to students who are kneeling and/or negatively buoyant to minimize stress and increase stability. This is an effective technique for the initial skill introduction, but it is not a realistic or natural diving position.

In the Diving Position, the diver's body stays horizontal to the bottom, with their fins and legs extended behind their body. This keeps their mouth and lungs horizontal, which is the optimal position for breathing, and improves streamlining and kicking technique.

Students who are new to the Diving Position may maintain slight contact between fins and the bottom, but the objective of the position is to maintain the Diving Position while neutrally buoyant. This is the desired position for a certified diver, and students should be introduced to the skill as soon as they are ready, so they have sufficient time to practice and master it during pool/confined water training.

SSI strongly encourages dive professionals to have their students practice all applicable skills in the Diving Position during their pool/confined water training. The decision to transition a student from the kneeling position to the Diving Position is always at the instructor's discretion, and must be based on the student's comfort level and ability to complete the skill.

General Training Standards

SUPERVISION

I. CERTIFIED ASSISTANT

An active status SSI Divemaster or higher, 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. They 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 status SSI 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 Professional must not engage in any activities other than supervision during in-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 certified assistants should be used during training.

VI. EMERGENCY ASCENT SKILLS

An SSI Open Water Instructor 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 33 feet or less.

During simulated emergency ascents, the Open Water Instructor must establish physical contact with the student before the ascent begins, and maintain direct physical contact during the entire ascent.

General Training Standards

DUTY OF CARE

I. OBLIGATION OF CARE

All SSI Professionals must inform students that if they become excessively cold or tired, are under undue stress, are low on gas, 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 Professional at the time and place of the open water training dive. Students who do not successfully complete the required skills during a training 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 at all times while training is being conducted.

VII. REPORTING PROCEDURES

In the event that an SSI 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 the responsible 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 the MySSI download section.

General Training Standards

DIVING ENVIRONMENTS

I. POOL/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 pool/confined water training is 15 feet.

NOTE: For all entry-level programs, pool/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 60 feet.

VI. DIVING AT ALTITUDE

SSI Dive Professionals must plan all dives conducted above 1000 feet 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 pool/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 greater than 15 feet, and a minimum water surface area of 100 square yards, may be used to conduct training dives for the following programs: Snorkeling, Freediving, Try Scuba, Basic Diver, 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 the responsible 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.

General Training Standards

OVERHEAD ENVIRONMENTS

I. LINEAR DISTANCE

The standards for SSI Overhead Environment programs include limitations for linear distances. Linear distance is defined as the sum of the vertical distance, plus the horizontal distance, that the diver must swim to reach the surface.

II. 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 30 feet in length and at depths shallower than 100 feet. 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.

III. 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 SSI Overhead Environment Specialties may accompany students during these specific programs in overhead environments that meet the above definition.

IV. 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 SSI Overhead Environment programs 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 maximum depth for all pool/confined water training is 15 feet unless specified in the program-specific standard.

The minimum depth for open water training dives is 15 feet.

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 130 feet.

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 – 40 feet with an active status dive professional
- Open Water Diver – 60 feet
- Advanced Adventurer – 100 feet if conducting the Deep Diving Adventure Dive
- Deep Diving Specialty – 130 feet
- Enriched Air Nitrox – Do not exceed a maximum ppO₂ of 1.4 ata

Recommended depth limit based on age:

- 10- and 11-year-olds: 40 feet with an active status dive professional, or certified adult

General Training Standards

CERTIFICATION PROCEDURES

I. CERTIFYING INSTRUCTOR

The certifying instructor is the SSI Professional who completes the final knowledge and skill assessment with the student. They are responsible for ensuring that the training record is properly completed, including all required verification signatures and dates, and will be the instructor-of-record on the student's certification.

II. 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 MySSI System.

III. 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 MySSI. 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 MySSI, 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 MySSI app.

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 the responsible SSI Service Center within seven (7) days of the program's completion.

For Specialty Instructor programs without digital materials, the certification is completed by the responsible Dive Center, the Dive Center Monitor authorizes the certification, and all required paperwork is maintained by the Dive Center.

V. JUNIOR CERTIFICATIONS

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

NOTE: Dive centers can upgrade Junior Certifications when the student turns 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 MySSI before printing the new certification.

VI. ISSUING A REFERRAL

NOTE: For entry-level program referrals, see [Recreational Diving Standards>Referral Diver Program](#).

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.

VII. REPLACING LOST CARDS

1. If a student has lost their printed card, do a diver search in MySSI 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 the responsible 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.

Please See [Dive Professional Standards>Dive Professional Crossover Standards](#) for a detailed description of requirements for participation in an SSI Dive Professional Crossover.

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 responsible 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.

IX. DIVERS FROM RECOGNIZED TRAINING AGENCIES

Certifications issued by an SSI-recognized agency or federation are considered equivalent SSI certifications. The certification holder 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 an SSI-recognized training agency or federation, it is at the discretion and liability of the SSI Dive Professional or Dive Center/Resort to issue that certification.

X. DIVERS FROM NON-RECOGNIZED TRAINING AGENCIES

Students certified by training agencies or federations that are not recognized by SSI cannot be considered equivalent without an additional knowledge and skill evaluation administered by the SSI Dive Professional.

These students must successfully pass the SSI Experienced Diver Test, which including the final exam, and at least two open water training dives. Mastery of all diving skills of the level the diver is qualifying for must be displayed during the open water training dives.

After successful completion of the Experienced Diver Test, these students may be issued an equivalent SSI certification, and are eligible to attend the next higher program in the SSI Educational System.

SSI Dive Centers/Resorts may still elect to recognize students certified by non-recognized training agencies or federations 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 loses their Open Water certification card, which was issued by a certification agency that no longer exists, but the diver has other proof of diving experience (e.g. a signed 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.

XI. DIVE PROFESSIONALS FROM RECOGNIZED TRAINING AGENCIES

Dive Professionals certified by any SSI-recognized training agency or federation may attend an SSI Dive Professional Crossover program.

XII. DIVE PROFESSIONALS FROM NON-RECOGNIZED TRAINING AGENCIES

Divemaster candidates certified by a non-SSI recognized training agency or federation must successfully complete an SSI Experienced Diver Test to obtain a non-professional Dive Guide certification. After earning that certification, they can enter active status as an SSI Dive Professional, and earn the Divemaster recognition rating after completing the SSI Science of Diving program.

Open Water Instructor-level or higher candidates certified by a non-SSI recognized agency or federation may attend an SSI Dive Professional Crossover, but cannot be certified without attending an additional Instructor Evaluation to evaluate their SSI Dive Professional-level knowledge and skill assessment. An active status SSI Instructor Certifier may conduct both the Dive Professional Crossover and the Instructor Evaluation for the candidate.

XIII. SSI RECOGNITION CRITERIA

To qualify as an SSI-recognized training agency or federation, all of the following requirements must be met:

- Be in business for at least five (5) years Provide a complete range of training materials in at least three (3) languages
Have at least 250 instructors and 50 authorized dive centers globally Hold an active global EUF/ISO certification Be an active member of at least one RSTC

After proof/fulfillment of these prerequisites, the organization will be added to the current version of the SSI Equivalency Chart, and will be treated as an SSI-recognized training agency or federation.

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 (online) 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 responsible SSI Service Center.
- Maintain a current medical exam for scuba diving less than two (2) years old and signed by a licensed medical practitioner (recommended).
- 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.

Dive Professional Training Standards

RETURNING TO ACTIVE STATUS

SSI Dive Professionals in inactive or cancelled status may return to active status by completing the following requirements, which are determined by the length of time the dive professional has been out of active status.

I. DURATION OF INACTIVITY

Less than two (2) years

- Complete all components of the online renewal process.

Greater than two (2), but less than five (5) years:

Option 1

- Successfully complete an SSI Dive Professional Crossover program for the applicable certification level.

Option 2

- Successfully complete a Dive Professional Update for the applicable certification level as defined below.

Greater than five (5), but less than ten (10) years:

- Successfully complete a Dive Professional Update for the applicable certification level as defined below.

Greater than ten (10) years:

- Complete all program requirements, including any water fitness evaluations, digital learning materials, academic assessments, final exams, and in-water training requirements as outlined in the program-specific instructor manual.

II. SSI DIVE PROFESSIONAL UPDATE

A. PURPOSE

The SSI Dive Professional Update evaluates a candidate's knowledge of general diving theory, program-specific information, SSI training and teaching philosophies, in-water abilities, and any required teaching and evaluation requirements.

If there is any doubt or concern about a candidate's abilities, the Dive Professional Update should be used to evaluate the candidate before issuing any SSI professional-level certification.

B. REQUIREMENTS FOR COMPLETION

Dive Guide/Divemaster Update

- Purchase and complete the SSI Upgrade Kit
- Complete the Dive Guide final exam with a passing score of at least 90%

Complete the following Practical Application Sessions from the instructor manual for the Dive Guide program:

- Practical Application 1: Candidate Water Fitness Evaluation
- Practical Application 3: Open Water Diver Skills Workshop
- Practical Application 4: Diver Stress and Rescue Skills Workshop
- Practical Application 5: Dive Briefing Evaluation
- Practical Application 6: Dive Guiding Evaluation

NOTE: The first three Practical Application Sessions may be conducted in a single pool/confined water session, and the last two Practical Application Sessions may be conducted in a single open water training dive.

Assistant Instructor Update

- Purchase and complete the SSI Upgrade Kit
- Complete the Assistant Instructor final exam with a passing score of at least 90%

Complete the following Practical Application Sessions from the instructor manual for the Instructor Training Course:

- Practical Application 1: Candidate Water Fitness Evaluation
- Practical Application 2: Academic Presentation - Open Water Diver
- Practical Application 5: Workshop - Open Water Diver and Scuba Skills Update
- Practical Application 6: Pool/Confined Water Presentation - Open Water Diver Skill
- Practical Application 10: Workshop - Diver Stress and Rescue Skills

Open Water Instructor/Divemaster Instructor Update

In addition to the requirements for an Assistant Instructor Update, Open Water Instructor candidates must also complete:

- Practical Application 13: Open Water Presentation - Open Water Skills

Assistant Instructor Trainer/Master Instructor/Instructor Trainer Update

For any certification higher than Open Water Instructor, the candidate must conduct a Dive Professional Update for at least one candidate at the highest level they can certify.

EXAMPLE: an Assistant Instructor Trainer must complete an evaluation of an Assistant Instructor Update candidate as outlined above.

- The Assistant Instructor Trainer/Master Instructor Update must be directly supervised by an active status Instructor Trainer.
- The Instructor Trainer Update must be directly supervised by an active status International Training Director, and approved by the responsible SSI Service Center.

III. CERTIFICATION

Upon completion of the Dive Professional Crossover or Update, send the candidate's professional application form with all required documentation to the responsible SSI Service Center.

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 them ineligible for active status or renewal.

Dive Professional Training Standards

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 responsible 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 responsible 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).

RECREATIONAL DIVE PROGRAMS

Recreational Diving Standards

STUDENT WATER FITNESS EVALUATION

SSI entry-level programs, like Open Water Diver, require the student to complete a water fitness evaluation prior to any open water training. This evaluation can also be used to re-evaluate students before any SSI continuing education program, but it is not required unless specified in the program-specific standards.

NOTE: Entry-level students must successfully pass all portions of this assessment before participating in any open water training.

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 600 feet without any swim or buoyancy aids, or swim 1000 feet 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.

A. NOTES

- SSI recommends re-evaluating students if it has been more than six months since their last successful water fitness evaluation.
- You may conduct the water fitness evaluation during any pool or pool/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 provides a basic introduction to the common equipment and skills needed to snorkel safely.

II. MINIMUM INSTRUCTOR RATING

An active status Snorkeling Instructor may conduct the Snorkeling program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete the SSI Statement of Understanding for Snorkeling, Freediving, and Scuba Diving Programs, and the SSI Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (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 18 feet.

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 MySSI so that they may receive their free digital recognition card on the MySSI app.

Recreational Diving Standards

TRY SCUBA PROGRAM

I. INTENT

The SSI Try Scuba program provides students with an introductory scuba experience with an SSI Dive Professional in a pool/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. MINIMUM INSTRUCTOR RATING

An active status Assistant Instructor may conduct the Try Scuba program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete a Try Scuba 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

- Maximum pool/confined water depth limit: 15 feet

VII. IN-WATER RATIOS

- 10 years and older: The student-to-instructor ratio is 4:1.
- 8- to 10-years old: The student-to-instructor ratio is 2:1.
- 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 Assistant Instructor or higher must directly supervise all academic and pool/confined water activities.

IX. PROXIMITY

Students must remain under the direct supervision of the instructor so that physical contact can be made at all times during any in-water training.

X. REQUIREMENTS FOR COMPLETION

- Complete all academic and in-water sessions and assessments as outlined in the Try Scuba Instructor Manual.
- Skill demonstration and evaluations are only required if the students will continue with the Basic Diver open water training dive.

XI. ISSUING A RECOGNITION CARD

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

Recreational Diving Standards

BASIC DIVER PROGRAM (ISO 11121)

I. INTENT

The SSI Basic Diver program provides students with the necessary skills and knowledge to complete introductory scuba dives with an SSI Open Water Instructor in an open water environment.

NOTE: This program does not result in an entry-level certification. The instructor should only teach the skills outlined in the Basic Diver Instructor Manual and focus on the students' safety and enjoyment.

II. MINIMUM INSTRUCTOR RATING

- An active status Open Water Instructor may conduct the Basic Diver program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, student must complete a Basic Diver 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 Basic Diver program.

VI. DEPTH LIMITATIONS

- Maximum pool/confined water depth limit: 15 feet.
- Maximum open water depth limit: 40 feet.

VII. IN-WATER RATIOS

- 12 years and older: The student-to-instructor ratio is 4:1.
- 10- and 11-years old: 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 Assistant Instructor or higher must directly supervise all academic and pool/confined water activities.
- An active status Open Water Instructor must evaluate all required skills in the pool/confined water prior to any open water activities, and 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 and pool/confined water sessions and assessments as outlined in the instructor manual for Basic Diver.
- Complete a final exam with a minimum score of 80%.
- Complete at least one (1) open water training dive as outlined in the instructor manual for Basic Diver.

NOTE: Each student's pool/confined water skill evaluation must be evaluated by the Open Water Instructor who conducts the open water training dive with that student.

XI. CERTIFICATION

- Upon completion of all academic and in-water requirements, process the student in the MySSI System so they can receive the digital certification card.
- Certified Basic Divers may dive under the direct supervision of an SSI Dive Professional in environments equivalent to their training, and within the recommended depth limits, for six (6) months after completion of the Basic Diver program.
- Students younger than 15 will be certified as a Junior Basic Diver.
- After six (6) months, the student must retake the Basic Diver program, or register for a Scuba Diver/Open Water Diver program to continue diving.

XII. CREDIT

- SSI Dive Professionals can count one (1) open water training dive from in the Basic Diver program towards the Scuba Diver or Open Water Diver certification.
- Credit only applies if done within six (6) months of completing the Basic Diver program.
- The Basic Diver open water training dive must meet the minimum depth and duration requirements of the Open Water Diver 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 15 feet for at least 15 minutes.

Recreational Diving Standards

REFERRAL DIVER PROGRAM

I. INTENT

The SSI Referral Diver program provides students with the knowledge and training necessary to dive autonomously with an equally- or more-qualified buddy in a pool/confined water environment equivalent with their training until they can complete their open water 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. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program Training Record, including:

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

The digital Referral Diver card is available in the student's MySSI account, and their progress can be viewed by any affiliated 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 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.
- 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 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 MySSI 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 provides 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 using the instructor materials, depth limits and ratios of 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. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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

- Pool/confined water maximum depth: 15 feet.
- The first two (2) indoor training dives must be conducted between 15 and 40 feet.
- The remaining training dives must be conducted between 15 and 60 feet.
- The maximum depth for all 10- and 11-year-olds during all training dives is 40 feet.

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 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.
- 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 a maximum of two (2) students during the excursion portion of any indoor training dives after the completion of Indoor Training Dive 2.
- If navigation training is being conducted during Indoor 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 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 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

- Indoor Training Dive 1 may be conducted prior to completing the academic requirements and pool/confined water requirements for the program.
- Indoor Training Dive 2 may only be conducted after all requirements and evaluations for Academic Sessions 1-3 and Pool/Confined Water Sessions 2-3 of the Indoor Diver Instructor Manual have been met or exceeded.
- Indoor Training Dives 3-4 may only be conducted after all requirements and evaluations for Academic Sessions 1-6 and Pool/Confined Water Sessions 2-6 of the Indoor Diver Instructor Manual have been met or exceeded.
- The skills from Pool/Confined Water Session 1 may be combined with any/all in-water training sessions, but must be completed prior to certification.

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 MySSI so they may receive their digital certification card.
- Certified Indoor Divers can dive autonomously with and 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 40 feet 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 provides 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 40 feet.

II. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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

- Pool/confined water maximum depth: 15 feet.
- All open water training dives must be conducted between 15 and 40 feet.

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 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.
- 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.

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 Dive 1 may be conducted prior to completing the academic requirements and pool/confined water requirements for the program.
- Open Water Training Dive 2 may only be conducted after all requirements and evaluations for Academic Sessions 1-3 and Pool/Confined Water Sessions 2-3 of the Open Water Diver Instructor Manual have been met or exceeded.
- The skills from Pool/Confined Water Session 1 may be combined with any/all in-water training sessions, but must be completed prior to certification.

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 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 to depths shallower than 40 feet.
- 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.

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 provides 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 60 feet.

II. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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.
- Minimum total bottom time for open water training dives: 80 minutes.

VI. DEPTH LIMITATIONS

- Pool/confined water maximum depth: 5 meters.
- The first two (2) open water training dives must be conducted between 5 and 40 feet.
- The remaining open water training dives must be conducted between 5 and 59 feet.
- The maximum depth for all 10- and 11-year-olds during all training dives is 40 feet.

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 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.
- 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

- Open Water Training Dive 1 may be conducted prior to completing the academic requirements and pool/confined water requirements for the program.
- Open Water Training Dive 2 may only be conducted after all requirements and evaluations for Academic Sessions 1-3 and Pool/Confined Water Sessions 2-3 of the Open Water Diver Instructor Manual have been met or exceeded.
- Open Water Training Dives 3-4 may only be conducted after all requirements and evaluations for Academic Sessions 1-6 and Pool/Confined Water Sessions 2-6 of the Open Water Diver Instructor Manual have been met or exceeded.
- The skills from Pool/Confined Water Session 1 may be combined with any/all in-water training sessions, but must be completed prior to certification.

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 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. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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

- Maximum depth: 60 feet.

VII. IN-WATER RATIOS

- 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

For the Open Water Diver Experienced Diver Test:

- An active status Assistant Instructor can directly supervise all academic activities under the indirect supervision of an active status Open Water Instructor.
- An active status Assistant Instructor can directly supervise all pool/confined water training under the indirect supervision of an active status Open Water Instructor 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.

If the Experienced Diver Test is used to evaluate Diver Stress and Rescue or Dive Guide candidates:

- An active status Specialty Instructor with the applicable instructor certification 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

For the Open Water Diver Experienced Diver Test:

- 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.
- Complete all the required skills from Open Water Training Dives 1-4, 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.

If the Experienced Diver Test is used to evaluate Diver Stress and Rescue or Dive Guide candidates:

- Complete the program-specific final exam with a passing score of 80%.
- Complete at least one (1) pool/confined water session and skill assessment as outlined in the applicable instructor manual.
- Complete the Student Water Fitness Evaluation as outlined in the SSI Training Standards prior to any open water training dives.
- Complete at least two (2) open water training dives on scuba, as outlined in the applicable instructor manual.
- Complete all the required skills from the program, as outlined in the applicable instructor manual.
- For Dive Guide - complete all practical applications, as outlines in the instructor manual for Dive Guide.

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

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 in-water requirements, including a water fitness evaluation and final exam, an SSI Dive Professional may issue the appropriate digital certification card. The certification will have the certifying instructor's name and SSI number, and qualifies diver to continue to the next level of the SSI Educational System.

Recreational Diving Standards

ADVANCED ADVENTURER PROGRAM

I. INTENT

The SSI Advanced Adventurer provides 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. MINIMUM INSTRUCTOR RATING

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

NOTE: The instructor must have direct knowledge of the required equipment and skills for any Adventure Dive they conduct. Required pool/confined water sessions must be completed for all Dedicated Equipment Specialty Adventure Dives.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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 for each Adventure Dive is defined in the program-specific standards.
- 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 15 and 100 feet.
- The maximum depth for 12- to 14-year-old students during training dives is 60 feet, with the exception of the Adventure Deep Dive where the maximum depth is 70 feet.
- The maximum depth for all 10- and 11-year-old students during training dives is 40 feet.

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 for Adventure Dives from programs that may be taught by an Assistant Instructor (e.g. Boat Diving and Perfect Buoyancy).
- An active status Open Water Instructor must directly supervise all in-water activities for Adventure Dives from programs that may be taught by an Open Water Instructor (e.g. Deep Diving and Dry Suit Diving).
- 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 Adventure Dives, including a professional briefing and debriefing as outlined in the Advanced Adventurer Instructor Manual or applicable specialty instructor manual.

X. CERTIFICATION

- Upon completion of all academic and in-water requirements, an Open Water Instructor 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 toward the first training dive of the individual specialty programs.

Recreational Diving Standards

SPECIALTY PROGRAM GENERAL STANDARDS

I. INTENT

SSI Specialty programs introduce and familiarize students with a variety of diving activities beyond their entry-level training by providing basic knowledge and experiences in those areas.

II. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program 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).

III. 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.

IV. 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.
- 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.

V. 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 pool/confined water sessions (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.

VI. 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.

VII. COMBINING SPECIALTY PROGRAMS

Specialty programs may be combined, provided that all academic, pool/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 60 feet 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.

VIII. CREDIT FOR EXPERIENCE DIVES

- An SSI Advanced Adventurer or equivalent may count each individual Adventure 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.

IX. CERTIFICATION

- Upon completion of all academic and in-water requirements, 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 40 feet.

X. CREDIT

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

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 training. 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 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 15 and 100 feet.
- The maximum depth for all 12- to 14-year-olds during training dives is 60 feet.
- The maximum depth for all 10- and 11-year-olds during training dives is 40 feet.

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 32
- Enriched Air Nitrox 40 (ISO 11107)
- Science of Diving

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

Prior to issuing any SSI Diving Knowledge Specialty certification, the student must be certified as an Open Water Diver.

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be a Referral Diver, 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 15 and 100 feet.
- The maximum depth for all 12- to 14-year-olds during training dives is 60 feet.
- The maximum depth for all 10- and 11-year-olds during training dives is 40 feet.

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 Enriched Air Nitrox Instructor must directly supervise all activities for the Enriched Air Nitrox 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.

V. REQUIREMENTS FOR COMPLETION

A. ENRICHED AIR NITROX (EAN)

- Students completing the Enriched Air Nitrox 32 program must only complete Academic Sessions 1-3, the final exam, and the practical application session outlined in the Enriched Air Nitrox Instructor Manual.

Recreational Diving Standards

POOL/CONFINED WATER SPECIALTY PROGRAMS

- Full Face Mask
- Photo and Video
- 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 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

- If open water training dives are included, they must be conducted at depths between 15 and 100 feet.
- The maximum depth for all 12- to 14-year-olds during training dives is 60 feet.
- The maximum depth for all 10- and 11-year-olds during training dives is 40 feet.

When using breathing gas with oxygen concentrations higher than 21%, a maximum PO₂ of 1.4 ata 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
- Diver Stress and Rescue
- Navigation
- Night/Limited Visibility
- River Diving
- Waves, Tides and Currents
- Wreck Diving

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Minimum age for Diver Stress and Rescue: 12 years old, and physically capable of completing the required skills.
- Minimum age for Deep Diving: 15 years old.
- Be a Referral Diver 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.

Junior Diver Stress and Rescue certifications can be upgraded to the Diver Stress and Rescue certification once the student turns 15 years old. SSI recommends conducting a complete Diver Stress and Rescue skill circuit before issuing the upgrade.

II. DEPTH LIMITATIONS

- Open water training dives must be conducted at depths between 15 and 100 feet.
- For the Deep Diving Specialty, open water training dives must be conducted between 60 and 130 feet.
- The maximum depth for all 12- to 14-year-olds during training dives is 60 feet.
- The maximum depth for all 10- and 11-year-olds during training dives is 40 feet.

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 100 feet 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.

V. CREDIT

Students who complete the Wreck Diving program may credit their certification toward the Advanced Wreck Diving program, and only need to complete Overhead Environment Training Dives 1 and 2 as outlined in the instructor manual for Wreck Diving.

Credit is issued at the instructor's discretion.

Recreational Diving Standards

DEDICATED EQUIPMENT SPECIALTY PROGRAMS

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

I. STUDENT PREREQUISITES

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

Independent Diving

- 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 15 and 100 feet.
- The maximum depth for all 12- to 14-year-olds during training dives is 60 feet.

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 the applicable specialty program.

V. SEQUENCE

- A pool/confined water training session is required prior to any training dives in open water.
- The purpose of this session is to assess the general skill level of the students and train them in the use of the specialty equipment.

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

OVERHEAD ENVIRONMENT SPECIALTY PROGRAMS

I. AVAILABLE PROGRAMS

Advanced Wreck Diving

Cavern Diving

Ice Diving

II. INTENT

The SSI Overhead Environment Specialty programs provide divers with the training necessary to independently plan and conduct limited penetration, no-decompression dives within the daylight zone, to a maximum depth of 132 feet, and using specialized overhead environment equipment and procedures, with an equally- or more-qualified buddy.

NOTE: These programs are no-decompression, limited penetration programs only. For more advanced overhead environment programs, like Cave Diving and Technical Wreck Diving, please see the XR Program Standards.

III. STUDENT PREREQUISITES

Minimum age: 18 years old.

Be an SSI Open Water Diver, or hold an equivalent certification from another recognized certification agency.

Have logged at least 24 open water dives.

IV. DEPTH LIMITATIONS

The maximum depth for pool/confined water training is 15 feet.

All open water training dives must be conducted between 15 and 132 feet, or the maximum certification depth of the diver, whichever is shallower.

The maximum linear distance is 132 feet, or the maximum certification depth of the diver, whichever is shallower.

V. IN-WATER RATIOS

A. OPEN WATER

The student-to-instructor ratio is 8:1.

B. OVERHEAD ENVIRONMENTS

The student-to-instructor ratio is 3:1.

VI. 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 the applicable specialty program.

VII. SEQUENCE

A. ADVANCED WRECK DIVING

Overhead Environment Training Dive 1 may only be conducted after all Open Water Training Dives 1 and 2 have been completed, as outlined in the instructor manual for Wreck Diving.

Overhead Environment Training Dive 2 may only be conducted after all academic requirements, the final exam, and Overhead Environment Training Dive 1 have been completed, as outlined in the instructor manual for Wreck Diving.

B. ICE DIVING

A pool/confined water training session is required prior to any training dives in open water.

The purpose of this session is to assess the general skill level of the students and train them in the use of the specialty equipment.

VIII. 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 MySSI so that they may receive their digital recognition card.

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. MINIMUM INSTRUCTOR RATING

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

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, students must have completed the program Training Record, including:

Statement of Understanding Privacy Statement Waiver and Release of Liability and Risk Awareness Verification (where applicable)

IV. STUDENT PREREQUISITES

Minimum age: 12 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 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, and all SSI professional training programs.

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 each applicable certification.

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 MySSI 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.

III. ISSUING A RECOGNITION CARD

Once all requirements are complete and the student's profile is updated in MySSI, 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 MySSI 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.

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

III. ISSUING A RECOGNITION CARD

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

Master Diver

I. STUDENT PREREQUISITES

Minimum age: 12 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

Complete Diver Stress and Rescue or its equivalent and four (4) additional SSI Specialty programs.
Log 50 open water dives.

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

NOTE: 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 MySSI by the SSI Dive Center/Resort for the student to receive credit.

III. ISSUING A RECOGNITION CARD

Once all requirements are complete and the student's profile is updated in MySSI, 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 Bronze Diver - provide proof to an SSI Dive Center of 200 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.

III. ISSUING A RECOGNITION CARD

Once all requirements are complete and the student's profile is updated in MySSI, 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.

Recreational Diving Standards

SCUBA SKILLS UPDATE

I. INTENT

The SSI Scuba Skills Update program provides 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.

RECOMMENDATION: 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. MINIMUM INSTRUCTOR RATING

An active status Assistant Instructor 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.
- SSI Open Water Diver certification or equivalent, or a non-certified Open Water Diver student that has completed all pool/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 15 feet.

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 Assistant Instructor 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. ISSUING A RECOGNITION CARD

Upon completion of all academic and pool/confined water requirements, an Assistant Instructor may issue the Scuba Skills Update digital recognition card.

Recreational Diving Standards

SCUBA RANGERS PROGRAM

I. INTENT

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

II. MINIMUM 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 pool/confined water, and has a depth limit of 15 feet.

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 pool/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

Dive Professional Training Standards

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.

I. TREAD WATER

- Tread water for 15 minutes without using any aids or floatation of any kind.

II. SURFACE SWIM

- Swim 775 yards 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 400 yards without stopping, and without the use of mask, fins, snorkel or other swim aids (required in North America). This exercise may be conducted as an alternative to the 775-yard assisted swim.

III. UNDERWATER SWIM

- Swim underwater for 80 feet using a mask, fins and snorkel.

IV. DIVER RESCUE

- Perform a full, unconscious-diver-on-the-surface rescue with a total distance of 100 yards 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. A completed water fitness evaluation is valid for six (6) months.

Dive Professional Training Standards

SNORKELING INSTRUCTOR (ISO 13970)

I. INTENT

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

Active Status Professional Dive Guides are automatically certified as Snorkeling Instructors. This program can also be used by an active status SSI Dive Center/Resort to train non-diving Snorkeling Instructors.

II. MINIMUM INSTRUCTOR RATING

An active status Open Water Instructor 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 MySSI 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 30 feet.

VII. IN-WATER RATIOS

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

VIII. SUPERVISION

- An active status Open Water Instructor 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 SSI Snorkeling Instructor Manual.
- Complete the candidate water fitness evaluation as outlined in the SSI Training Standards.
- 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 responsible 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 MySSI 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 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 responsible 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 provides 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. MINIMUM INSTRUCTOR RATING

An active status Dive Guide Instructor 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 MySSI 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).
- Have a Diver Stress and Rescue certification or equivalent.
- 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 15 and 130 feet.

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 Dive Guide Instructor must directly supervise all academic, pool/confined water, 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.
- To certify the candidates as a Professional Dive Guide, send the candidate's Dive Guide Training Record with all required documents to the responsible SSI Service Center, who will issue the certification.
- 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 Professional 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.
- 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 Professional Dive Guide.
- 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 Professional Dive Guide, active status Divemasters may:

- Act as a certified assistant for all SSI recreational courses.
- 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 for the SSI Ecology Specialty programs.
- Enroll in an SSI Assistant Instructor program.

Dive Professional Training Standards

ASSISTANT INSTRUCTOR (ISO 24802-1)

I. INTENT

The SSI Assistant Instructor program provides 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 independently conducting Scuba Skills Updates, Try Scuba, and Perfect Buoyancy programs.

II. MINIMUM INSTRUCTOR RATING

An active status Assistant Instructor Trainer may conduct the Assistant Instructor program.

III. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed a 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 MySSI 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

- The maximum depth for pool/confined water training is 15 feet.

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 Assistant Instructor Trainer must directly supervise all academic sessions and in-water activities.

IX. REQUIREMENTS FOR COMPLETION

- Have logged at least 75 open water dives, totaling 50 hours or more.
- Read and complete Sections 1-6, including reviews and assessments, of the Instructor Training Course Digital Learning materials.
- Complete and pass all requirements and evaluations for Practical Application Sessions 1-7, as outlined in the instructor manual for the Instructor Training Course.
- Complete the candidate water fitness evaluation as outlined in the SSI Training Standards.
- Complete a Assistant Instructor final exam with a passing score of 90%.

X. CERTIFICATION

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

XI. ACTIVE STATUS QUALIFICATIONS

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

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

In addition to the duties performed by an SSI Divemaster, active status Assistant Instructors may also:

- 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.
- Register to become a Specialty Instructor for some SSI Specialty programs.
- Enroll in an Instructor Training Course.

XII. 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.

Scheduling an Instructor Evaluation:

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. MINIMUM INSTRUCTOR RATING

An active status Instructor Trainer 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 MySSI 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 Assistant Instructor rating, or an equivalent rating from a recognized agency.
- Must have logged at least 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

- The maximum depth for pool/confined water training is 15 feet.
- All open water training dives must be conducted at depths between 15 and 130 feet.

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.
- Read and complete all sections, including reviews and assessments, from the Instructor Training Course Digital Learning.
- Complete and pass all requirements and evaluations as outlined in the instructor manual for the Instructor Training Course.
- Complete the candidate water fitness evaluation as outlined in the SSI Training Standards.

X. CERTIFICATION

- Upon completion of the Instructor Training Course, send the candidate's Instructor Training Record with all required documents to the responsible 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.

An active status Instructor Trainer (IT) must register the candidate(s) for an Instructor Evaluation (IE) via the MySSI 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 four (4) candidates, the Instructor Evaluation cannot be guaranteed.

Dive Professional Training Standards

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 and the specialty programs taught by SSI Open Water Instructors.

II. MINIMUM 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 MySSI 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 Evaluation:

An active status Instructor Trainer (IT) must register the candidate(s) for an Instructor Evaluation (IE) via the MySSI 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 four (4) candidates, the Instructor Evaluation cannot be guaranteed.

IV. CANDIDATE PREREQUISITES

Must have passed an Instructor Training Course, or have completed an Instructor Crossover program.

Be an Open Water Diver or higher for at least six (6) months prior to starting the Instructor Evaluation.

Please See Dive Professional Standards>Dive Professional Crossover Standards for a detailed description of requirements for participation in an SSI Dive Professional Crossover.

V. DURATION

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

- Maximum depth limit for open water training dives: 60 feet.

VII. SUPERVISION

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

VIII. REQUIREMENTS FOR COMPLETION

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

IX. CERTIFICATION

- Upon completion of the Instructor Evaluation, send the candidate's Training Record with all required documents to the responsible SSI Service Center.

X. ACTIVE STATUS QUALIFICATIONS

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

- Basic Diver
- Referral Diver
- Indoor Diver
- Scuba Diver
- Open Water Diver
- Experienced Diver Test
- Advanced Adventurer
- Diver Stress and Rescue
- Enriched Air Nitrox
- Dive Guide

ADVANCED OPEN WATER INSTRUCTOR

I. INTENT

The SSI Advanced Open Water Instructor rating recognizes instructors for their efforts to develop their professional diving career, and their achievements in promoting continuing education programs.

II. 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.

III. REQUIREMENTS FOR COMPLETION

Once the prerequisites are updated in the candidate's MySSI profile, a free Advanced Open Water Instructor digital recognition card will be automatically issued.

Dive Professional Training Standards

DIVEMASTER INSTRUCTOR

I. INTENT

The SSI Divemaster Instructor rating recognizes instructors for their efforts to develop their professional diving career, and their achievements in promoting continuing education programs.

II. 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.

III. REQUIREMENTS FOR COMPLETION

Once the prerequisites are updated in the candidate's MySSI profile, a free Divemaster Instructor digital recognition card will be automatically issued.

IV. 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 an Assistant Instructor Trainer program.

Dive Professional Training Standards

SPECIALTY INSTRUCTOR

I. INTENT

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

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

1. Specialty Instructor Seminar
2. Co-teaching
3. Verification/Application (not available for Training Specialists)

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 MySSI 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 Assistant Instructor.

For the Ecology Specialty Training Specialist:

- Minimum age: 18 years old.
- Be an active status Divemaster.

IV. CERTIFICATION

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

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

If Digital Learning materials do not currently exist for the program, the SSI Dive Center/Resort will process the certification, and maintain all required paperwork (See General Training Standards - Certification Procedures).

V. ACTIVE STATUS QUALIFICATIONS

Active status Divemasters may qualify as Training Specialists to teach the Ecology Specialty programs.

In addition to the Ecology Specialty programs, Assistant Instructors may also qualify to teach the following specialty programs:

- Altitude Diving
- Boat Diving
- Computer Diving
- Equipment Techniques
- Navigation
- Perfect Buoyancy
- Photo and Video
- Science of Diving
- DPV Scooter Diving
- Waves, Tides and Currents

Open Water Instructors may qualify to teach any SSI Specialty program.

Seminar

I. MINIMUM INSTRUCTOR RATING

An active status Assistant 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. MINIMUM INSTRUCTOR RATING

The candidate may co-teach the applicable specialty program with an active status Specialty Instructor 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. MINIMUM INSTRUCTOR RATING

Assistant Instructors 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 Techniques).
- 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: the responsible 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 the React Right program.

II. MINIMUM 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 Professional 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.
- Complete and pass a React Right final exam with a passing score of 90%.
- 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 may issue the SSI React Right Instructor digital certification card.
- React Right Instructors may teach, supervise and issue certifications for all components of the React Right program.

XI. ACTIVE STATUS QUALIFICATIONS

- Teach a minimum of one (1) React Right program every 24 months.
- If more than 24 months elapses, participate in a React Right Instructor Update to restore active status as React Right Instructor.

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

Dive Professional Training Standards

ASSISTANT INSTRUCTOR

TRAINER

I. INTENT

The SSI Assistant Instructor Trainer program provides candidates with the knowledge, skills and experience necessary to certify Assistant Instructors, and to assist in teaching the Instructor Training Course.

II. MINIMUM INSTRUCTOR RATING

An active status Instructor Trainer may conduct the Assistant Instructor Trainer Seminar.

III. ADMINISTRATIVE 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 MySSI 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 must directly supervise all academic and in-water activities.

VIII. REQUIREMENTS FOR COMPLETION

- Complete and pass all requirements and evaluations listed in the instructor manual for the Assistant Instructor program.
- Complete the water fitness evaluation as outlined in the instructor manual for the Assistant Instructor program.
- Complete an Assistant Instructor final exam with a passing score of 90%.

IX. CERTIFICATION

- Upon completion of the Assistant Instructor Trainer Seminar, send the candidate's professional application form with all required documentation to the responsible SSI Service Center.
- The candidate will be certified as an Assistant Instructor Trainer.

X. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Divemaster Instructors, active status Assistant Instructor Trainers may teach, supervise and issue certifications for the following programs:

- Assistant Instructor

Active status 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 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 Assistant Instructors

In addition to the duties performed by an active status 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. MINIMUM 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 MySSI 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.

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.

Have issued at least 20 recreational-level scuba certifications, and at least five (5) professional-level scuba 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 the candidate's needs, ability and local water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 15 and 130 feet.

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 manual for the Instructor Trainer Seminar.

X. CERTIFICATION

- Upon completion of the Instructor Trainer Seminar, send all required documentation to the responsible 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 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.
-
- 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

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.

A. SPECIAL CONSIDERATIONS

The Instructor Certifier certification is unique to SSI, and will only be issued at the responsible SSI Service Center's discretion. In addition to any regional requirements, the following requirements must be met:

- The Service Center determines that there is a need for an Instructor Certifier
- The Service Center determines that the candidate is appropriate for the certification
- The candidate assists with at least one (1) complete Instructor Trainer Seminar
- The candidate assists with at least two (2) complete Instructor Evaluations, conducted by an experienced active status Instructor Certifier, as determined by the Service Center
- The candidate organizes and conducts at least one (1) complete Instructor Evaluation under direct supervision of an International Training Director, and with the approval of the Service Center

NOTE: Any requests for waivers or deviations from these requirements must be approved in writing by SSI Headquarters.

II. MINIMUM 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 MySSI 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 an SSI Instructor Trainer.
- Have issued at least 15 Open Water Instructor certifications.

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 and the responsible SSI Service Center.

VII. CERTIFICATION

- Upon completion of the Instructor Certifier Seminar, send all required documentation to the responsible 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 responsible SSI Service Center.
- Dive Professional Crossovers and Instructor Evaluations for candidates from training agencies that are not ISO Certified and/or an RSTC Member after approval is given by the responsible SSI Service Center.
- Conduct Instructor Evaluations without prior approval of the responsible SSI Service Center.
- Evaluate Instructor candidates who they have personally trained during an Instructor Training Course.

Dive Professional Training Standards

DIVE PROFESSIONAL CROSSOVER PROGRAM

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 in inactive or cancelled status for at least two (2) years.

II. MINIMUM INSTRUCTOR RATING

- An active status Divemaster Instructor may conduct the Divemaster Professional Crossover.
- An active status Assistant Instructor Trainer may conduct the Assistant Instructor Crossover.
- An active status Instructor Trainer may conduct all Dive Professional Crossover 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 MySSI 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 have held an equivalent rating from a recognized agency within the last two (2) years.
Must meet the minimum certification requirements for the certification being crossed over.
A Divemaster Professional Crossover candidate must have completed the Science of Diving knowledge and skill assessment.
Dive professionals from other agencies who have been inactive for greater than two (2) years must follow the Returning to Active Status standards.

V. DEPTH LIMITATIONS

All open water training dives must be conducted at depths between 15 and 130 feet.

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

The Dive Professional conducting the Dive Professional Crossover must directly supervise all academic and in-water activities.

VIII. REQUIREMENTS FOR COMPLETION

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

IX. DIVE PROFESSIONALS FROM RECOGNIZED TRAINING AGENCIES

Dive Professionals certified by any SSI-recognized training agency or federation may attend an SSI Dive Professional Crossover program.

Divemaster candidates certified by a non-SSI recognized training agency or federation must successfully complete an SSI Experienced Diver Test to obtain a non-professional Dive Guide certification. After earning that certification, they can enter active status as an SSI Dive Professional, and earn the Divemaster recognition rating after completing the SSI Science of Diving program.

Open Water Instructor-level or higher candidates certified by a non-SSI recognized agency or federation may attend an SSI Dive Professional Crossover, but cannot be certified without attending an additional Instructor Evaluation to evaluate their SSI Dive Professional-level knowledge and skill assessment. An active status SSI Instructor Certifier may conduct both the Dive Professional Crossover and the Instructor Evaluation for the candidate.

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.

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 MySSI.
For Bronze Instructor - Provide proof of 200 Experience Points as outlined in MySSI.
For Silver 300 Instructor – Provide proof of 300 Experience Points as outlined in MySSI.
For Gold 500 Instructor – Provide proof of 500 Experience Points as outlined in MySSI.
For Platinum 1000 Instructor – Provide proof of 1000 Experience Points as outlined in MySSI.

Platinum Pro 5000 Instructor

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

Provide proof of 5000 Experience Points in their MySSI profile
Provide a letter of recommendation from two existing Platinum Pro 5000 instructors

OR

Provide proof of 2500 Experience Points in their MySSI profile
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 Assistant Instructor is needed to achieve the Platinum Pro 5000 rating.

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 the responsible 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 ata and hyperoxic nitrox stage gases up to 50% O₂ with a maximum ppO₂ of 1.6 ata 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 ata and hyperoxic nitrox stage gases up to and including 100% oxygen with a maximum ppO₂ of 1.6 ata 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 115 feet. The recommended END for colder water, poor visibility or strenuous conditions is 79 feet.

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 (7-foot 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 7-foot 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 7-foot 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 with the SSI Sidemount Diving certification 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 XR Sidemount 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 may attend all Overhead Environment programs.

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

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 pool/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 Specialties, 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.*

XR General Training Standards

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. POOL/CONFINED WATER

- 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.
- Pool/confined water training may be conducted to a maximum depth of 40 feet.
- There must be a minimum of 15 feet 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.

For all CCR entry-level programs, the pool/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.

III. 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.

IV. 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.

V. PROXIMITY

- Students must remain within 9 feet of their dive buddy(ies) at all times unless required for skill development.

VI. 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.

VII. 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.

VIII. 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.

IX. 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%.

X. 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 30 feet in length and at a depth of no greater than 100 feet. 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 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.

XI. WATER FITNESS EVALUATION

For all XR programs, each student or candidate must complete a water fitness evaluation that includes:

XII. EQUIPMENT SWIM

- A 400-yard surface swim while wearing a Total Diving System and stage cylinder(s) applicable to their specific program.

XIII. TREAD WATER

- Tread water for 15 minutes without using any aids or floatation of any kind.

XIV. SURFACE SWIM

- Swim 775 yards 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 400 yards without stopping, and without the use of mask, fins, snorkel or other swim aids (required in North America). This exercise may be conducted as an alternative to the 775-yard assisted swim.

XV. UNDERWATER SWIM

- Swim underwater for 80 feet using a mask, fins and snorkel.

XVI. DIVER RESCUE

- Perform a full, unconscious-diver-on-the-surface rescue with a total distance of 100 yards within eight (8) minutes. Both parties must use a Total Diving System.

XR DIVE PROGRAMS

XR Diving Standards

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. MINIMUM INSTRUCTOR RATING

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

III. STUDENT PREREQUISITES

Minimum age: 18 years old.

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.
- Access to a partial pressure blending station (Trimix Gas Blender certification only).
- 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

A. NITROX GAS BLENDER

- Complete Academic Sections 1-5 and assessments as outlined in the Instructor Manual.
- Complete the Nitrox Gas Blender Final Exam with a passing score of at least 80%.
- Complete Practical Application Sessions 1 and 2 as outlined in the Instructor Manual.
- Satisfactorily complete the Nitrox Gas Blender Practical Exam.

B. TRIMIX GAS BLENDER

- Complete all Academic Sessions and assessments as outlined in the Instructor Manual.
- Complete the Trimix Gas Blender Final Exam with a passing score of at least 80%.
- Complete Practical Application Sessions 1 through 4 as outlined in the Instructor Manual.
- Satisfactorily complete the Nitrox and Trimix Gas Blender Practical Exams.

VII. SEQUENCE

- Academic presentations must be completed prior to the completion of the Practical Exams.
- For Trimix Gas Blender students, the requirements for Nitrox Gas Blender must be completed before conducting the Trimix Practical Exams.

VIII. CERTIFICATION

- Nitrox Gas Blender certification entitles the holder to blend nitrox-based gases while affiliated with, and operating under, the supervision of an active status SSI Dive Center/Resort/School or Club.
- Trimix Gas Blender certification entitles the holder to blend nitrox- and helium-based trimix gases while affiliated with, and operating under, the supervision of an active status 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. MINIMUM INSTRUCTOR RATING

An active status Extended Range Foundations Instructor 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 the pool/confined water (Indoor Dive Centers are permitted), at depths shallower than 40 feet.

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.

Xr Diving Standards

XR SIDEMOUNT DIVING

I. INTENT

The SSI XR Sidemount Diving program provides divers with the training necessary to independently plan and conduct extended range dives, using sidemount equipment configurations and techniques, within the depth limits allowed by their certification levels, and with an equally- or more-qualified buddy.

II. MINIMUM INSTRUCTOR RATING

An active status SSI XR Sidemount Diving Instructor may conduct the XR Sidemount Diving program.

III. STUDENT PREREQUISITES

Minimum age: 16 years old.

- Be an SSI Open Water Diver, or hold an equivalent certification from another recognized certification agency.

IV. DURATION

Recommended hours for course completion: 16-24.

V. MATERIALS AND EQUIPMENT

- A complete XR Sidemount 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 maximum depth for pool/confined water training is 40 feet.
- All open water training dives must be conducted between 15 and 132 feet, or the maximum certification depth of the diver, whichever is shallower.

VII. REQUIREMENTS FOR COMPLETION

- Complete all academic sessions and assessments as outlined in the instructor manual for Sidemount Diving.
- Complete the Sidemount Diving final exam with a passing score of 80%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Complete a pool/confined water skill development session of at least one (1) hour.
- Complete a minimum of four (4) open water training dives, with a cumulative time of at least 90 minutes, as outlined in the instructor manual for Sidemount Diving.

NOTE: All in-water training must be planned and conducted within the no-decompression limits.

VIII. SEQUENCE

- Open Water Training Dives 1 and 2 may only be conducted after completion of the equipment configuration session, the XR Water Fitness Evaluation, and all pool/confined water skill development sessions.
- Open Water Training Dives 3 and 4 may only be conducted after all standards requirements and evaluations for the academic sessions, the final exam, and Open Water Training Dives 1 and 2 are met or exceeded.

IX. CREDIT

A diver with the SSI Sidemount Diving certification may earn the XR sidemount Diving certification by completing the requirements for the Pool/Confined Water Session 2, and the requirements for Open Water Training Dive 4, as outlined in the instructor manual for Sidemount Diving.

X. CERTIFICATION

The XR Sidemount Diving certification allows the diver to use a two-cylinder sidemount configuration and stage cylinders (appropriate to their certification level) on extended range dives in environments and to depths equivalent to their certification and experience level.

XR Diving Standards

EXTENDED RANGE NITROX DIVING

I. INTENT

The SSI Extended Range Nitrox Diving program provides divers with the training necessary to independently plan and conduct limited decompression dives to a maximum depth of 130 feet, using nitrox mixtures of up to 50% and recreational or Extended Range Total Diving Systems and procedures with an equally-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status Extended Range Nitrox Diving Instructor 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

Students participating in this program must use at least the following equipment configuration:

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

OR

VI. DEPTH LIMITATIONS

- The first two (2) open water training dives must be conducted at depths no deeper than 100 feet.
- The third and fourth training dives must be conducted at depths between 100 and 130 feet.
- One (1) dive must be to minimum of 115 feet 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 the XR Water Fitness Evaluation.
- Be able to independently plan a full dive plan using the Extended Range Dive Planning sheet.
- 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.

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 and 4, and any remaining 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.

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 pool/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 130 feet, and requiring staged decompression stops of no longer than 15 minutes based on a backgas 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.

XR Diving Standards

EXTENDED RANGE

I. INTENT

The SSI Extended Range provides divers with the training necessary to independently plan and conduct limited decompression dives to a maximum depth of 150 feet, 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. MINIMUM INSTRUCTOR RATING

An active status Extended Range Instructor 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 40 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

Students participating in this program must use at least the following equipment configuration:

- 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.

OR

- A complete XR Sidemount 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 100 feet.
- The third and fourth training dives must be conducted at depths between 100 and 130 feet.
- The fifth and sixth training dives must be conducted at depths between 100 and 150 feet.
- One (1) dive must be to a minimum of 130 feet 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%.
- Independently plan a full dive plan using the Extended Range Dive Planning sheet.
- Complete the water fitness evaluation as outlined in the General Standards.
- Complete a pool/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.

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 only be conducted after 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

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 149 ft 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.

XR Diving Standards

TECHNICAL EXTENDED RANGE

I. INTENT

The SSI Technical Extended Range program provides divers with the training necessary to independently plan and conduct two-gas switch, multiple-stop decompression dives to depths of up to 165 feet (200 feet when using trimix), using specialized diving equipment and procedures with an equally-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status Technical Extended Range Instructor 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 100 feet, 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

Students participating in this program must use at least the following equipment configuration:

- 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.

OR

- A complete XR Sidemount 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 130 feet.
- The third and fourth training dives must be conducted no deeper than 150 feet.
- The fifth and sixth training dives must be conducted no deeper than 165 feet.
- One (1) dive must be to a minimum of 150 feet for certification.

A. IF USING TRIMIX

- The preliminary (optional) dives 1 and 2 must be conducted no deeper than 132 feet.
- The third and fourth training dives must be conducted no deeper than 149 feet.
- The fifth and sixth training dives must be conducted no deeper than 198 feet.
- 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).
- Independently plan a full dive plan using the Extended Range Dive Planning sheet.
- Complete the water fitness evaluation as outlined in the General Standards.
- Complete a pool/confined water skills development session lasting at least 90 minutes, with a maximum depth of 40 feet.
- Complete a minimum of six (6) training dives, including two (2) optional preliminary evaluation dives and four (4) core training dives.

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 165 feet (for Technical Extended Range) or 198 feet (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 149 feet, and under no circumstances may any penetration dives be conducted at depths deeper than 165 feet during the program.

If conducted in conjunction with the Cave Diving program:

- Dives 1-4 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 99 feet on air or 198 feet on trimix during the program.

XR Diving Standards

HYPOXIC TRIMIX

I. INTENT

The SSI Hypoxic Trimix program provides divers with the training necessary to independently plan and conduct limited decompression dives to depths of up to 330 feet, using specialized diving equipment and procedures with an equally-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status Hypoxic Trimix Instructor 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 99 feet, 10 dives deeper than 165 feet, 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 132 feet.
- The third and fourth dives must be conducted no deeper than 264 feet, with at least one dive deeper than 248 feet.
- The fifth and sixth training dives must be conducted shallower than 330 feet.
- One (1) dive must be to minimum of 297 feet 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%.
- Independently plan a full dive plan using the Extended Range Dive Planning sheet.
- Complete the water fitness evaluation as outlined in the General Standards.
- Complete a pool/confined water skills development session lasting at least 90 minutes, with a maximum depth of 40 feet.
- Complete a minimum of six (6) training dives, including two (2) preliminary evaluation dives and four (4) core training dives.
-

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 264 feet or 330 feet.

The Hypoxic Trimix 264 feet certification is the same as the 330 feet certification, with one exception: if conditions do not permit, or the or the students cannot make the deepest dives, divers may become certified at 264 feet after the first four (4) dives.

After developing experience, and with an equally- or more-qualified buddy, a diver qualified to 330 feet may dive to depths in excess of 330 feet.

X. CREDIT

Dives from this program may not be credited to other programs.

XR Diving Standards

XR WRECK DIVING

I. INTENT

The SSI XR Wreck Diving program provides 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 132 feet, using specialized XR wreck diving equipment and procedures with an equally-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status XR Wreck Diving Instructor may conduct the XR Wreck Diving program.

III. STUDENT PREREQUISITES

- Be certified in Enriched Air Nitrox 40 or equivalent.
- Have logged at least 24 open water dives.

For XR CCR Wreck Diving (in addition to the above):

- Be certified CCR Diving on the unit being used.
- Have at least 20 dives, and at least 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 XR 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 recreational Sidemount 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 (1) safety spool with a minimum of 150 feet 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.

NOTE: This is only the minimum required equipment configuration. Students may use an approved configuration that increases redundancy (e.g. an Extended Range Total Diving System instead of a recreational Total Diving System), as long as all program-specific equipment is included, and the instructor also has the applicable configuration and certification.

VI. DEPTH LIMITATIONS

- The maximum depth for pool/confined water training is 40 feet.
- All open water training dives must be conducted between 15 and 132 feet, or the maximum certification depth of the diver, whichever is shallower.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the program's final exam with a passing score of 80%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Complete a pool/confined water skill development session of at least one (1) hour.
- Complete at least four (4) overhead environment training dives, with a total cumulative time of at least 1.5 hours, as outlined in the program-specific instructor manual.

A. NOTES

- The open water and pool/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.
- 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.

NOTE: For more information on CCR bailout requirements see CCR Extended Range.

VIII. SEQUENCE

- The pool/confined water skill development session may only be conducted after all requirements for the dry-land skill development session are successfully met or exceeded.
- 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.
- Overhead Environment Training Dives 3 and 4 may only be conducted after the requirements for the academic sessions, the final written exam, and Overhead Environment Training Dives 1 and 2 are met or exceeded.

IX. CERTIFICATION

The SSI XR Wreck Diving certification entitles the holder to dive with an equally- or more-qualified buddy, on limited penetration, no-decompression dives in the daylight zone, using specialized wreck diving equipment and procedures to depths shallower than 132 feet (or to their maximum certification level, whichever is shallower), providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

XR Wreck Diving students may credit dives in this program to the open water training session and dives 1 and 2 of the XR Cavern Diving program, providing that the program was successfully completed and the water work in the XR Cavern Diving program is commenced within 90 days of completion of the XR 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.

- Issuing credit is entirely at the instructor's discretion. If credit is issued, the instructor must either have direct and recent knowledge (within 90 days) of the student's abilities, or the instructor must conduct both a pool/confined water session and at least one evaluation dive prior to any dives in an actual overhead environment.

TECHNICAL WRECK DIVING

I. INTENT

The SSI Technical Wreck Diving program provides 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- or more-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status Technical Wreck Diving Instructor may conduct the Technical Wreck Diving program.

III. STUDENT PREREQUISITES

- Certified in Diver Stress and Rescue certification or equivalent. Certified in Extended Range or equivalent. Certified in XR Wreck Diving, XR Cavern Diving, or equivalent. Certified in 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 150 feet 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 must not exceed the maximum depth certification of the student or 200 feet, 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 the water fitness evaluation as outlined in the General Standards. Complete a pool/confined water skill development session of at least one (1) hour. Complete 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).

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 XR 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 150 feet 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):

- Certified CCR Extended Range on the unit being used.
- 35 dives and a minimum of 100 logged hours on the specific unit being used.

XI. TRAINING CONDITIONS

- All Technical Wreck Diving training dives must be conducted in water with at least 20 feet 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 198 feet during the program.

XR Diving Standards

XR CAVERN DIVING

I. INTENT

The intent of the SSI XR 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 132 feet, using specialized cavern diving equipment and the Rule of Sixths gas management concept.

II. MINIMUM INSTRUCTOR RATING

An active status XR Cavern Diving Instructor may conduct the XR Cavern Diving program.

III. STUDENT PREREQUISITES

- Be certified in Enriched Air Nitrox 40 or equivalent.
- Have logged at least 24 open water dives.

For XR CCR Cavern Diving (in addition to the above):

- Be certified CCR Diving on the unit being used.
- Have at least 20 dives, and at least 30 logged hours on the specific unit being used.

IV. DURATION

- Recommended hours for course completion: 12.

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 recreational Sidemount 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 (1) safety spool with a minimum of 150 feet 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.

NOTE: This is only the minimum required equipment configuration. Students may use an approved configuration that increases redundancy (e.g. an Extended Range Total Diving System instead of a recreational Total Diving System), as long as all program-specific equipment is included, and the instructor also has the applicable configuration and certification.

VI. DEPTH LIMITATIONS

- The maximum depth for pool/confined water training is 40 feet.
- All open water training dives must be conducted between 15 and 132 feet, or the maximum certification depth of the diver, whichever is shallower.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the program's final exam with a passing score of 80%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Complete a pool/confined water skill development session of at least one (1) hour.
- Complete at least four (4) overhead environment training dives, with a total cumulative time of at least 1.5 hours, as outlined in the program-specific instructor manual.

A. NOTES

- The open water and pool/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.
- 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.

VIII. SEQUENCE

- The pool/confined water skill development session may only be conducted after all requirements for the dry-land skill development session are successfully met or exceeded.
- 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.
- Overhead Environment Training Dives 3 and 4 may only be conducted after the requirements for the academic sessions, the final written exam, and Overhead Environment Training Dives 1 and 2 are met or exceeded.

IX. CERTIFICATION

The SSI XR Cavern Diving certification entitles the holder to dive with an equally- or more-qualified buddy, on limited penetration, no-decompression dives in the daylight zone, using specialized cavern diving equipment and procedures to depths shallower than 132 feet, (or to their maximum certification level, whichever is shallower), providing that dives are conducted in environments similar to those of the diver's training and experience.

X. CREDIT

- The XR Cavern Diving certification may be credited to the dry-land skill development session, the pool/confined water skill development session, and Overhead Environment Training Dives 1 and 2 of the XR Wreck Diving program, if the program begins within 90 days of completing the XR Cavern Diving program.
- Issuing credit is entirely at the instructor's discretion. If credit is issued, the instructor must either have direct and recent knowledge (within 90 days) of the student's abilities, or the instructor must conduct both a pool/confined water session and at least one evaluation dive prior to any dives in an actual overhead environment.

XR Diving Standards

CAVE DIVING

I. INTENT

The SSI Cave Diving program provides 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 132 feet using specialized cave diving equipment and procedures, with an equally-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status Cave Diving Instructor may conduct the Cave Diving program.

III. STUDENT PREREQUISITES

- Certified in Diver Stress and Rescue certification or equivalent. Certified in XR Cavern Diving certification or equivalent (Xr Cavern Diving and Cave Diving programs can be combined, but all water and academic sections must be completed). Certified in 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 132 feet.

VII. TRAINING CONDITIONS

- All Cave Diving training dives must be conducted in water with at least 15 feet 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 pool/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 pool/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 99 feet, 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 SSI Full Cave Diving program provides 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. MINIMUM INSTRUCTOR RATING

An active status Full Cave Diving Instructor may conduct the Full Cave Diving program.

III. STUDENT PREREQUISITES

- Hold a Cave Diving 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 150 feet 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 132 feet. 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 15 feet 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 pool/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. MINIMUM 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 MySSI 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 the Gas Blender Digital Learning materials, including all reading and review questions. Complete application form and submit it to the responsible 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 programs:

- Nitrox Gas Blender Trimix Gas Blender

XR Professional Standards

FOUNDATIONS INSTRUCTOR

The SSI Extended Range Foundations Instructor Training Course certifies the candidate as an Extended Range Foundations Instructor.

I. MINIMUM INSTRUCTOR RATING

Only an 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 MySSI 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 pool/confined water skills evaluation, and team work sessions. Seminar must also include:

- A review of all Extended Range Foundations Standards. A pool/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 15 and 30 feet. 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

XR Dive Professional Training Standards

XR SIDEMOUNT DIVING

SPECIALTY INSTRUCTOR

I. INTENT

The intent of the SSI XR Sidemount Specialty Instructor program is to provide candidates with the knowledge, skills and experience necessary to conduct the SSI XR Sidemount Specialty program.

There are two ways to earn the SSI XR Sidemount Specialty Instructor certification:

- Specialty Instructor Seminar
- Co-Teaching

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 MySSI 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. CERTIFICATION

Once all requirements are met, send the candidate's Dive Professional Universal Application form with all required documentation to the responsible SSI Service Center.

The candidate will be certified as an XR Sidemount Diving Specialty Instructor.

IV. ACTIVE STATUS QUALIFICATIONS

Active status XR Sidemount Diving Specialty Instructors may teach:

- SSI Recreational Sidemount
- SSI XR Sidemount Diving
- Any recreational or XR program in a sidemount equipment configuration if they hold the relevant Instructor rating for that program.

Seminar

I. MINIMUM INSTRUCTOR RATING

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

II. CANDIDATE PREREQUISITES

- Complete the XR Instructor Assessment form and provide proof of the required prerequisite teaching and diving experience.
- Minimum age: 18 years old.
- Be certified in Sidemount Diving.
- Be an active status Extended Range Nitrox Diving Instructor or equivalent.
- Provide proof of 20 logged sidemount dives.

III. REQUIREMENTS FOR COMPLETION

Attend a two-day seminar that includes the academics, pool/confined water skills evaluation, and planning/supervision of an XR Sidemount dive while acting as an instructor.

At minimum the seminar will include:

- A review of all XR standards and all SSI Dive Center/Resort Standards.
- Complete the applicable final exam with a passing score of 90%.
- Complete the XR Water Fitness Evaluation.
- Complete an appropriate equipment assembly workshop using sidemount equipment.
- A dive planning session.
- A pool/confined water session that includes the presentation and evaluation of all water skills required in the XR Sidemount Diving program.
- While acting as an instructor, plan and conduct at least one (1) dive that meets the requirements of Open Water Training Dive 4 from the XR Sidemount 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 between 5m and 10m.

Co-Teaching

I. MINIMUM INSTRUCTOR RATING

The candidate may co-teach the applicable specialty program with an active status XR Specialty Instructor who is certified to teach that specialty.

II. CANDIDATE PREREQUISITES

- Complete the XR Instructor Assessment form and provide proof of the required prerequisite teaching and diving experience.
- Minimum age: 18 years old.
- Be an active status SSI Recreational Sidemount Instructor or equivalent.
- Be an active status Extended Range Nitrox Instructor.

OR

- Be certified in XR Sidemount Diving (or equivalent)
- Be an Advanced Open Water Instructor.

III. REQUIREMENTS FOR COMPLETION

- Complete the digital learning for the SSI XR Sidemount Diving program.
- Complete the program-specific final exam with a score of at least 90%.
- Co-teach at least two complete XR Sidemount Diving programs.
- Have the Monitor of the affiliated SSI Dive Center/Resort sign off the Universal Application form.

EXTENDED RANGE NITROX DIVING INSTRUCTOR

I. INTENT

The SSI Extended Range Nitrox Diving Instructor Training Course certifies the candidate as an Extended Range Nitrox Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Extended Range Nitrox Diving Instructor Trainer 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 MySSI 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 99 feet. Hold an Extended Range Nitrox Diving certification. 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, pool/confined water skills evaluation and planning/participation as a team member on an Extended Range Nitrox dive to a maximum depth of 132 feet AND Plan and supervise one (1) dive to a maximum depth of 132 feet 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 pool/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 15 and 30 feet. 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, pool/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

XR Professional Standards

EXTENDED RANGE INSTRUCTOR

I. INTENT

The SSI Extended Range Instructor Training Course certifies the candidate as an Extended Range Instructor with or without trimix.

II. MINIMUM INSTRUCTOR RATING

An active status Extended Range Instructor Trainer 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 MySSI 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 99 feet. Hold an Extended Range certification.

OR

- Hold an Extended Range Trimix certification (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, pool/confined water skills evaluation and planning/participation as a team member on an Extended Range dive to a maximum depth of 132 feet AND Plan and supervise Extended Range dives deeper than 132 feet 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 pool/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 15 and 30 feet. 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 can be automatically upgraded to an Extended Range Trimix Instructor. An application form including the necessary documentation should be sent to the responsible SSI Service Center or to their Extended Range Instructor Trainer.

TECHNICAL EXTENDED RANGE INSTRUCTOR

I. INTENT

This SSI Technical Extended Range Training Course certifies the candidate as an SSI Technical Extended Range Instructor with or without trimix.

II. MINIMUM INSTRUCTOR RATING

An active status Technical Extended Range Instructor Trainer 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 MySSI 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 119 feet 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, pool/confined water skills evaluation and planning/supervision of a Technical Extended Range dive to a depth of at least 165 feet 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 pool/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 149 feet 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 15 and 33 feet, 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

XR Professional Standards

HYPOXIC TRIMIX INSTRUCTOR

I. INTENT

The SSI Hypoxic Trimix Instructor Training Course certifies the candidate as a Hypoxic Trimix Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Hypoxic Trimix Instructor Trainer 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 MySSI 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 165 feet, 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.
- 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, pool/confined water skills evaluation and planning/supervision of a hypoxic trimix dive to a depth of at least 264 feet 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.
- Complete the Hypoxic Trimix Instructor final exam with a passing score of 90%.
- A dive planning session for orientation to the Extended Range Dive Planning Sheets.
- Complete the XR Water Fitness Evaluation.
- Complete an appropriate equipment assembly workshop.
- 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 264 feet, 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 15 and 33 feet.

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 Hypoxic Trimix 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

XR Professional Standards

XR CAVERN DIVING INSTRUCTOR

I. INTENT

The SSI XR Cavern Diving Instructor Course is intended to certify the candidate as an XR Cavern Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Cave Diving Instructor Trainer 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 MySSI 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.
- 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, pool/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 pool/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 33 feet, then bringing the diver to the surface from a depth of between 15 and 33 feet, 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 XR 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 XR Cavern Diving Instructors may teach, supervise or issue certifications for the following program:

- XR Cavern Diving

XR Professional Standards

CAVE DIVING INSTRUCTOR

I. INTENT

The SSI Cave Diving Instructor Training Course certifies the candidate as a Cave Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Cave Diving Instructor Trainer 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 MySSI 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.
- 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, pool/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 pool/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 33 feet, then bringing the diver to the surface from a depth of between 15 and 33 feet, 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:

- XR Cavern Diving
- Cave Diving

XR Professional Standards

FULL CAVE DIVING INSTRUCTOR

I. INTENT

The SSI Full Cave Diving Instructor Training Course certifies the candidate as a Full Cave Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Full Cave Diving Instructor Trainer 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 MySSI 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.
- 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, pool/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 pool/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 165 feet, then bringing the diver to the surface from a depth of between 15 and 33 feet, 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

XR Professional Standards

XR WRECK DIVING INSTRUCTOR

I. INTENT

The SSI XR Wreck Diving Instructor Trainer Course certifies the candidate as an XR Wreck Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Technical Wreck Diving Instructor Trainer may conduct the XR 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 MySSI 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.
- 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, pool/confined water skills evaluation and planning/supervision of two (2) extended range 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.
- Complete the XR Wreck Diving Instructor final exam with a passing score of 90%.
- Complete the XR Water Fitness Evaluation.
- Complete an appropriate equipment assembly workshop.
- A dive planning session.
- A confined water session that includes the presentation and the evaluation of all water skills required in the XR 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 XR 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 33 feet, then bringing the diver to the surface from a depth of between 15 and 33 feet.

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 XR 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 XR Wreck Diving Instructors may teach, supervise and issue certifications for the following program:

- XR Wreck Diving

TECHNICAL WRECK DIVING INSTRUCTOR

I. INTENT

The SSI Technical Wreck Diving Instructor Training Course certifies the candidate as a Technical Wreck Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status Technical Wreck Instructor Trainer 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 MySSI 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.
- 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, pool/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.
- Complete the Technical Wreck Diving Instructor final exam with a passing score of 90%.
- Complete the XR Water Fitness Evaluation.
- Complete an appropriate equipment assembly workshop.
- 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 165 feet, then bringing the diver to the surface from a depth of between 15 and 33 feet.

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

XR Professional Standards

XR INSTRUCTOR TRAINER SEMINAR

I. INTENT

The SSI Extended Range Instructor Trainer Seminar provides candidates with the knowledge and training necessary to organize and conduct professional-level SSI XR programs.

II. MINIMUM 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 MySSI 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

A. FOR ALL CANDIDATES

- Minimum age: 21 years old.
- Have issued at least 250 scuba diving certifications.
- Own and use an Extended Range Total Diving System appropriate to the specific program, as outlined in the General Training Standards.
- Complete the XR Instructor Assessment form and provide proof of required teaching and diving experience.

B. FOR EXTENDED RANGE NITROX DIVING INSTRUCTOR TRAINER

- Be an SSI Extended Range Nitrox Diving Instructor.
- Have logged at least 250 dives, including at least 20 Extended Range Nitrox dives that require staged decompression.
- Have issued at least ten (10) Extended Range Nitrox Diving certifications.

C. FOR EXTENDED RANGE INSTRUCTOR TRAINER

- Be an SSI Extended Range Instructor.
- Have logged at least 250 dives, including at least 100 extended range dives that require staged decompression, and at least 50 dives deeper than 132 feet.
- Have issued at least ten (10) Extended Range Nitrox Diving, and ten (10) Extended Range certifications.

D. FOR TECHNICAL EXTENDED RANGE INSTRUCTOR

- Be an SSI Technical Extended Range Instructor.
- Have logged at least 275 dives, including at least 100 extended range dives that require staged decompression, at least 50 dives deeper than 132 feet, and 75 dives requiring staged decompression deeper than 149 feet.
- Have issued at least ten (10) Extended Range Nitrox Diving, ten (10) Extended Range, and ten (10) Technical Extended Range certifications.

E. FOR HYPOXIC TRIMIX INSTRUCTOR TRAINER

- Be an SSI Hypoxic Trimix Instructor.
- Have logged at least 300 dives, including at least 100 extended range dives that require staged decompression, at least 50 dives deeper than 132 feet, 75 dives requiring staged decompression deeper than 149 feet, and 20 dives requiring staged decompression deeper than 248 feet.
- Have issued at least ten (10) Extended Range Nitrox Diving, ten (10) Extended Range, ten (10) Technical Extended Range, and ten (10) Hypoxic Trimix certifications.

F. FOR TECHNICAL WRECK DIVING INSTRUCTOR TRAINER

- Must be an active status Technical Extended Range Instructor Trainer (or combine the two programs).
- Be a Technical Wreck Diving Instructor.
- Have logged at least 275 dives, including at least 100 extended range dives that require staged decompression, 50 dives deeper than 132 feet, and 75 dives requiring staged decompression deeper than 149 feet.
- Have logged at least 75 Technical Wreck dives.
- Have issued at least 25 Technical Wreck Diving certifications.

G. FOR FULL CAVE DIVING INSTRUCTOR TRAINER

- Must be an active status Technical Extended Range Instructor Trainer (or combine the two programs).
- Be a Full Cave Diving Instructor.
- Have logged at least 500 dives, including at least 100 extended range dives that require staged decompression, 50 dives deeper than 132 feet, and 75 dives requiring staged decompression deeper than 149 feet.
- Have issued at least 20 Cave Diving, and 25 Full Cave Diving certifications.

V. DURATION

- Recommended hours for course completion: 70-80.
- The number of classes, hours and sessions per day are set by the individual XR International Training Director, based on student needs, student ability and water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 15 and 130 feet.

VII. REQUIREMENTS FOR COMPLETION

- Attend a nine (9)-day XR Instructor Trainer Seminar that includes academics, pool/confined water skills, confined and open water evaluations, and planning and supervision workshops, while acting as an XR Instructor Trainer at the applicable level.
- 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.
- Be approved by an active status SSI XR International Training Director.

NOTE: If the candidate is already an active status SSI recreational Instructor Trainer, the seminar may be conducted in five (5) days instead of nine (9).

VIII. UPGRADES

Active status SSI recreational Instructor Trainers with an Extended Range Nitrox Diving Instructor certification will automatically upgrade to Extended Range Nitrox Diving Instructor Trainer after issuing ten (10) Extended Range Nitrox Diving certifications. The candidate must submit a request to the responsible SSI Service Center, or to an XR International Training Director.

Active status Extended Range Instructor Trainers may automatically upgrade to the next level after verifying that they have completed all prerequisites for the next level. The candidate must submit a request an XR International Training Director for approval. Additional verification of knowledge and skills may be requested.

IX. ACTIVE STATUS REQUIREMENTS

- Teach professional-level programs 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) XR Instructor Training Courses within 24 months.

X. CERTIFICATION

XR Instructor Trainers may teach, assist, or supervise XR Instructor Training Courses and XR Dive Professional Crossovers for candidates at or below the applicable certification level.

A. FOR EXTENDED RANGE NITROX DIVING INSTRUCTOR TRAINER

- Extended Range Nitrox Diving Instructor
- Extended Range Foundations (with the applicable equipment configuration)

B. FOR EXTENDED RANGE INSTRUCTOR TRAINER

- Extended Range Instructor
- Extended Range Foundations

C. FOR TECHNICAL EXTENDED RANGE INSTRUCTOR

- Technical Extended Range Instructor

D. FOR HYPOXIC TRIMIX INSTRUCTOR TRAINER

- Hypoxic Trimix Instructor

E. FOR TECHNICAL WRECK DIVING INSTRUCTOR TRAINER

- Technical Extended Range Instructor
- XR Wreck Diving Instructor
- Technical Wreck Diving Instructor

F. FOR FULL CAVE DIVING INSTRUCTOR TRAINER

- Technical Extended Range Instructor
- XR Cavern Diving Instructor
- Full Cave Diving Instructor

XR Professional Standards

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. MINIMUM INSTRUCTOR RATING

An active status XR Instructor Trainer may conduct the XR 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 MySSI 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.

VI. REQUIREMENTS FOR COMPLETION

Attend the three-day seminar to include: the academics, pool/confined water skills evaluation, and planning of one (1) extended range dive deeper than 132 feet.

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 pool/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 15 and 33 feet, 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, pool/confined water skills evaluation, and planning of one (1) extended range dive deeper than 132 feet

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.

- Complete the Extended Range candidate and instructor-level final exams for the highest certifying level with a passing score of 90%.

- Complete the XR Water Fitness Evaluation.

- Complete an appropriate equipment assembly workshop.

- A dive planning session for orientation to the Extended Range Dive Planning Sheets.

- Participate in a dive planning session to plan multiple Extended Range-level dives.

- 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.

- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth of between 15 and 33 feet.

VII. 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.

VIII. 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 99 feet, 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. MINIMUM INSTRUCTOR RATING

An active status unit-specific CCR Diving Instructor may conduct the unit-specific CCR Diving program.

III. STUDENT PREREQUISITES

- Be certified in Enriched Air Nitrox 40 or equivalent.
- Be certified in Deep Diving or equivalent.
- Have logged at least 24 open water dives.

IV. DURATION

- Recommended hours for course completion: 40.

V. MATERIALS AND EQUIPMENT

1. A complete CCR Total Diving System that:
 - Is approved by SSI
 - Has CE-type approval (European version)
2. A single bailout cylinder (minimum volume: 0.2 cubic feet) and bailout regulator with:
 - Second stage with 3-6 foot 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
9. Manufacturer and/or SSI Pre-Dive Checklist

VI. DEPTH LIMITATIONS

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 feet.
- Open Water Training Dive 3 must be conducted at depths shallower than 66 feet.
- Open Water Training Dive 4 must be conducted at depths shallower than 83 feet.
- Open Water Training Dives 5 and 6, and any additional training dives, must be conducted at depths shallower than 99 feet.
- One (1) dive must be to a minimum of 83 feet for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the program's final exam with a passing score of 80%.
- Complete the XR Water Fitness Evaluation as outlined in the General Training Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete an equipment configuration session with the applicable CCR unit.
- Complete at least one (1) pool/confined water skill development session lasting at least one (1) hour.
- Complete a minimum of seven (7) training dives, including one (1) confined water skill development sessions 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.

NOTE: Students completing this program using a rEVO CCR unit must complete at least one (1) additional pool/confined water skill development session, lasting at least one (1) hour.

A. NOTES

- The open water and pool/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.
- The bailout cylinder must be filled with air, or a nitrox mix with a maximum ppO₂ of 1.6 at the deepest planned depth of the dive.
- Bailout cylinder volumes should be calculated using a minimum SAC rate of 1.4 cuft/minute.
- Divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 ata at the bottom.
- The maximum loop set point is 1.3 ata.

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 99 feet, 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 CCR Extended Range program provides divers with the training necessary to independently plan and conduct limited decompression dives using air to a maximum depth of 132 feet, or trimix (minimum 20% oxygen) to a maximum depth of 149 feet using 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. MINIMUM INSTRUCTOR RATING

An active status unit-specific CCR Extended Range Instructor may conduct the unit-specific CCR Extended Range program.

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

III. STUDENT PREREQUISITES

- Be certified in Enriched Air Nitrox 40 or equivalent.
- Be certified in Deep Diving or equivalent.
- Be certified in Extended Range Nitrox Diving or equivalent.
- Have logged at least 50 extended range dives that require a stage cylinder, decompression and a written dive plan.

OR

- Be certified CCR Diving on the unit being used.
- Have logged at least 30 hours on the specific unit being used.

IV. DURATION

- Recommended hours for course completion: 40.

V. MATERIALS AND EQUIPMENT

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
2. A single bailout cylinder (minimum volume: 0.2 cubic feet) and bailout regulator with:
 - Second stage with 3-6 foot 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
9. Manufacturer and/or SSI Pre-Dive Checklist

VI. DEPTH LIMITATIONS

Air as diluent:

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 feet.
- Open Water Training Dive 3 must be conducted at depths shallower than 66 feet.
- Open Water Training Dive 4 must be conducted at depths shallower than 83 feet.
- Open Water Training Dives 5 and 6, and any additional training dives, must be conducted at depths between 30 and 132 feet.
- One (1) dive must be to a minimum of 116 feet for certification.

Trimix as diluent:

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 feet.
- Open Water Training Dive 3 must be conducted at depths shallower than 66 feet.
- Open Water Training Dive 4 must be conducted at depths shallower than 83 feet.
- 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 99-149 feet.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the program's 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 the XR Water Fitness Evaluation as outlined in the General Training Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete an equipment configuration session with the applicable CCR unit.
- Complete at least one (1) pool/confined water skill development session lasting at least one (1) hour.
- Complete a minimum of seven (7) training dives, including one (1) confined water skill development sessions 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.
- Be able to independently complete a full dive plan and bailout plan using the Extended Range Dive Planning sheet.

NOTE: Students completing this program using a rEVO CCR unit must complete at least one (1) additional pool/confined water skill development session, lasting at least one (1) hour.

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 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 bailout cylinder must be filled with air, or a nitrox mix with a maximum ppO₂ of 1.6 at the deepest planned depth of the dive.
- Bailout cylinder volumes should be calculated using a minimum SAC rate of 1.4 cuft/minute.
- Divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 ata at the bottom.
- The maximum loop set point is 1.3 ata.

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.

IX. CERTIFICATION

CCR Extended Range 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 132 feet (using air) or 149 feet (using trimix with a minimum of 20% oxygen) 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.

- Open Water Training Dive 4 must be conducted at depths shallower than 83 feet.

XR Diving Standards

CCR TECHNICAL EXTENDED RANGE

I. INTENT

The CCR Technical Extended Range program provides divers with the training necessary to independently plan and conduct multiple-stop decompression dives to depths up to 198 feet, using trimix, specialized diving equipment and procedures with an equally- or more-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status, unit-specific CCR Technical Extended Range Instructor may conduct the unit-specific CCR Technical Extended Range program.

III. STUDENT PREREQUISITES

- Be certified in Science of Diving and Diver Stress and Rescue or equivalent.
- Be certified in CCR Extended Range or equivalent.
- Have logged at least 50 CCR dives, including at least 20 dives deeper than 99 feet, and at least ten (10) dives requiring staged decompression.

IV. DURATION

- Recommended hours for course completion: 40.

V. MATERIALS AND EQUIPMENT

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
 - Allows for manual addition of gas to the loop.
 - Has an alternate (backup) method of monitoring the loop if the primary method fails.
 - Can be configured so the onboard oxygen and diluent cylinders can be shut down
2. At least two (2) bailout cylinders with regulators, one (1) for bottom bailout, and one (1) for decompression with:
 - Second stage with 3-6 foot 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. Two surface marker buoys (SMB), one red and one yellow, in accordance with local laws, regulations, and practices
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 3 and 4 must be conducted at depths shallower than 149 feet.
- Open Water Training Dives 5 and 6 must be conducted at depth between 165 and 198 feet.
- One (1) dive must be to a minimum of 182 feet for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the XR Water Fitness Evaluation as outlined in the General Training Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete at least one (1) open water skill development session of at least one (1) hour.
- Complete at least 480 minutes of in-water runtime on the applicable CCR unit.
- Complete at least five (5) core open water training dives with a minimum runtime of 30 minutes each, as outlined in the program's instructor manual.
- Be able to independently complete a full dive plan and bailout plan using the Extended Range Dive Planning sheet.

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.
- 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 and 6.
- The maximum Equivalent Narcosis Depth for the bottom part of the dive is 116 feet. SSI recommends an END between 79-99 feet.

At least one (1) dive must have a total run time in excess of 60 minutes.

- Bailout cylinder volumes should be calculated using a minimum SAC rate of 1.4 cuft/minute.
- The maximum ppO₂ for bailout is 1.6 at the deepest planned depth of the dive.
- Divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 ata at the bottom.
- The maximum loop set point is 1.3 ata.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of the XR Water Fitness Evaluation and Open Water Training Dives 1 and 2.
- Open Water Training Dives 5 and 6 may not be conducted after the requirements for the academic sessions, the final written exam, and Open Water Training Dives 3 and 4 are 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 198 feet, using diluent with a minimum oxygen content of 16%, 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 149 feet, and under no circumstances may any penetration dives be conducted at depths deeper than 165 feet 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 116 feet on air or 198 feet on trimix during the program.

XR Diving Standards

CCR HYPOXIC TRIMIX

I. INTENT

The CCR Hypoxic Trimix program provides divers with the training necessary to independently plan and conduct staged decompression dives to depths of up to 330 feet, using specialized CCR diving equipment, and hypoxic trimix mixtures and procedures, with an equally- or more-qualified dive buddy.

II. MINIMUM INSTRUCTOR RATING

An active status unit-specific CCR Hypoxic Trimix Instructor may conduct the unit-specific CCR Hypoxic Trimix program.

III. STUDENT PREREQUISITES

- Be certified in CCR Technical Extended Range or equivalent.
- Have logged at least 100 CCR dives and at least 100 hours of CCR runtime (50 on the specific unit), including at least 30 dives deeper than 99 feet, at least ten (10) dives deeper than 165 feet, and at least 20 dives requiring staged decompression.

IV. DURATION

- Recommended hours for course completion: 30.

V. MATERIALS AND EQUIPMENT

1. A complete CCR Extended Range Total Diving System that:
 - Has CE-type approval (European version)
 - Is approved by SSI
 - Allows for manual addition of gas to the loop.
 - Has an alternate (backup) method of monitoring the loop if the primary method fails.
 - Can be configured so the onboard oxygen and diluent cylinders can be shut down
2. At least three (3) bailout cylinders with regulators, one (1) for bottom bailout, and two (2) for decompression with:
 - Second stage with 3-6 foot 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. Two surface marker buoys (SMB), one red and one yellow, in accordance with local laws, regulations, and practices
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 Dive 1 must be conducted at depths shallower than 132 feet.
- Open Water Training Dives 2 and 3 must be conducted at depths between 70 and 264 feet.
- Open Water Training Dive 4 must be conducted at depths between 264 and 297 feet.
- Open Water Training Dives 5 and 6 must be conducted at depths between 281 and 330 feet.
- One (1) dive must be to at least 297 feet for certification.

VII. REQUIREMENTS FOR COMPLETION

- Complete academic sessions and assessments as outlined in the program-specific instructor manual.
- Complete the XR Water Fitness Evaluation as outlined in the General Training Standards. The snorkel swim may be replaced with a CCR surface swim while breathing from the loop.
- Complete at least one (1) open water skill development session of at least one (1) hour.
- Complete at least 480 minutes of in-water runtime on the applicable CCR unit.
- Complete at least five (5) core open water training dives with a minimum runtime of 30 minutes each, as outlined in the program's instructor manual.
- Be able to independently complete a full dive plan and bailout plan using the Extended Range Dive Planning sheet.

A. NOTES

- Open Water Training Dive 1 must be planned within the no-decompression limits of the student's personal dive computer, or computer-generated decompression profiles.
- The primary planned decompression obligation (total time of all decompression stops, including any deep stops) must not exceed 60 minutes for Open Water Training Dives 2-4, and 90 minutes for Open Water Training Dives 5 and 6.
- The total cumulative time for Open Water Training Dives 3-6 must be at least five (5) hours.
- The maximum Equivalent Narcosis Depth for the bottom part of the dive is 116 feet. SSI recommends an END between 79-99 feet.
- Bailout cylinder volumes should be calculated using a minimum SAC rate of 1.4 cuft/minute.
- The maximum ppO₂ for bailout is 1.6 at the deepest planned depth of the dive.
- Divers should not carry an onboard diluent gas with a ppO₂ higher than 1.1 ata at the bottom.
- The maximum loop set point is 1.3 ata.

VIII. SEQUENCE

- Open Water Training Dives 3 and 4 may only be conducted after completion of the XR Water Fitness Evaluation and Open Water Training Dives 1 and 2.
- Open Water Training Dives 5 and 6 may not be conducted after the requirements for the academic sessions, the final written exam, and Open Water Training Dives 3 and 4 are 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 264 feet or 330 feet.

The Hypoxic Trimix 264 feet certification is the same as the 330 feet certification, with one exception: if conditions do not permit, or the students cannot make the deepest dives, divers may become certified at 264 feet 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 330 feet may dive to depths in excess of 330 feet.

X. CREDIT

Dives from this program may not be credited to other programs.

- Open Water Training Dives 1 and 2 must be conducted at depths shallower than 40 meters.

XR Diving Standards

CCR UNIT CROSSOVER

I. INTENT

The XR CCR Unit Crossover provides divers with the knowledge, skills, and experience necessary to dive with a new rebreather at their highest CCR certification level.

II. MINIMUM INSTRUCTOR RATING

An active status, unit-specific instructor may conduct the XR CCR Unit Crossover for certification levels that they are authorized to issue certifications for.

Students completing the XR CCR Unit Crossover must meet the minimum prerequisites and requirements from the highest applicable certification level, including:

- Student Prerequisites
- Materials and Equipment
- Depth Limitations

III. DURATION

- Recommended hours for course completion: 40.

IV. REQUIREMENTS FOR COMPLETION

- Complete all academic and in-water assessments and evaluations from the CCR Diving or XR Extended Range programs, as outlined in the applicable instructor manual.
- Meet at least 50% experience requirements for the highest level requested (for example, complete at least 50 CCR dives for CCR Hypoxic Trimix).
- Complete at least one (1) evaluation dive to the minimum depth required for certification at the highest level requested.

V. SEQUENCE

- The instructor conducting the XR CCR Unit Crossover must directly verify the student's experience level and prerequisites prior to the final evaluation dive.

VI. CERTIFICATION

Once all requirements are complete, and the student's profile is updated in MySSI, the instructor conducting the XR Unit Crossover may issue the applicable certification card.

The student will be certified on the specific unit at the highest level requested.

XR CLOSED-CIRCUIT REBREATHING PROFESSIONAL PROGRAMS

XR Diving Standards

CCR DIVING INSTRUCTOR TRAINING COURSE

I. INTENT

This program certifies the candidate as a CCR Diving Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status CCR Extended Range Instructor Trainer may conduct the CCR 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 MySSI 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)
- Have logged at least 100 CCR dives and at least 100 hours of CCR runtime (50 on the specific unit), including at least 30 dives deeper than 83 feet.
- Provide their own CCR Total Diving System.

Have a clean record and approval from the manufacturer and SSI.

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

Co-teach at least two (2) CCR Diving programs under the direct supervision of an active status CCR Diving Instructor Trainer.

OR

- Attend a three-day seminar conducted by an active status CCR Diving Instructor Trainer that includes: the academics, pool/confined water skill evaluation, and planning/participation as a team member/supervising instructor on CCR dives to a maximum depth of 99 feet.

A. REVO REQUIREMENTS

- Co-teach at least one (1) CCR Diving program under the direct supervision of an active status CCR Diving Instructor Trainer or manufacturer-approved CCR Diving Instructor.
- Conduct one (1) additional CCR Diving program evaluated by an active status, unit-specific CCR Diving Instructor Trainer.

OR

- Attend a five-day seminar conducted by an active status, manufacturer-approved CCR Diving Instructor or CCR Diving Instructor Trainer that includes: the academics, pool/confined water skill evaluation, and planning/participation as a team member/supervising instructor on CCR dives.
- Conduct one (1) additional CCR Diving program evaluated by an active status, unit-specific CCR Diving Instructor Trainer.

B. NOTES

- The two CCR Diving programs should be supervised by two two different CCR Diving Instructors or CCR Extended Range Instructor Trainers.
- One CCR Extended Range Instructor Trainer may conduct both programs with the prior approval of the manufacturer.
- Complete a dive planning session for orientation to, and to show practical teaching ability with, the Extended Range Dive Planning Sheets.
- Complete a pool/confined water session that includes the presentation and evaluation of all required in-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 15 and 33 feet.
- Complete an appropriate equipment assembly workshop.
- Complete the XR Water Fitness Evaluation as outlined in the General Training 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%.

VII. CERTIFICATION

Active status CCR Diving Instructors may teach, supervise and issue certifications for the following program:

- CCR Diving

XR Diving Standards

CCR EXTENDED RANGE INSTRUCTOR TRAINING COURSE

I. INTENT

This program certifies the candidate as a CCR Extended Range Trimix Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status CCR Extended Range Instructor Trainer 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 MySSI 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 Diving Instructor
- CCR Technical Extended Range (or equivalent)

Have logged at least 100 CCR dives and at least 100 hours of CCR runtime (50 on the specific unit), including at least 30 dives deeper than 99 feet and 20 dives deeper than 132 feet, using trimix and requiring staged decompression.

Provide their own CCR Extended Range Total Diving System.

Have a clean record and approval from the manufacturer and SSI.

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

Co-teach at least two (2) separate CCR Extended Range programs under the direct supervision of an active status CCR Extended Range Instructor Trainer.

OR

Attend a three-day seminar conducted by an active status CCR Extended Range Instructor Trainer that includes: the academics, pool/confined water skills evaluation, and planning/participation as a team member/supervising instructor on CCR Extended Range dives to a maximum depth of 149 feet.

A. REVO REQUIREMENTS

- Co-teach at least one (1) CCR Extended Range program under the direct supervision of an active status CCR Extended Range Instructor Trainer, or manufacturer-approved CCR Extended Range Instructor.
- Conduct one (1) additional CCR Extended Range program evaluated by an active status, unit-specific CCR Extended Range Instructor Trainer.

OR

Attend a five-day seminar conducted by an active status CCR Extended Range Instructor or CCR Extended Range Instructor Trainer that includes: the academics, pool/confined water skills evaluation, and planning/participation as a team member/supervising instructor on CCR Extended Range dives to a maximum depth of 45 meters.

- Conduct one (1) additional CCR Extended Range program evaluated by an active status, unit-specific CCR Extended Range Instructor Trainer.

B. NOTES

- The two CCR Extended Range programs should be supervised by two different CCR Extended Range Instructors or CCR Extended Range Instructor Trainers.
- One CCR Extended Range Instructor Trainer may conduct both programs with the prior approval of the manufacturer.

At a minimum, seminar candidates will:

- Complete a review of all program materials, including the student digital learning and instructor materials, and demonstrate adequate understanding of all academic and in-water requirements.
- Complete a review of all SSI General Training Standards, XR CCR program standards, and all SSI Dive Center/Resort Standards.
- Complete the applicable final exams with a passing score of at least 90%.
- Complete a dive planning session for orientation to, and to show practical teaching ability with, the Extended Range Dive Planning Sheets.
- Complete an appropriate equipment assembly workshop.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Complete a pool/confined water session that includes the presentation and evaluation of all required in-water skills. All skills must be to demonstration standard.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 15 and 33 feet.
- While acting as instructor, plan and conduct at least one (1) dive from the program.
- 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
- CCR Extended Range Trimix

XR Diving Standards

CCR TECHNICAL EXTENDED RANGE INSTRUCTOR

I. INTENT

This program certifies the candidate as a CCR Technical Extended Range Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status CCR Hypoxic Trimix Instructor Trainer 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 MySSI 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 Extended Range Instructor
- Have issued at least five (5) CCR Diving certifications and five (5) CCR Extended Range certifications, or at least ten (10) Extended Range certifications.
- Have logged at least 150 CCR dives and at least 150 hours of CCR runtime, including at least 50 decompression dives deeper than 165 feet, 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 and SSI.

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

- Complete a review of all program materials, including the student digital learning and instructor materials, and demonstrate adequate understanding of all academic and in-water requirements.
- Complete a review of all SSI General Training Standards, XR CCR program standards, and all SSI Dive Center/Resort Standards.
- Complete the applicable final exams with a passing score of at least 90%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Present at least one academic presentation on a CCR topic applicable to the program and training level.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 15 and 33 feet.
- Demonstrate proficiency in all CCR skills included in the program instructor manual. All skills must be at demonstration-level quality.
- While acting as instructor, plan and conduct at least four (4) dives from the program under the direct supervision of an active status, unit-specific CCR Hypoxic Trimix Instructor Trainer.

VII. CERTIFICATION

Active status CCR Technical Extended Range Instructors may teach, supervise and issue certifications for the following programs:

- CCR Diving
- CCR Extended Range
- CCR Extended Range Trimix
- CCR Technical Extended Range
- CCR Technical Extended Range Trimix

XR Diving Standards

CCR HYPOXIC TRIMIX INSTRUCTOR

I. INTENT

This program certifies the candidate as a CCR Hypoxic Trimix Instructor.

II. MINIMUM INSTRUCTOR RATING

An active status CCR Hypoxic Trimix Instructor Trainer 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 MySSI 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 issued at least ten (10) CCR Diving certifications, and at least five (5) CCR Technical Extended Range certifications.

Have logged at least 250 CCR dives and at least 250 hours of CCR runtime, including at least 50 decompression dives deeper than 198 feet, that meet the following requirements:

- At least ten (10) dives required at least 30 minutes of staged decompression using three (3) stage cylinders
- At least 30 dives were Hypoxic Trimix dives

Provide their own CCR Extended Range Total Diving System.

Have a clean record and approval from the manufacturer and SSI.

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

- Complete a review of all program materials, including the student digital learning and instructor materials, and demonstrate adequate understanding of all academic and in-water requirements.
- Complete a review of all SSI General Training Standards, XR CCR program standards, and all SSI Dive Center/Resort Standards.
- Complete the applicable final exams with a passing score of at least 90%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Present at least one academic presentation on a CCR topic applicable to the program and training level.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 15 and 33 feet.
- Demonstrate proficiency in all CCR skills included in the program instructor manual. All skills must be at demonstration-level quality.
- While acting as instructor, plan and conduct at least four (4) dives from the program under the direct supervision of an active status, unit-specific CCR Hypoxic Trimix Instructor Trainer.

VII. CERTIFICATION

Active status CCR Hypoxic Trimix Instructors may teach, supervise and issue certifications for the following programs:

- CCR Diving
- CCR Extended Range
- CCR Extended Range Trimix
- CCR Technical Extended Range
- CCR Technical Extended Range Trimix
- CCR Hypoxic Trimix

XR Diving Standards

CCR DIVING INSTRUCTOR TRAINER

I. INTENT

The intent of this program is to certify the candidate as a CCR Diving Instructor Trainer.

II. MINIMUM 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 MySSI 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 letter of recommendation from the unit manufacturer

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 pool/confined water session that includes the presentation and evaluation of all required in-water skills. All skills must be to demonstration standard.
- Complete the XR Water Fitness Evaluation as outlined in the General Training 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

XR Diving Standards

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. MINIMUM 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 MySSI 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 letter of recommendation from the unit manufacturer

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 132 ft.

- 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).

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
- Conduct a minimum of two (2) XR CCR Instructor Training Courses within 24 months.

XR Diving Standards

XR CCR INSTRUCTOR TRAINER SEMINAR

I. INTENT

The SSI XR CCR Instructor Trainer Seminar provides candidates with the knowledge and training necessary to organize and conduct SSI professional-level XR CCR training programs.

II. MINIMUM INSTRUCTOR RATING

An active status XR International Training Director may conduct the XR CCR 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 MySSI 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 letter of recommendation from the unit manufacturer

IV. CANDIDATE PREREQUISITES

A. FOR ALL CANDIDATES

- Minimum age: 21 years old.
- Have issued at least 250 open-circuit or CCR certifications.
- Own and use a CCR Extended Range Total Diving System.
- Complete the XR Instructor Assessment form, and provide proof of required teaching and diving experience.

B. FOR CCR EXTENDED RANGE INSTRUCTOR TRAINER

- Be a CCR Extended Range Instructor on the applicable unit.
- Have logged at least 250 CCR dives, with 100 unit-specific dives requiring staged decompression, and 50 dives deeper than 132 feet.
- Have logged at least 250 hours of CCR runtime.
- Have issued at least 25 CCR Diving certifications for the applicable unit, including at least ten (10) CCR Extended Range certifications.

C. FOR CCR HYPOXIC TRIMIX INSTRUCTOR TRAINER

- Be a CCR Hypoxic Trimix Instructor on the applicable unit.
- Have logged at least 300 CCR dives, with 150 unit-specific dives requiring staged decompression, and 50 dives deeper than 248 feet.
- Have logged at least 300 hours of CCR runtime.
- Have issued at least 25 CCR Diving certifications for the applicable unit, including at least ten (10) CCR Extended Range certifications.

V. DURATION

- Recommended hours for course completion: 70-80.
- The number of classes, hours and sessions per day are set by the individual XR International Training Director, based on student needs, student ability and water conditions.

VI. DEPTH LIMITATIONS

- All open water training dives must be conducted at depths between 15 and 130 feet.

VII. REQUIREMENTS FOR COMPLETION

- Submit a written application to an XR International Training Director and the CCR unit manufacturer.
- Attend a nine (9)-day CCR Technical Extended Range Instructor Trainer Seminar that includes academics, pool/confined water skills, confined and open water evaluations, and planning and supervision workshops, while acting as an XR CCR Instructor Trainer at the applicable level.
- 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.
- Be approved by an active status SSI XR International Training Director.

NOTE: If the candidate is already an active status SSI recreational Instructor Trainer, the seminar may be conducted in five (5) days instead of nine (9).

VIII. ACTIVE STATUS REQUIREMENTS

- Teach exclusively SSI programs (except where SSI does not have a specific program).

IX. CERTIFICATION

Active status XR CCR Extended Range Instructor Trainers may teach, assist or supervise XR CCR Instructor Training Courses and XR CCR Dive Professional Crossovers for:

- CCR Diving Instructor
- CCR Extended Range Instructor

Active status XR CCR Hypoxic Trimix Instructor Trainers may also teach, assist or supervise XR CCR Instructor Training Courses and XR CCR Dive Professional Crossovers for:

- CCR Technical Extended Range Instructor
- CCR Hypoxic Trimix Instructor

XR Diving Standards

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. MINIMUM 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 MySSI 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 letter of recommendation from the unit manufacturer

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 and SSI.

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) XR CCR 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 provides an orientation for the SSI Dive Professional candidate with CCR credential from another agency to XR CCR philosophies and procedures, training standards, the SSI Educational System and the CCR skills required for the XR CCR training programs.

II. MINIMUM INSTRUCTOR RATING

An active status, unit-specific CCR Hypoxic Trimix Instructor Trainer 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 MySSI 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

- Be an active status SSI Dive Professional.
- Meet or exceed all prerequisites from each individual instructor level.
- Be an active status CCR Diving 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.
- Have certified at least ten (10) students at any level of CCR certification. At least three (3) of those certifications must have been issued in the last 18 months.

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

Attend a two-day crossover seminar conducted by an active status CCR Hypoxic Trimix Instructor Trainer.

At a minimum, seminar candidates will:

- Complete a review of all program materials, including the student digital learning and instructor materials, and demonstrate adequate understanding of all academic and in-water requirements.
- Complete a review of all SSI General Training Standards, XR CCR program standards, and all SSI Dive Center/Resort Standards.
- Complete the applicable final exams with a passing score of at least 90%.
- Complete the XR Water Fitness Evaluation as outlined in the XR General Training Standards.
- Complete a pool/confined water session that includes the presentation and evaluation of all required in-water skills. All skills must be to demonstration standard.
- Demonstrate the ability to rescue an unconscious diver by bringing the diver to the surface from a depth between 15 and 33 feet.
- While acting as instructor, plan and conduct at least two (2) dives under the direct supervision of an active status, unit-specific CCR Hypoxic Trimix Instructor Trainer. At least one (1) dive must be at the highest level being applied for, and at least one (1) dive must be a bailout dive.

VII. CERTIFICATION

Active status XR CCR Instructors who have successfully completed the CCR Dive Professional Crossover may:

Teach, assist or supervise SSI CCR programs and SSI XR CCR programs at or below their highest SSI instructor level.

FREEDIVING GENERAL TRAINING STANDARDS

Freediving 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 the program-specific training standard. If a specific standard is not listed in the Freediving General Training Standards or program-specific training standard, use the General Training Standards.

For the purpose of these standards, a 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 the responsible 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 the responsible 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 MySSI 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 the responsible 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 pool/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. POOL/CONFINED WATER

It is acceptable to conduct freediving water skills evaluations and pool/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 15 feet. 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 Walking Apnea Sessions 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 program-specific final exam with a minimum score of 80%. Instructor candidates must pass with a minimum score of 90%.

H. USE OF SAFETY LANYARDS

Students are required to wear a freediving safety lanyard if any of the following conditions apply:

The planned freedive is deeper than 80 feet in depth

Vertical visibility is less than 33 feet

On any site 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 = 132 feet/130 feet in cold water

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 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. MINIMUM INSTRUCTOR RATING

- An active status Basic Freediving Instructor 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 15 feet.

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 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 MySSI 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. MINIMUM INSTRUCTOR RATING

- An active status Basic Freediving Instructor 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 15 feet.

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 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 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 15 feet, 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 pool/confined water environment.

II. MINIMUM INSTRUCTOR RATING

- An active status Freediving Pool Instructor 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 15 feet.

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 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 100 feet while demonstrating proper: neutral buoyancy, starting, finning, body positioning, turning and surfacing techniques.
 - Blackout Rescue of a victim with dynamic weights on.
 - Loss of Motor Control (LMC) Surface Rescue.
 - Only arm-stroke 50 feet.
 - 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. MINIMUM INSTRUCTOR RATING

- An active status Freediving Level 1 Instructor 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 60 feet.
- The maximum depth for students under the age of 15 during all training dives is 40 feet.

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 acting as a certified assistant.

VIII. SUPERVISION

- An active status Freediving Level 1 Instructor must directly supervise all academic sessions, pool/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 100 feet, while demonstrating proper neutral buoyancy, start, finning, body position, turn and surfacing.
 - Blackout Rescue of a victim with dynamic weights on.
 - Loss of Motor Control (LMC) surface rescue.
 - Dynamic Only arm stroke 50 feet.
 - Mask removal (confined water).
 - Static session in the water with no minimum requirements.
 - Constant Weight Dive (CWT) to a minimum depth of 30 feet (60 feet maximum), while demonstrating proper duck diving, finning, body positioning, line orientation, turn and surfacing techniques.
 - Shallow Water Blackout (SWBO) rescue from 30 feet.
 - Arm-stroke only ascent from 30 feet.
 - Mask removal ascent from 30 feet.

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. MINIMUM INSTRUCTOR RATING

- An active status Freediving Level 2 Instructor 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 100 feet.

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 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) pool/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 165 feet while demonstrating proper neutral buoyancy, starting, finning, body positioning, turning and surfacing techniques.
 - Blackout Rescue of a victim with dynamic weights on, from depth between 6-12 feet.
 - 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 60 feet and maximum 100 feet 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 165 feet.
 - Perform buddy procedures from 30 feet (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. MINIMUM INSTRUCTOR RATING

- An active status Freediving Level 3 Instructor 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 132 feet.

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) pool/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 33 feet.
 - Constant Weight (CWT) minimum 100 feet (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 Blackout Rescue of a victim with dynamic weights on, from a depth between 6-12 feet.
 - 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 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. MINIMUM 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 MySSI 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 pool/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 MySSI 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
- Shark Ecology

I. STUDENT PREREQUISITES

- Minimum age: 10 years old.
- Be certified in Basic Freediving, or hold an equivalent certification from a recognized training agency.

II. DEPTH LIMITATIONS

- There are no open water sessions required for Basic Freediving specialties.
- Confined water session depths should not exceed 15 feet.

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 Freediving - Pool
- No Fin Freediving (DNF) - Pool
- Training Techniques
- 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.
- Free Immersion: For students with a Freediving Pool certification, the maximum open water depth is 60 feet.

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

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.
- For Variable Weight: The maximum allowed depth is 33 feet deeper than the student's current certification limit.

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 MySSI for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile.

III. CERTIFICATION

- Once all requirements are met and the student's MySSI 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 Techniques.
- 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 MySSI for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile.

III. CERTIFICATION

Once all requirements are met, and the student's MySSI 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 Techniques, 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 MySSI for the student to receive credit. NOTE: The number of logged freedives must be entered into the student's MySSI profile.

III. CERTIFICATION

- Once all requirements are met, and the student's MySSI 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.

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

FREEDIVING DIVE PROFESSIONAL PROGRAMS

CANDIDATE WATER FITNESS EVALUATION AND PERFORMANCE REQUIREMENTS

I. CANDIDATE WATER FITNESS EVALUATION

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

Instructor Level	Surface Swim (Unassisted)	Surface Swim (Mask/Fins/Snorkel)	Tread Water
Basic	400 yards in 10 minutes	775 yards in 20 minutes	15 minutes
Pool	440 yards in 10 minutes	880 yards in 15 minutes	15 minutes
Level 1	440 yards in 10 minutes	880 yards in 15 minutes	15 minutes
Level 2	440 yards in 10 minutes	880 yards in 15 minutes	15 minutes
Level 3	440 yards in 10 minutes	880 yards in 15 minutes	15 minutes

II. PERFORMANCE REQUIREMENTS

Prior to certification as an SSI Freediving Instructor, candidates must be able to meet the following performance requirements. This includes standard Instructor Training Courses and the Freediving Instructor Upgrade programs.

Instructor Level	Blackout Rescue (depth and tow distance)	BO Rescue (with hang depth)	DYN with Bi-fins	Static Performance	CWT with Bi-fins	5x (with 1-minute rests)	FRC Dive
Basic	Surface (50m tow)	none	none	none	none	none	none
Pool	Between 2-4m	none	50m	2:30	none	none	none
Level 1	20m (50m tow)	15m	50m	2:30	30m	15m	none
Level 2	20m (50m tow)	20m	85m	4:00	40m	20m	none
Level 3	25m (50m tow)	20m	100m	Coach 1 session	50m (monofin allowed)	none	25m (maximum 5m mouthfill)

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. MINIMUM 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 MySSI 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 Assistant Instructor.

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 33 feet.

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
- Try 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, Freediving Level 1 or 2, Free Immersion, and Training Techniques programs in a safe and enjoyable manner.

II. MINIMUM 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 MySSI 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 and Training Techniques Specialty programs.
- 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 Training Techniques Specialty programs.

For Freediving Level 1 Instructors:

- Have completed the Freediving Level 2 program, and Training Techniques and Freediving Stress and Rescue Specialty programs.
- 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 and Training Techniques Specialty programs.

For Freediving Level 2 Instructors:

- Have completed the Freediving Level 3 program, and the Training Techniques and Freediving Stress and Rescue Specialty programs.
- Have logged at least 100 freediving sessions.

V. DURATION

- Recommended hours for course completion: 85-100.
- The number of classes, hours and sessions per day are set by the individual instructor, based on student needs, student ability and environmental conditions.

NOTE: If the FITC candidate is an SSI Assistant Instructor or higher, the recommended duration can be reduced to 60-75 hours.

VI. DEPTH LIMITATIONS

- All freediving training sessions must be conducted shallower than 132 feet.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Level 3 Instructor 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%.
- Complete the candidate water fitness evaluation and all performance requirements as outlined in the Training Standards.

NOTE: If the candidate is an active status SSI Assistant Instructor or higher, they do not need to complete the portions of the FITC that are equivalent to the SSI Instructor Training Course content.

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
- Free Immersion Freediving
- Training Techniques

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. MINIMUM 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 MySSI 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 at minimum, a Freediving Level 1 Instructor.
- Have issued a minimum of 25 Basic Freediving/Freediving Level 1 certifications.

OR

- Be an SSI Instructor Trainer
- Have at least a Freediving Level 1 certification

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 in pool/confined water to a maximum depth of 15 feet.

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. MINIMUM 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 MySSI 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.
- 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 165 feet.

VII. IN-WATER RATIOS

- The candidate-to-instructor ratio is 6:1.

VIII. SUPERVISION

- An active status Freediving Level 3 Instructor 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%.
- Complete the candidate water fitness evaluation and all performance requirements as outlined in the Training Standards.

X. ACTIVE STATUS QUALIFICATIONS

For Freediving Level 1 Instructors:

- Teach and issue certifications for Try Freediving, Basic Freediving, Freediving Pool, Freediving Level 1, Free Immersion, and Training Techniques.
- 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, Freediving Level 1 and 2, Free Immersion, and Training Techniques.
- 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, Freediving Level 1, 2, and 3, Free Immersion, and Training Techniques.
- 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 MySSI 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.

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 responsible 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 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 Assistant Instructors 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 may qualify to teach the following programs:

- Training Techniques
- Monofin Pool
- No-Fin Pool

Freediving Level 1 Instructors 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 may qualify to teach the following programs:

- Variable Weight (VWT)
- No-Fin
- Freediver Stress and Rescue

Seminar

I. MINIMUM 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. MINIMUM INSTRUCTOR RATING

The candidate may only co-teach the following freediving specialty programs with an active status Freediving Specialty Instructor who is certified to teach that specialty:

- Free Immersion Freediving
- Training Techniques
- Photo/Video
- Night/Limited Visibility
- Wreck Freediving
- All Ecology Specialty programs

II. REQUIREMENTS FOR COMPLETION

- Co-teach at least one complete program of the applicable freediving specialty.
- Have the Monitor of the affiliated SSI Freediving Center/Resort sign off the Universal Application form.

NOTE: the responsible 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. MINIMUM INSTRUCTOR RATING

- An active status Freediving International Training Director may conduct the Freediving Instructor Trainer Seminar when appointed by the responsible 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 MySSI 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 Freediving Level 3 Instructor.
- Issue at least 100 freediving certifications, including (50) Pool/Level 1 + (25) Level 2 + (5) Level 3 Freediving certifications.
- Submit a written application to the responsible SSI Service Center for approval.

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 132 feet.

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 60 feet with a Blackout (BO) rescue.
 - Blackout (BO) rescue from 80 feet with a 150-foot tow while giving rescue breaths.
 - Dynamic with bi-fins 330 feet.
 - 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. MINIMUM 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 MySSI 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.

SSI Swim Standards

GENERAL TRAINING STANDARDS

I. HOW TO USE THESE STANDARDS

The SSI Swim Program General Training Standards apply to all SSI Swim programs, unless otherwise specified in a program's specific Training Standards. If a specific standard is not listed in the Swim Program General Training Standards or a program-specific Standard, use the SSI General Training Standards.

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

II. WAIVERS FROM STANDARDS

Waivers or deviations to the SSI Standards must be requested, in writing, to the responsible 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.

III. EXCEEDING STANDARDS

SSI Swim Professionals may exceed standards, may provide more detailed coverage of the materials, and may provide additional training sessions. Incorporating newer techniques and equipment is encouraged.

Any specific knowledge and skills changes must be approved by the responsible SSI Service Center prior to incorporating the changes.

IV. RESPONSIBILITY

All SSI Swim 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 Swim Schools and Swim Professionals.

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.

VI. 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.

*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.*

VII. 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 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 the responsible SSI Service Center for guidance or interpretation.

Each SSI Swim Professional has access to the most current Instructor Manual and Student Manual for the programs they conduct, and any additional training materials required by SSI or their affiliated Swim School.

VIII. IN-WATER RATIOS

The maximum in-water ratio is listed in each specific program standard.

Whenever possible, additional teachers or certified assistants should be used during training. If student ability dictates, decrease the student-to-teacher ratio.

IX. PROGRAM DURATION

The recommended program hours are based on student needs and ability.

The number of classes is set by the individual Swim Teacher.

PROGRAM ADMINISTRATION

I. BACKGROUND CHECKS

Swim Professionals must submit to a criminal background check prior to receiving any certification. Documentation of the completed background check must be included in the Swim Professional's Training Record at the time of completion.

II. TRAINING RECORDS

Training Records are used to monitor and evaluate each Swim Professional's progress, knowledge and skills. Training records shall be maintained and retained for five (5) years by SSI Swim Schools.

Completed Training Records for Swim Teacher Instructors and Swim Teacher Instructor Trainers must be sent to the appropriate SSI Service Center for processing and certification.

III. PROCESSING CERTIFICATION CARDS

A certification must be issued whenever a Swim Professional successfully completes a training program. Certification cards should be ordered through mySSI within ten (10) days of the program's completion. Handwritten forms must be sent to SSI within ten (10) days.

SSI Swim Standards

SWIM PROGRAM STANDARDS

Swim Program Standards

BABY SWIM I

I. INTENT

This program teaches very young students to be comfortable in and around the water while under direct supervision of a parent or guardian.

It also teaches the parent or guardian how to appropriately interact with their children in an aquatic environment.

II. REQUIRED TEACHER RATING

An active status Baby Swim Teacher or higher may conduct the Baby Swim I program.

III. STUDENT PREREQUISITES

- Age: 2-35 months old.

IV. IN-WATER RATIOS

The student-to-teacher ratio is 6:1.

NOTE: A parent or guardian must be in the water with each student.

V. SUPERVISION

- An active status Baby Swim Teacher or higher must indirectly supervise all activities.
- A parent or guardian must directly supervise the student at all times.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Baby Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Baby Swim II, once they turn two (2) years old.
- Aquatike I or II, once they turn three (3) years old.

Swim Program Standards

BABY SWIM II

I. INTENT

This program teaches very young students to be comfortable in and around the water while under the indirect supervision of a parent or guardian.

It also teaches the parent or guardian how to appropriately interact with their children in an aquatic environment.

II. REQUIRED TEACHER RATING

An active status Baby Swim Teacher or higher may conduct the Baby Swim II program.

III. STUDENT PREREQUISITES

- Age: 18-35 months old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Baby Swim Teacher or higher must indirectly supervise all activities.
- A parent or guardian must directly supervise the student at all times.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Baby Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Aquatike II, once they turn three (3) years old.

NOTE: If the student has not met the requirements for advancement by the time they turn three (3) years old, they should be placed in the Aquatike I class.

Swim Program Standards

AQUATIKE I

I. INTENT

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Aquatike I program.

III. STUDENT PREREQUISITES

- Age: 36-47 months old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Aquatike II, if they are still three (3) years old.
- Preschool Beginner I, if they turn four (4) years old before advancing.

Swim Program Standards

AQUATIKE II

I. INTENT

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Aquatike II program.

III. STUDENT PREREQUISITES

- Age: 36-47 months old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Aquatike III, if they are still three (3) years old.
- Preschool Beginner I, if they turn four (4) years old before advancing.

Swim Program Standards

AQUATIKE III

I. INTENT

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Aquatike III program.

III. STUDENT PREREQUISITES

- Age: 36-47 months old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Beginner II.

Swim Program Standards

PRESCHOOL I

I. INTENT

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Preschool I program.

III. STUDENT PREREQUISITES

- Age: 4-5 years old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Preschool II, if they are still five (5) years old.

Swim Program Standards

PRESCHOOL II

I. INTENT

This program teaches young students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Preschool II program.

III. STUDENT PREREQUISITES

- Age: 4-5 years old.
- Demonstrated mastery of the skills for Preschool I.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Beginner II.

Swim Program Standards

BEGINNER I

I. INTENT

This program teaches students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Beginner I program.

III. STUDENT PREREQUISITES

- Age: 6-15 years old.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Beginner II.

Swim Program Standards

BEGINNER II

I. INTENT

This program teaches students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Beginner II program.

III. STUDENT PREREQUISITES

- Age: 6-15 years old.
- Demonstrated mastery of the skills for Beginner I.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Beginner III.

Swim Program Standards

BEGINNER III

I. INTENT

This program teaches students to be comfortable in and around the water, and to develop forward movement through the water using both the arms and the legs.

II. REQUIRED TEACHER RATING

An active status Level 1 Swim Teacher or higher may conduct the Beginner III program.

III. STUDENT PREREQUISITES

- Age: 6-15 years old.
- Demonstrated mastery of the skills for Beginner II.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 1 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 1 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Intermediate I

Swim Program Standards

INTERMEDIATE I

I. INTENT

This program teaches students basic swimming skills and develops competitive swimming strokes.

II. REQUIRED TEACHER RATING

An active status Level 2 Swim Teacher or higher may conduct the Intermediate I program.

III. STUDENT PREREQUISITES

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Beginner III.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Intermediate II.

Swim Program Standards

INTERMEDIATE II

I. INTENT

This program teaches students advanced swimming skills and develops competitive swimming strokes.

II. REQUIRED TEACHER RATING

An active status Level 2 Swim Teacher or higher may conduct the Intermediate II program.

III. STUDENT PREREQUISITES

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Intermediate I.

IV. IN-WATER RATIOS

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

V. SUPERVISION

- An active status Level 2 Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Advanced I.

Swim Program Standards

ADVANCED I

I. INTENT

This program further refines the student's advanced swimming skills and competitive swimming strokes.

II. REQUIRED TEACHER RATING

An active status Level 2 Swim Teacher or higher may conduct the Advanced I program.

III. STUDENT PREREQUISITES

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Intermediate II.

IV. IN-WATER RATIOS

The student-to-teacher ratio is 6:1.

V. SUPERVISION

- An active status Level 2 Swim Teacher or higher must indirectly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Advanced II.

Swim Program Standards

ADVANCED II

I. INTENT

This program further refines the student's advanced swimming skills and competitive swimming strokes.

II. REQUIRED TEACHER RATING

An active status Level 2 Swim Teacher or higher may conduct the Advanced II program.

III. STUDENT PREREQUISITES

- Age: 5-17 years old.
- Demonstrated mastery of the skills for Advanced I.

IV. IN-WATER RATIOS

The student-to-teacher ratio is 6:1.

V. SUPERVISION

- An active status Level 2 Swim Teacher or higher must indirectly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Swim Team Prep.

Swim Program Standards

SWIM TEAM PREP

I. INTENT

This program further refines the student's advanced swimming skills and competitive swimming strokes, and develops strength and endurance.

II. REQUIRED TEACHER RATING

An active status Level 2 Swim Teacher or higher may conduct the Swim Team Prep program.

III. STUDENT PREREQUISITES

- Age: 6-17 years old.
- Demonstrated mastery of the skills for Advanced II.

IV. IN-WATER RATIOS

- The student-to-teacher ratio is 10:1.

V. SUPERVISION

- An active status Level 2 Swim Teacher or higher must indirectly supervise all in-water activities.

Swim Program Standards

ADULT I

I. INTENT

II. REQUIRED TEACHER RATING

An active status Adult Swim Teacher or higher may conduct the Adult I program.

III. STUDENT PREREQUISITES

Minimum age: 16 years old.

- Demonstrated mastery of the skills for Advanced I.

IV. IN-WATER RATIOS

- The student-to-teacher ratio is 8:1.

V. SUPERVISION

- An active status Adult Swim Teacher or higher must directly supervise all in-water activities.

VI. ADVANCEMENT

After demonstrating mastery of the skills listed in the Level 2 Swim Teacher Instructor Manual and the SSI Gold Script Lesson Plan, the student may advance to:

- Adult II.

Swim Program Standards

ADULT II

I. INTENT

II. REQUIRED TEACHER RATING

An active status Adult Swim Teacher or higher may conduct the Adult II program.

III. STUDENT PREREQUISITES

Minimum age: 16 years old.

Demonstrated mastery of the skills for Adult I.

IV. IN-WATER RATIOS

The student-to-teacher ratio is 8:1.

V. SUPERVISION

- An active status Adult Swim Teacher or higher must indirectly supervise all in-water activities.

Swim Program Standards

SWIM PROFESSIONAL PROGRAMS

The following standards apply to every SSI Swim Professional training program.

I. CANDIDATE WATER FITNESS EVALUATION

All candidates must complete this evaluation prior to any Swim Professional program certification.

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

- Swim 660 feet without stopping, and without the use of swim aids. Any stroke may be used.
- Tread water for 10 minutes without using any swim aids or flotation devices.

II. ADMINISTRATIVE REQUIREMENTS

Prior to training, candidates must have completed a Swim Professional Training Record including:

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

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

- Proof of CPR training for children, infants and adults, within two (2) years
- Proof of First Aid training for children, infants and adults, within two (2) years
- Proof of Automated External Defibrillator (AED) training within two (2) years
- Proof of Oxygen First Aid training within (2) years
- Proof of a criminal background check (where required)

III. IN-WATER RATIOS

- The candidate-to-instructor ratio is 10:1. The ratio may increase to 12:2 with one (1) certified assistant, or 16:3 with two (2) certified assistants.

IV. ACTIVE STATUS

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

- Affiliate with an active status SSI Swim School.
- Maintain professional liability insurance (if legally required in the country). SSI must be listed as an additional insured in the policy, and current proof-of-insurance must be provided to the responsible SSI Service Center.

Swim Professional Standards

BABY SWIM TEACHER

I. INTENT

This program provides candidates with the knowledge and training necessary to conduct the Baby and Me and Aquababy swim programs.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor or higher may conduct the Baby Swim Teacher program.

III. CANDIDATE PREREQUISITES

Minimum age: 16 years old.

IV. DURATION

- Recommended hours for program completion: 6-8.
- Apprenticeship training: at least 4 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

V. SUPERVISION

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Baby Teacher Mentor may directly supervise candidates during the apprenticeship session.

VI. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Baby Swim Teacher Instructor Manual.
- Complete a Baby Swim Teacher final exam with a passing score of 90%.
- Complete at least four (4) hours of apprenticeship training.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Baby Swim Teacher digital certification card.

VIII. ACTIVE STATUS QUALIFICATIONS

Active status Baby Swim Teachers may conduct the following programs:

- Baby and Me
- Aquababy
- Baby Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

LEVEL 1 SWIM TEACHER

I. INTENT

This program provides candidates with the knowledge and training necessary to conduct SSI Level 1 swim programs, from Aquatike I through Beginner III.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor or higher may conduct the Level 1 Swim Teacher program.

III. CANDIDATE PREREQUISITES

Minimum age: 16 years old.

IV. DURATION

- Recommended hours for program completion: 20-24.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

V. SUPERVISION

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Level 1 Teacher Mentor or higher may directly supervise candidates during the apprenticeship session.

VI. REQUIREMENTS FOR COMPLETION

Complete the candidate water fitness exam as outlined in the Swim Program Standards.

- Complete all academic sections and assessments as outlined in the Level 1 Swim Teacher Instructor Manual.
- Complete a Level 1 Swim Teacher final exam with a passing score of 90%.
- Complete at least twelve (12) hours of apprenticeship training.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Level 1 Swim Teacher digital certification card.

VIII. ACTIVE STATUS QUALIFICATIONS

Active status Level 1 Swim Teachers may conduct the following programs:

- Aquatike I - III
- Preschool Beginner I - II
- Beginner I - III
- Level 1 Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

LEVEL 2 SWIM TEACHER

This program provides candidates with the knowledge and training necessary to conduct SSI Level 2 swim programs, from Intermediate I through Swim Team Prep.

I. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor or higher may conduct the Level 2 Swim Teacher program.

II. CANDIDATE PREREQUISITES

Minimum age: 16 years old.

Be certified as a Level 1 Swim Teacher.

III. DURATION

- Recommended hours for program completion: 20-24.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

IV. SUPERVISION

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Level 2 Swim Teacher or higher may directly supervise candidates during the apprenticeship session.

V. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Level 2 Swim Teacher Instructor Manual.
- Complete a Level 2 Swim Teacher final exam with a passing score of 90%.
- Complete at least twelve (12) hours of apprenticeship training.

VI. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Level 2 Swim Teacher digital certification card.

VII. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Level 1 Swim Teachers, active status Level 2 Swim Teachers may conduct the following programs:

- Intermediate I - II
- Advanced I - II
- Swim School Prep
- Level 2 Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

ADULT SWIM TEACHER

I. INTENT

This program provides candidates with the knowledge and training necessary to conduct SSI Adult swim programs.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor or higher may conduct the Adult Swim Teacher program.

III. CANDIDATE PREREQUISITES

Minimum age: 16 years old.

Be certified as a Level 2 Swim Teacher.

Minimum age: 16 years old.

IV. DURATION

- Recommended hours for program completion: 6-8.
- Apprenticeship training: at least 4 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

V. SUPERVISION

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Adult Teacher Mentor may directly supervise candidates during the apprenticeship session.

VI. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Adult Swim Teacher Instructor Manual.
- Complete a Adult Swim Teacher final exam with a passing score of 90%.
- Complete at least four (4) hours of apprenticeship training.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Adult Swim Teacher digital certification card.

VIII. ACTIVE STATUS QUALIFICATIONS

In addition to the programs taught by active status Level 2 Swim Teachers, active status Adult Swim Teachers may conduct the following programs:

- Adult I - II
- Adult Swim Teacher apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

ADULT SWIM COACH

I. INTENT

This program provides candidates with the knowledge and training necessary to teach advanced swim skills to adults with varying degrees of swimming ability.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor or higher may conduct the Adult Swim Coach program.

III. CANDIDATE PREREQUISITES

Minimum age: 16 years old.

IV. DURATION

- Recommended hours for program completion: 16-20.
- Apprenticeship training: at least 8 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor, based on the candidate's needs and ability.

V. SUPERVISION

- An active status Swim Teacher Instructor must directly supervise and evaluate all academic and in-water sessions.
- An active status Adult Teacher Mentor may directly supervise candidates during the apprenticeship session.

VI. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Adult Swim Teacher Instructor Manual.
- Complete a Adult Swim Coach final exam with a passing score of 90%.
- Complete at least eight (8) hours of apprenticeship training.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation, final exam, and apprenticeship, a Swim Teacher Instructor may issue the Adult Swim Coach digital certification card.

VIII. ACTIVE STATUS QUALIFICATIONS

Active status Adult Swim Teachers may conduct the following programs:

- Adult I - II
- Adult Swim Coach apprenticeships under the direct supervision of a Swim Teacher Instructor once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

SWIM TEACHER INSTRUCTOR

I. INTENT

This program provides candidates with the knowledge and training necessary to organize and conduct SSI Swim Teacher training programs.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher Instructor Trainer or higher may conduct the Swim Teacher Instructor program.

III. CANDIDATE PREREQUISITES

Minimum age: 18 years old.

Be an active status Swim Teacher

IV. DURATION

- Recommended hours for program completion: 24-32.
- Apprenticeship training: at least 12 hours.
- The number of classes, hours, and sessions per day are set by the Swim Teacher Instructor Trainer, based on the candidate's needs and ability.

V. SUPERVISION

- An active status Swim Teacher Instructor Trainer must directly supervise and evaluate all academic and in-water sessions.
- An active status Swim Teacher Instructor Mentor may directly supervise candidates during the apprenticeship session.

VI. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Swim Teacher Instructor Trainer Manual.
- Complete a Swim Teacher Instructor final exam with a passing score of 90%.
- Complete at least twelve (12) hours of apprenticeship training.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, send all required documentation to the responsible SSI Service Center. The candidate will be certified as a Swim Teacher Instructor.

VIII. ACTIVE STATUS QUALIFICATIONS

Active status Swim Teacher Instructors may conduct the following programs:

- Baby Swim Teacher
- Level 1 Swim Teacher
- Level 2 Swim Teacher
- Adult Swim Teacher
- Swim Teacher Instructor apprenticeships under the direct supervision of a Swim Teacher Instructor Trainer once they earn the Teacher Mentor recognition rating.

Swim Professional Standards

SWIM TEACHER INSTRUCTOR TRAINER SEMINAR

I. INTENT

This seminar provides candidates with the knowledge and training necessary to organize and conduct SSI Swim Teacher Instructor training programs.

II. MINIMUM INSTRUCTOR RATING

An active status Swim Teacher International Training Director or higher may conduct the Swim Teacher Instructor Trainer Seminar.

III. CANDIDATE PREREQUISITES

Minimum age: 21 years old.

IV. DURATION

- Recommended hours for program completion: 24-32.
- The number of classes, hours, and sessions per day are set by the International Training Director, based on the candidate's needs and ability.

V. SUPERVISION

- An active status International Training Director must directly supervise and evaluate all academic and in-water sessions.

VI. REQUIREMENTS FOR COMPLETION

- Complete the candidate water fitness exam as outlined in the Swim Program Standards.
- Complete all academic sections and assessments as outlined in the Swim Teacher Instructor Trainer Manual.
- Complete a Swim Teacher Instructor Trainer final exam with a passing score of 90%.

VII. CERTIFICATION

Upon completion of all academic and in-water requirements, including a water fitness evaluation and final exam, send all required documentation to the responsible SSI Service Center. The candidate will be certified as a Swim Teacher Instructor Trainer.

VIII. ACTIVE STATUS QUALIFICATIONS

Active status Swim Teachers Instructors may conduct the following programs:

- Baby Swim Teacher
- Level 1 Swim Teacher
- Level 2 Swim Teacher
- Adult Swim Teacher
- Swim Teacher Instructor apprenticeships under the direct supervision of an International Training Director once they earn the Teacher Mentor recognition rating.

RECOGNITION RATINGS

I. INTENT

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

II. ISSUING A RECOGNITION CARD

The Swim School Manager processes the recognition rating in MySSI, and the digital recognition card is issued for free.

DECK MANAGER

Deck Managers are responsible for swimmers, parents, teachers, and the swim school facility.

I. CANDIDATE PREREQUISITES

- Be an active status Swim Professional for at least one (1) year.
- Have a Level 2 Swim Teacher certification.
- Be selected by the Swim School Manager.

TEACHER MENTOR

Teacher Mentors are allowed to directly supervise the apprenticeship programs for equivalent SSI Swim Professional training programs.

I. CANDIDATE PREREQUISITES

- Be an active status Swim Professional for at least one (1) year.
- Be selected by the Swim School Manager.
- Assist in at least one (1) Swim Professional training program at any level.

SSI DIVE CENTER STANDARDS

ACTIVE STATUS REQUIREMENTS

Authorized SSI businesses provide customers with the components outlined in the SSI Diver Diamond philosophy. Each business must:

- Annually review and sign the SSI Dealer Agreement
- Provide regular business hours
- Schedule SSI training programs
- Offer dive trips and activities

I. 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 training program.
- Offer regularly-serviced rental and/or training equipment for student use as outlined in the SSI Training Standards.

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

- Actively use the SSI MAP Quality Assurance program.
- Comply with all required government regulations, insurance requirements, licenses, and labor and tax laws.

Dive Center Standards

MEMBERSHIP RATINGS

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.

In addition to the active status requirements outlined in this standard, SSI Dive Centers must offer:

- Equipment Servicing
- Scuba Equipment Sales
- Provide access to cylinder fills for scuba 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.

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.

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.

V. SSI FREEDIVING CENTER

An SSI Freediving Center is a full service, commercial retail operation. The center must be in a commercial location and meet all zoning and licensing requirements.

In addition to the active status requirements outlined in this standard, SSI Dive Centers must offer:

- Equipment Servicing
- Scuba Equipment Sales
- Provide access to cylinder fills for scuba activities

VI. SSI SWIM CENTER

An SSI Swim Center is a full service, commercial retail operation for swim training. The center must be in a commercial location and meet all zoning and licensing requirements.

VII. ADDITIONAL MEMBERSHIP RATINGS

Authorized SSI Dive Centers, Dive Resorts, Dive Schools, or Dive Boats that offer training in these program categories can qualify for the applicable rating:

- Freediving Center
- Swim Center
- SSI Scuba Rangers Center

INSTRUCTOR TRAINING CENTERS/RESORTS

I. REQUIREMENTS

Authorized SSI Dive Centers, Dive Resorts, and Freediving Centers with an active status SSI Instructor Trainer on staff can qualify and be upgraded to an SSI Instructor Training Center or Instructor Training Resort.

Requirements to qualify and maintain active status:

- Have one (1) permanent Instructor Trainer on staff.
- Predominantly offer SSI programs for all student levels. This does not apply to programs that do not have an equivalent SSI program.
- Exclusively offer SSI programs and certifications for all dive professional levels. This does not apply for programs that do not have an equivalent SSI program.
- Promote the full range of SSI Dive Professional programs, from Dive Guide to the Instructor Training Course, at least once per year using the SSI Event Calendar.
- Conduct at least one (1) SSI Instructor Training Course and/or Dive Professional Crossover at the Open Water Instructor level per year.

Dive Center Standards

SSI DIAMOND CENTERS/RESORTS

I. REQUIREMENTS

All authorized SSI Dive Centers, Dive Resorts, and Freediving Centers may qualify for SSI Diamond Center status.

This rating is granted through an application process (see application for complete details), and active status Diamond Centers are re-evaluated every three (3) years.

Requirements to qualify and maintain active status:

- All staff conducting training must be qualified, active status SSI Professionals
- Exclusively offer SSI training programs and certification from entry-level to dive professional levels. This does not apply to programs that do not have an equivalent SSI program.
- Use the SSI Equipment Service Program for all instructor, rental, staff, and sales equipment.
- Conduct or participate in at least one environmental/clean-up activity per year.

Appendix:

EQUIVALENCY CHARTS

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

I. FREEDIVING - STUDENT

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 pool/confined water Session	4 to 1	Basic Freediving Instructor	None
Basic Freediving	10	6 to 8	2 pool/confined water Sessions	8 to 1	Basic Freediving Instructor	None
Freediving Pool	12	12 to 14	2 pool/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

II. 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

III. RECREATIONAL SCUBA STUDENT LEVELS

Diver Programs	Min. Age	Rec. Hours	Minimum Amount of Training Dives	Ratio	Instructor Qualification	Prerequisites
Try Scuba	8		1 Pool / pool/confined water Dive	4 to 1	Assistant Instructor	none
Basic Diver	10		1 Open Water Dive	4 to 1	Open Water Instructor	none
Referral Diver	10	16 to 20	5 Pool / 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 Diver Test	15	10 to 16	2 Open Water Dives	8 to 1	Open Water Instructor	Proof of Experience
Scuba Skills Update	10		1 Pool / pool/confined water Dive	8 to 1	Assistant Instructor	Completed CW training
Scuba Rangers	8	14 to 20	Pool / pool/confined water	6 to 1	Scuba Rangers Instructor	none

IV. RECREATIONAL SCUBA CONTINUING EDUCATION PROGRAMS

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 pool/confined water Session	8 to 1	Training Specialist	Referral Diver
Full Face Mask	10		1 pool/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

V. RECREATIONAL SCUBA RECOGNITION LEVELS

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

VI. EMERGENCY TRAINING

Diver Recognition Ratings	Min. Age	Prerequisites	Instructor Qualification
React Right CPR/FA, AED & O2	12	none	React Right Instructor

VII. XR STUDENT PROGRAMS

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 pool/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 pool/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 pool/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 pool/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 pool/confined water + 4 Overhead Environment Dives	3 to 1	Cavern Diving Instructor	AOWD + 24 Dives

Cave Diving	18	18	1 pool/confined water + 6 Overhead Environment Dives	3 to 1	Cave Diving Instructor	DSR + AOWD + 50 Dives + Cavern Diving
Full Cave Diving	18	20	1 pool/confined water + 6 Overhead Environment Dives	3 to 1	Full Cave Diving Instructor	DSR + AOWD + Cave Diving + 75 Dives(10 in cave environments)

VIII. FREEDIVING 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	18	24 to 32		6 to 1	Freediving Instructor Trainer	Level 2 Instructor + 25 Basic/Level 1 Certifications
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

IX. SCUBA PROFESSIONAL PROGRAMS

Dive Professional Program	Min. Age	Rec. Hours	Minimum Number of Dives for Certification	Ratio	Instructor Qualification	Prerequisites
Scuba Rangers Instructor	18				SSI Service Center	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)
Assistant Instructor (AI)	18	45 to 55	75 Dives	8 to 1	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	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
Assistant Instructor Trainer (AIT)	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

X. SCUBA PROFESSIONAL RECOGNITION LEVELS

Dive Professional Recognition Ratings	Required Experience Points	Prerequisites
Century Instructor	100 Points	Assistant Instructor
Silver 300 Instructor	300 Points	Assistant Instructor
Gold 500 Instructor	500 Points	Assistant Instructor
Platinum 1000 Instructor	1000 Points	Assistant Instructor
Platinum Pro 5000 Instructor	5000 Points	Assistant Instructor

XI. XR PROFESSIONAL PROGRAMS

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

Appendix: Equivalency Charts

RECREATIONAL SCUBA

I. RECOGNIZED AGENCIES AND FEDERATIONS

ISO	RSTC	SSI	PADI	SDI	NAUI	CMAS	RAID
ISO24801-1 Supervised Diver	Supervised Diver	Scuba Diver	Scuba Diver	Supervised Diver	No Equivalence	No Equivalence	No Equivalence
ISO24801-2 Autonomous Diver	Open Water Diver	Open Water Diver	Open Water Diver	Open Water Scuba Diver	Scuba Diver	One Star Diver	Raid Open Water 20
		Advanced Adventurer	Advanced Open Water	Advanced Adventure	Advanced Scuba Diver	One Star Diver	No Equivalence
	Entry Level Rescue Diver	Diver Stress & Rescue	Rescue Diver	Rescue Diver	Scuba Rescue Diver	Two Star Diver	No Equivalence
		Advanced Open Water Diver	No Equivalence	Advanced Diver	Master Scuba Diver	Two Star Diver	No Equivalence
		Master Diver	Master Scuba Diver	Master Scuba Diver	No Equivalence	No Equivalence	No Equivalence

Appendix: Equivalency Charts

DIVE PROFESSIONALS

I. RECOGNIZED AGENCIES AND FEDERATIONS

ISO	RSTC	SSI	PADI	SDI	NAUI	CMAS	RAID
ISO24801-3 Dive Leader	Recreational Dive Supervisor	Dive Guide	Divemaster	Divemaster	Assistant Instructor	Three Star Diver	RAID Dive Master
		Divemaster					
ISO24802-1 Instructor Level 1	Recreational Assistant Instructor	Assistant Instructor	Assistant Instructor	Assistant Instructor	Divemaster	Assistant Instructor	
ISO24802-2 Instructor Level 2	Recreational Scuba Instructor	Open Water Instructor	Open Water Scuba Instructor	Open Water Scuba Diver Instructor	Instructor	One Star Instructor	RAID Open Circuit Instructor
		Advanced Open Water Instructor	Master Scuba Diver Trainer			Two Star Instructor	
		Divemaster Instructor					
		Assistant Instructor Trainer	Staff Instructor	IT Staff Instructor			
	Recreational Scuba Instructor Trainer	Instructor Trainer	Course Director	Instructor Trainer	Instructor Trainer	Instructor Trainer	

Appendix: Equivalency Charts

FREEDIVING

I. DIVER LEVEL EQUIVALENCY CHART

SSI	AIDA	PADI	CMAS (may vary by country)
Basic	AIDA*		
Pool	AIDA **Pool		APNOE * or SK1
Level 1	AIDA**	Freediver & Advanced	APNOE ** or SK1 + SK2
Level 2	AIDA***	Master	APNOE ***
Level 3	AIDA****		APNOE****

II. DIVE PROFESSIONAL EQUIVALENCY CHART

SSI	AIDA	PADI	CMAS/VDSTTL
Basic Instructor			
Level 1 Instructor	POOL Instructor	Instructor	VDST *_*** & SK1 & SK2
Level 2 Instructor	Instructor	Advanced & Master Instructor	CMAS/VDSTTL with finished VDST **** Course
Level 3 Instructor	Master Instructor		

Appendix: Equivalency Charts

EXTENDED RANGE

I. DIVER LEVEL EQUIVALENCY CHART

SSI XR	TDI	IANTD	PADI	GUE	CMAS
Extended Range Foundations	Intro to Tech		Discover Tech	Fundamentals	Tec Basic
Extended Range Nitrox Diving	Advanced Nitrox Diver	Advanced Nitrox Diver	TEC 40		Nitrox **
Extended Range	Decompression Procedure	Advanced Nitrox Diver	TEC 45		
Extended Range Trimix	Helitrox	Advanced Recreational Trimix			Trox Diving
Technical Extended Range	Extended Range	Technical Diver	TEC 50	Tech 1	
Technical Extended Range Trimix	Trimix	Normoxic Trimix	Tec Trimix 65	Tech 1 /Tech 60	Trimix *
Hypoxic Trimix	Advanced Trimix	Trimix Diver	Tec Trimix	Tech 2 /Tech 3	Trimix **
XR Wreck Diving	Advanced Wreck	Advanced Wreck Diver	Wreck Diver		
Technical Wreck Diving		Technical Wreck Diver			
XR Cavern Diving	Cavern	Cavern	Cavern Diver		
Cave Diving	Intro to Cave	Technical Cave Diver		Cave Diver 1	
Full Cave Diving	Full Cave	Cave		Cave Diver 2 & 3	

II. DIVE PROFESSIONAL EQUIVALENCY CHART

SSI XR	TDI	IANTD	PADI	GUE	CMAS
Extended Range Foundations Instructor	Intro to Tech Instructor			Fundamentals Instructor	Tec Basic Instructor
Extended Range Nitrox Diving Instructor	Advanced Nitrox Instructor	Advanced Nitrox Instructor	Tec Instructor		Advanced Nitrox Instructor
Extended Range Instructor	Decompression Procedure Instructor	Advanced Nitrox Instructor	Tec Instructor		
Extended Range Trimix Instructor		Advanced Recreational Trimix Instructor			Recreational Trimix Instructor
Technical Extended Range Instructor	Extended Range Instructor	Technical Instructor	Tec Deep Instructor		
Technical Extended Range Trimix Instructor	Trimix Instructor	Normoxic Trimix Instructor	Tec Trimix Instructor	Tech 1 Instructor	Trimix* Instructor
Hypoxic Trimix Instructor	Advanced Trimix Instructor	Trimix Instructor	Tec Trimix Instructor	Tech 2 / Tech 3 Instructor	Trimix Instructor
XR Wreck Diving Instructor	Advanced Wreck Instructor	Advanced Wreck Instructor	Wreck Instructor		
Technical Wreck Diving Instructor		Technical Wreck Instructor			
XR Cavern Diving Instructor	Cavern Instructor	Cavern Instructor	Cavern Instructor		
Cave Diving Instructor	Intro to Cave Instructor	Technical Cave Instructor		Cave 1 Instructor	
Full Cave Diving Instructor	Full Cave Instructor	Cave Instructor		Cave 2 Instructor	

SSI Standards

CHANGES FOR 2018

SSI Training Standards

GENERAL TRAINING STANDARDS

Global Changes

A. MINOR GLOBAL CHANGES

- Shortened text in the “Intent” section of each program standard.
- Performed minor grammar and text formatting changes throughout the Standards.
- Dive Control Specialist replaced by “Assistant Instructor” in all instances.
- Dive Control Specialist Instructor replaced by “Assistant Instructor Trainer” in all instances.
- DiveSSI replaced by MySSI in reference to the SSI iOS or Android app.
- ODIN replaced by MySSI or MySSI System in all instances.
- Added text to clarify “pool/confined water” in some instances where only one was specified.

B. MAJOR GLOBAL CHANGES

- Dive Center standards have been completely rewritten for clarity
- New SSI Swim Program Standards
- Moved Equivalent Certifications to the General Training Standards
- Moved all Equivalency Charts to the Appendix
- Moved “Returning to Active Status” into the General Training Standards
- Created Page in General Training Standards for equivalent ratings
- Move Grievance Resolution page into General Training Standards

I. GENERAL TRAINING STANDARDS

A. HOW TO USE THESE STANDARDS

Waivers from Standards

- Changed “a Service Center” to “the responsible Service Center”.
- Added text indicating that any instructor at or above the minimum required instructor level may teach the program outlined in the specific standard.

II. PROGRAM DEFINITIONS

- Changed requirements to indicate that only the digital card must be issued upon completion of an SSI training program. Printed cards are optional.
- Changed text to prioritize training records instead of log books.

III. MEDICAL HISTORY

- Add “compressed gas” to requirements.
- Medical History forms are recommended prior to any in-water activity.
- Dive Professional medical forms must be uploaded into the owner’s MySSI account.

IV. LIABILITY AND RISK AWARENESS

- Students must watch the video OR read the risk awareness text.

V. SSI MATERIALS

- Changed “a Service Center” to “the responsible Service Center”.

VI. EQUIPMENT DEFINITIONS

- SSI recreational Sidemount Total Diving System and XR Sidemount Total Diving System descriptions added.

VII. CONDUCTING SSI PROGRAMS

- Added final exam clarifications.

VIII. SUPERVISION

- Emergency Ascent Skills – text added to clarify that direct contact is only required during the ascent phase of the skill. The instructor does not need to maintain direct contact until the point where the ascent starts.

IX. DUTY OF CARE

- First Aid Equipment – must be available at all times, not just for the dive professional.

X. DIVE ENVIRONMENTS

- Indoor Diving text clarified for minimum depths. Program names updated.

XI. OVERHEAD ENVIRONMENTS

- Added definition of linear distance for overhead environment training dives.
- Changed text for daylight zone overhead environments to indicate which recreational programs allow them.

XII. DEPTH LIMITS

- Added text explaining maximum and minimum limits for pool/confined and open water training.

XIII. TITLE CHANGE:

- Program Administration to “Certification Procedures”.
- Changed text for Junior certifications to accurately reflect the process for upgrading cards.
- Changed Referral process to reflect new process for issuing Referral Diver cards and specialty program referrals.
- Added text clarifying certifications for dive professionals when the digital materials are not available.
- Removed text about equivalencies – it’s now on a separate page.

XIV. SSI PROFESSIONAL STATUS

- Removed requirement to own a Total Diving System.

XV. RETURNING TO ACTIVE STATUS

- Simplified requirements, and added clarification on the definition of “Dive Professional Update”.

RECREATIONAL DIVING STANDARDS

I. STUDENT WATER FITNESS EVALUATION

- Reformatted text for clarity, and to closer match the Evaluation Form and criteria.
- Six month validity changed from a requirement to a recommendation.

II. SNORKELING

- Changed text to clarify the administrative requirements.

III. TRY SCUBA

- Proximity – changed text “physical contact can be made at all times during any in-water training.”
- Shortened Requirements for Completion text for clarity.

IV. TITLE CHANGE:

- Changed Try Scuba Diving to “Basic Diver”.
- This standard has been rewritten to reflect the new Basic Diver program. Most requirements are the same, including instructor rating, ratios, and completion requirements.
- Program now requires an Open Water Instructor to evaluate students prior to open water training.
- New certification requirements.

V. REFERRAL DIVER

- Minor text changes to clarify the purpose of the Referral Diver program.

VI. INDOOR THROUGH OPEN WATER DIVER

- Added text to depth limits for clarification.
- Supervision – Assistant Instructors are allowed to supervise pool/confined water without oversight.

VII. EXPERIENCED DIVER TEST

- Added text allowing the test to be used for specialty programs in addition to Open Water Diver programs.

VIII. ADVANCED ADVENTURER

- Changed minimum age to reflect specialty program requirements.
- Supervision – Instructors/certified assistants eligible to qualify for the applicable specialty must supervise the applicable Adventure Dive (e.g. Assistant Instructor for Boat Diving, Open Water Instructor for Deep Diving).
- Requirements for completion – renamed Specialty Dive to Adventure dive for clarity
- Credit – the AA card is proof of certification for upgrades.

IX. TITLE CHANGE:

- Changed “Specialty Programs” to “Specialty Program General Standards”.
- Intent – ‘open water’ changed to “entry-level”.
- Supervision – shortened text for clarity. Moved specific requirements to the following pages.

X. ECOLOGY SPECIALTY PROGRAMS

- These programs can now be taught by an SSI Divemaster with the applicable Training Specialist Certification.

XI. DIVING KNOWLEDGE SPECIALTY PROGRAMS

- Separated Nitrox levels into 32% and 40%.
- Supervision – specified EANx Instructor.

XII. DEDICATED EQUIPMENT SPECIALTIES

- Pool/confined water session is mandatory.
- Direct supervision is mandatory.

New Page

XIII. OVERHEAD ENVIRONMENT SPECIALTIES

- New Cavern/Cenote and Advanced Wreck Diving.
- Ice Diving moved to this section.

XIV. DIVER RECOGNITION LEVELS

XV. REACT RIGHT

- Removed requirement for Medical History form.
- React Right Update – defined.

XVI. SCUBA SKILLS UPDATE

- Intent clarified (designed for certified divers and entry-level divers who need additional pool time).
- Certification changed to recognition.

SSI Training Standards

DIVE PROFESSIONAL PROGRAM STANDARDS

I. CANDIDATE WATER FITNESS EVALUATION

- Formatted to match the Evaluation form and criteria.
- Distances adjusted for consistency across languages and to match XR and FD requirements.
- 700 yards changed to 775 yards for consistency with metric distance and to match typical Imperial-distance pool lengths.

II. SNORKELING INSTRUCTOR

- Added text clarifying that Dive Guide candidates are issued the rating upon certification.

III. DIVE GUIDE

- Removed Advanced Adventurer from the candidate prerequisites.
- Dive Guides are issued a non-professional certification after completing the program.
- To certify as a Professional Dive Guide, complete the additional active status requirements.
- Open Water Instructor's certified using the new professional materials are automatically certified as Dive Guide Instructors.
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IV. ASSISTANT INSTRUCTOR

- New requirements for completion – complete sections 1-6 of the digital learning materials, practical application sessions 1-7, and the final exam.

V. OPEN WATER INSTRUCTOR

- New requirements for completion to align with 2018 content update.

VI. SPECIALTY INSTRUCTOR

- Added text for Divemasters earning the Training Specialist certification for the Ecology Specialties.
- Note that the "Application" option of verification is not available for Divemasters.

VII. REACT RIGHT INSTRUCTOR TRAINER

- Removed this page, as any Instructor Trainer with the React Right Instructor rating can issue the React Right Instructor certification.

EXTENDED RANGE STANDARDS

- Added XR Water Fitness Evaluation to General Training Standards, and changed requirements to better align with recreational and FD requirements.
- Formatting changes – Required Equipment is now “minimum required equipment”.
- Added XR Sidemount Diving Standard.
- Changed Advanced Wreck Diving to “XR Wreck Diving”.
- Changed Cavern Diving to “XR Cavern Diving”.
- All XR Instructor Trainer standards are now found in a single, comprehensive standard.

I. XR CCR PROGRAMS

- Recommend a review of all CCR and CCR Professional standards. Depths, ratios, and completion requirements have changed to meet 2017 ISO and RTC updates.

FREEDIVING PROGRAM STANDARDS

- Performance requirements moved to the Freediving Candidate Water Fitness Evaluation, and have changed to increase standardization across all SSI programs.

I. FREEDIVING GENERAL TRAINING STANDARDS

A. CONDUCTING FREEDIVING PROGRAMS

- Lanyard mandatory depth changed to 25 meters.
- Vertical visibility changed to 10 meters.

II. FREEDIVING PROGRAMS

- Any reference to “Perform DYN Blackout” now specifies that the victim must also have weights on.
- Freediving Pool Specialties – additional requirement for FIM under Depth Limits.
- Level 2 Freediving Specialties – additional requirement for VWT under Depth Limits.

III. FREEDIVING PROFESSIONAL PROGRAMS

- Try Freediving added to Basic Freediving Instructor qualifications.
- FIM and Training Techniques added to Pool-Level 2 instructor qualifications.
- Freediving Specialist Instructor – minimum age reduced to 18, and minimum certifications reduced to 25.
- Instructor Upgrade – added Freediving Stress and Rescue as a requirement.
- Freediving Instructor Trainer – changed prerequisites: minimum certifications.