



# Disabled Divers International Pro Training Course Outline 2014

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Published by Disabled Divers International  
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Version: 2014 – v1.6.1

## Description

This outline describes the standards, requirements and required training modules, including expected minimum time for each module, in a DDI Pro Training course.

This outline is mandatory when conducting a Pro Training course.

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## Pro Training Course Standards

### Certification Requirements

The following requirements are to be complete before certification.

- The student must complete and demonstrate understanding of all knowledge developments, confined water and open water workshop requirements for the Pro Training program.
- The student must pass assessments of physical ability to assist a disabled diver as expected of a diver within normal fitness levels, including but not limited to assisting with entry, exit, towing, etc.
- The student must complete and pass a Pro Training Exam with a score of no less than 80%.
- All requirements in the Certification Procedure must be completed.
- Note: All paperwork is to be retained by the Instructor for a minimum of seven years, or longer if required by the legal system in the country of residence.

The student is only certified and accepted as a DDI Pro Member, when approval and acknowledgement with the student's new DDI number is received.

### Number of Dives

A minimum of one Confined Water session.

Open Water is not a requirement.

### Prerequisites

Please see appropriate section in the Instructor Manual for specific standards, relevant to the student's professional level program. The following minimum requirements apply to all Pro Training students regardless of level.

- Be certified as a Divemaster or equivalent through an internationally recognized diving training organization, training system is working in accordance to the ISO standards, and in active status.
- Submit a copy of a medical examination stating that the individual is fit for diving. The examination must have been conducted within the past twelve months.
- Submit proof of training in First Aid / CPR within the past twenty four months.
- Undersign and submit a Safe Diving Practice Agreement and a Risk and Liability agreement.

### Ratios

In confined and open water:

- 10 candidates to 1 DDI Instructor Trainer (10:1) and
- 6 candidates to 1 DDI Staff Instructor acting as an Assistant under indirect supervision (6:1)
- 4 candidates to 1 DDI Instructor or higher acting as an Assistant under direct in water supervision (4:1)

Total number of students in water may not exceed 16 including with the use of assistants.

The Instructor Trainer shall use conservative judgment when deciding the maximum ratio of students per instructor.

### Instructor rating

DDI Instructor Trainer and higher may conduct this program while in active teaching status.

## Depth and limits

- Confined water: Max 9 meters from surface
- Open water: Max 9 meters from surface

## Knowledge Development

Knowledge development must be adapted to the students' knowledge level of diving. The student must gain knowledge related to disabled scuba diving, to be able to assist, lead and instruct disabled divers for both comfort and safety.

The knowledge development must cover the following topics as a minimum.

- Presentation: Welcome and Course orientation \*
- Presentation: Working with disabled student divers
- Review: Medical information
- Review: DDI Standards \*
- Review: DDI Website and certification procedures \*
- Confined Water Training – Skills \*
- Open Water Workshop \*
- Pro Training Exam

A DDI Staff Instructor may conduct parts marked with an asterisk \* of the Knowledge Development under indirect supervision by a DDI Instructor Trainer or higher.

## Equipment

For training in the open-water environment all participants must be equipped and familiar with the following equipment:

- Mask, fins and snorkel.
- Compressed-air cylinder.
- Buoyancy control device (BCD) with low-pressure inflator.
- Regulator, alternate air source and submersible pressure gauge (SPG).
- Quick release weight system.
- Depth gauge, compass and timing device.
- Adequate exposure protection, appropriate for the local diving conditions.
- Divers tool.

## Exam

Students must score 80% or higher to pass.

Exams must be administered and verified by an Instructor Trainer or higher.

## Certification Procedure

Only once all requirements are completed, complete the following certification procedure.

1. Register the students details using one of the following methods:
  - a. Use the downloadable Excel spreadsheet
  - b. Use the online form at [www.ddivers.org/registerstudent](http://www.ddivers.org/registerstudent)  
(Student may also do this during the course if appropriate)
  
2. Send the below list of completed documents per Pro Training course
  - a. Pro Training Course Report Form
  
3. Send the below list of completed documents per student
  - a. DDI Membership Agreement
  - b. Pro Training Record Form
  - c. Answer sheet of passed Pro Training Exam
  - d. Digital photo usable as ID for certification card  
MUST have a white background and clear face towards camera
  
4. Pay DDI the Certification Application fee for all Pro students in the course

Payment of Student Certification Application fees for all participating students is the responsibility of the Instructor Trainer. Please plan appropriately to ensure all students have paid their application fee directly to DDI or to you as the Trainer.

Use of DDI manuals and materials are included in the Certification Application fee, students who certify do not have to pay additional for the use of manuals and materials.

Students who participate in the DDI Pro Training course, but do not complete or qualify for certification, must still pay for the use of DDI manuals and materials. Payment for non-certifying Pro Training students is 50% of the relevant application fee.

All documentation must be sent physically to DDI, at the current address listed at [www.ddivers.org/contact](http://www.ddivers.org/contact) or in scanned form (no less than 150 dpi) as PDF or JPEG images to [info@ddivers.org](mailto:info@ddivers.org).

All documentation and payments is the responsibility of the Instructor Trainer. All documentation sent to DDI thru post or e-mail must be sent by the Instructor Trainer.

Only once all requirements are complete, can certification be sent. By default certificate cards will be sent to the registered students address, errors in this address preventing the card to be received, will result in added postage fees for resending. Please inform us if another address is to be used, i.e. Dive Center.

If not sending originals, the Instructor Trainer must retain all originals for a minimum of seven years, or longer if required by the legal system in the country of residence.

## Required training materials

Materials:	Disabled Diving Introduction Video Instructor Manual (printed or digital version) Pro Training Slideshow
Diving Equipment:	 Webbed gloves (i.e. Beaver ) Blinded Mask UW laminated Tactile Communication slate. Full diving equipment Various weight systems
Optional:	Photos/Video from previous Pro Training courses and/or No Barrier Tour Full Face mask

## Pro Training Course Schedule

The Pro Training course can be conducted separately or combined with a No Barrier Tour, depending on what option is selected the recommended minimum hours for each module and example schedule varies.

### Option A – Pro Training course

#### Day 1

- Welcome and Course orientation 1 hour
- Working with disabled student divers 3 hours
- Confined Water skill training 4 hours

#### Day 2

- Review of Medical Information 1½ hour
- Open Water Workshop 2½ hour
- Review of DDI Standards – Slideshow from 17 2 hours
- Administer Written Exam ½ hour
- Review of DDI websites and member databases ½ hour
- DDI Pro Training Examination 1 hour
- Evaluation and certification ½ hour

### Option B – Pro Training course and No Barrier Tour combined

#### Day 1

- Welcome and Course orientation 1 hour
- Working with disabled student divers 3 hours
- Brief the students of what duties they will perform during the NBT

#### Day 2

- Confined Water skill training and NBT combined 6 hours

#### Day 3

- Review of Medical Information 1½ hour
- Open Water Workshop 2½ hour
- Review of DDI Standards 2 hours
- Administer Written Exam ½ hour
- Review of DDI websites and member databases ½ hour
- DDI Pro Training Examination 1 hour
- Evaluation and certification ½ hour

When conducting the Pro Training course in combination with a No Barrier Tour (NBT), all standards for the NBT apply as normal, including ratios for the disabled divers to renewed teaching status DDI instructors/professionals.

## Knowledge Development

### Welcome and Course Orientation

Customize to the student's needs, i.e. facilities, knowledge about DDI, Staff, expectations from this course, etc.

Validate required paperwork and student materials before starting.

### Working with disabled student divers

Show Introduction Video.

Discuss the following issues

- Social Problems
- Stigmatisation
- Stereotyping
- Employment
- Lifestyle and Disability
- Habitual Activity
- Smoking and Alcohol
- Personality of the Disabled
- Anxiety
- Effects of training
- Socialisation Into and Via Sport

Show Introduction Video.

### Review of Medical Information

Use the Instructor Manual Medical Section.

### Review of DDI Standards

Use DDI Instructor Manual and the Pro Training Slideshow.

### Review of DDI websites and member database

Show and demonstrate usage of website.

[www.ddivers.org](http://www.ddivers.org)

General DDI information and member database.

Online download for Pro Member.

Online Member Check.

### Exam

Administer Pro Training Exams. This may only be done after Review of DDI Standards is completed.

### Evaluation and Certification

Evaluate student performance.

Use reviewing knowledge about standards.

Fill out paperwork needed for certification and wall certificates.

Get feedback from students on their experience with the course.

## Confined Water

If possible use a pool with disabled facilities, such as water lifts. Before starting skill training, discuss disabled access and facilities at the confined water location.

### Recommended skill sequence

Start with half the group as blind divers from the training site, all the way to the confined water site, assemble gear and water entry. Practice communication underwater by demonstrating skill. Perform all the required confined water skills.

At the end of the confined water session, the other half of the group should become the blind divers and do everything in reverse.

## Required Skills

### “Turtle” Stroke

Use webbed gloves when possible.

Beaver gloves in picture.



### Lifting Technique #1 – Sitting

Sitting on edge, lean back and roll gently to side.



### Lifting Technique #2 – Over Edge

Lift and roll gently over the edge, mainly used when the water level is near the edge.



### Lifting Technique #3 – Walk

For use on stairs and ladders, have the disabled as close as possible, uses leg muscles for lifting only.



### Turning Technique

Using extended arm to roll the body using gravity. Lying prone in water, extend 1 arm to the side, when it rolls the body around its axis, with the arm hanging down, extend the other arm in the air and move the first arm back in a continuous motion.



### Blind Diver Simulation

Student must both be simulated blind, and guide. Include equipment setup, water entry, underwater tour, underwater signals, equipment disassembly and water exit.



### Weight trimming

Use of different weight systems and combinations to achieve as many options for trimming weight. Use the weight schema from the instructor manual, together with a simulation of trimming buoyancy for a movement impaired diver. Use any available: Clip on weights, weight harness, ankle weights, etc.



### Full Face mask dive (Optional)

When possible add instruction in using Full Face masks.



## Open Water

### Open Water Workshop

Review of an actual dive site, with considerations needed for disabled divers.  
Simulate and discuss access for blind divers from transportation to water entry.

The primary objective of this exercise is to handle the logistic part of transportation to the dive site and water entry/exit, with all divers disabled and non-disabled being ready at the same time for the dive.

You will need the Dive Centre Assessment Form, where students can become familiar with completing Dive Centre Assessment Form.

Optional – discuss/simulate access for other disabilities i.e. wheel chair users, and use pictures to illustrate techniques to overcome problems. (See below for example)

